

# PHYSICAL CULTURE

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

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BERNARR MACFADDEN, EDITOR-IN-CHIEF.

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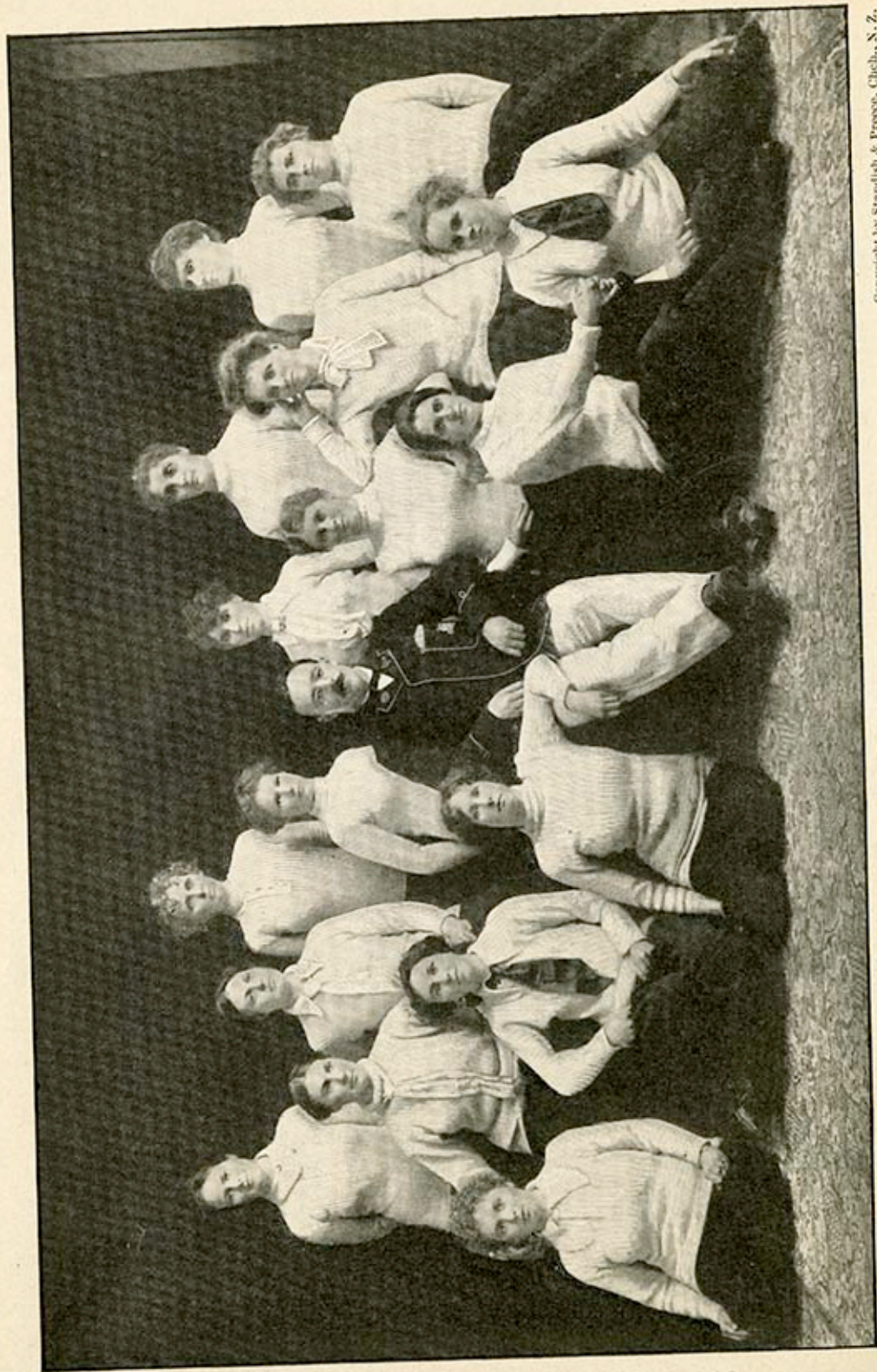
Stories and articles of unquestionable merit and photographs suitable for publication in "Physical Culture" invited. The editor does not assume responsibility for opinions of contributors.

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A Group of Magnificent Specimens of Womanhood from the Christ Church, New Zealand, School of Physical Culture

## Our Physical Culture Magazine for Boys and Girls

**N**EARLY two years ago, we announced our intention to publish a **PHYSICAL CULTURE** magazine for boys and girls. At the time, we made strenuous endeavors to keep our promises relative thereto, but were, for a variety of reasons, unable to get out the magazine in what we considered to be a satisfactory manner, and the project was therefore dropped for the time being.

We are now, however, able to positively announce a magazine for boys and girls, the first number of which will be issued on or about February first.

We want to start with our readers at the very beginning of their lives. If we can reach those who are fast maturing into manhood and womanhood, it will not take long to convert the entire world to physical culture principles. A clean life, which means a wholesome body, pure morals and the possession of the highest degree of health and strength, should be made as alluringly attractive to every growing boy and girl as possible, and the work of the new magazine will be to that end.

The magazine will contain no illustrations or articles that can in any way offend the most finicky person. We want to reach every home, wherein there are boys and girls, with our forthcoming little publication.

One of the principal reasons for publishing this magazine is that there is much in **PHYSICAL CULTURE** and **BEAUTY AND HEALTH** that many parents feel their children should not read. Perhaps we may disagree with them in this conclusion; but at the same time we have for long felt that we were losing opportunities for doing a vast deal of good by not meeting the well-meant if mistaken criticisms in question by publishing a magazine devoted especially to the interests of boys and girls, from which matter to which objection could be made was entirely eliminated.

In our previous announcement, we stated that we intended to make the annual subscription price of the magazine as low as twenty cents, but on figuring carefully we have found that it would be impossible to publish it at that price. The price, therefore, will be fifty cents a year; and five cents a copy on the news-stands. We are making special club offers. Those who send us three or more subscriptions can have them at twenty-five cents each. In other words, if you send us seventy-five cents, we will place three names on our subscription list for a year.

Parents, try and develop in your boys and girls physical culture enthusiasm. If you know of any children in your neighborhood who need physical culture to develop their minds or bodies, subscribe for them, or get their parents to subscribe.

We want an agent for the new magazine in every public school in the United States. If there is a boy or girl whom you know to be bright and energetic, we will be obliged to you if you will tell such to write to us for our special terms to agents. Remember, we want one agent in every school. Try and help us secure this agent. Bright, healthy, rosy-cheeked boys and girls, with clear eyes, finely tinted skin and beautiful bodies, might just as well be as common as they are now comparatively rare. Thousands of poor, frail, sickly children, through a little sensible advice, such as we propose to give them in the forthcoming magazine, could be developed into fine specimens of youthful humanity, and in time into superbly physically-dowered men and women.

We believe that there is a pressing need for such a magazine for boys and girls as we intend to publish.

## More About the Physiological Cause for Divorce

**O**UR contention that every divorce has a physiological cause has aroused the curiosity of many interested in this problem. There are but few individuals who are aware of the fact that there are other causes for this unhappy condition than those which are given prominence in the newspapers. And yet, a little study and reasoning on the part of any intelligent person will readily convince him that there is a possibility of this—the physiological motive being the most important cause of marital unhappiness.

But the most deplorable fact in connection with this subject is, that the same cause which so tortures many human beings that it forces them into the divorce court also makes the average marriage a sort of humdrum if not otherwise miserable existence. How few really happy marriages there are to-day. How few men and women live together in that state of wedded bliss that they anticipated when at the marriage altar. The percentage of those who have realized their hopes of happiness, if we could ascertain it accurately, would indeed be small.

This pitiful state of affairs is responsible for the greater part of the misery that human beings are compelled to endure. It has made a harrowing existence of what might have been a constant source of pleasing content. I want to state, from practical and from personal experience, as well as from knowledge of the experiences of every student of the causes of misery in marital life, that marriage under right conditions will yield a happiness equal, and in many cases superior, to that anticipated in the wildest moments of pre-matrimonial imagery.

And yet poor, miserable humanity struggles on in ignorance, guided by the prude and the frantic, and the penalty for the resultant diversion from natural laws is horrible to contemplate. Let every one of our readers do his best to make public or spread broadcast the unquestionable fact that divorces and marital unhappiness are the results of physiological causes, and there will be an awakening to the true inwardness of the situation which will do more to increase the happiness of mankind than any other reform that has ever been even contemplated or accomplished.



### Branches of Proposed International Society of Physical Culture

We give herewith names of secretaries of the local societies so far organized as a result of Bernarr Macfadden's lecture tour through the United States and Canada. All readers who are interested in the movement for the confederation of physical culturists and physical culture societies and who desire to join, are requested to send name and address to secretary of society nearest their locality. Readers who wish to organize societies in localities not mentioned below, or who wish to become members of such societies if organized, are kindly requested to communicate with the Editor.

Philadelphia, Pa.—Mr. John H. Carroll, 2719  
Orkney St.

Manhattan, N. Y.—Caledonian Hall, 54th St.  
and 7th Ave.

Brooklyn, N. Y.—Miss C. E. Markwell, 493  
12th St.

Toronto, Can.—Mr. Walter R. Hilton, 234  
Simcoe St.

Pittsburg, Pa.—Mr. E. W. Sheldrick, 1510 Far-  
mer's Bank Building.

Montreal, Quebec, Can.—Leo. Poupore, 344  
Wood Ave., Westmount.

Cleveland, O.—Mrs. L. J. Romey, 251 Erie St.

Chicago, Ill.—Jerome Jennings, First National  
Bank Building.

# A NEW METHOD OF BUILDING VITAL POWER

A SERIES OF LESSONS ON THE PERCUSSION SYSTEM OF BUILDING VITALITY  
THOUGH THE PRINCIPLE INVOLVED IN THIS METHOD IS IN ITSELF  
NOT ENTIRELY NEW, YET ITS SYSTEMATIC APPLICATION IS  
NEW AND ITS GREAT BENEFITS CAN BE SECURED  
ONLY WHEN IT IS SYTEMATICALLY APPLIED

*By Bernarr Macfadden*

## SECOND LESSON

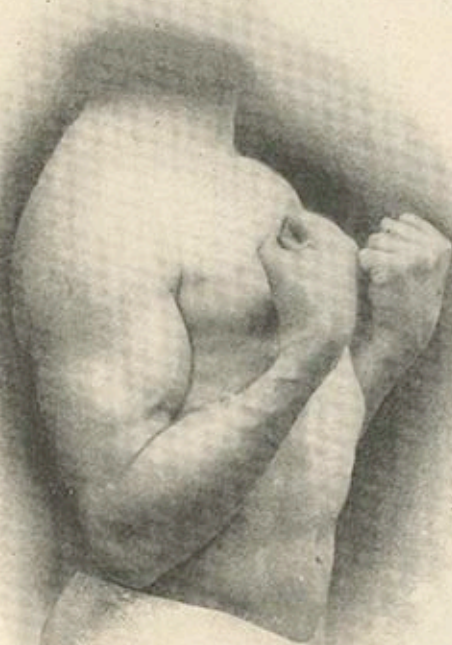
**I**F you have followed out the suggestions given in the previous chapter of this series, you are no doubt already willing to admit the value of this

percussion method of building vital power.

Your entire digestive and functional organism should be stronger and more able to perform its work if you have correctly followed my prior instructions. If the muscles around the abdominal region are not very strong, of course you must be careful to strike the parts mildly at first, and must not continue the movement too long. Moderation is advised in all kinds of exercises in the first instance. Always feel your way step by step as you advance. The additional exercises illustrated in this issue will be found much more vigorous, and will have a tendency to bring about more speedy results than those already given, providing that you are strong enough to endure such vigorous treatment.

The exercises herewith illustrated consist of striking the body in different parts with the closed hand, and also with the upper arm at the sides and as far forward as you can.

As stated in my article of

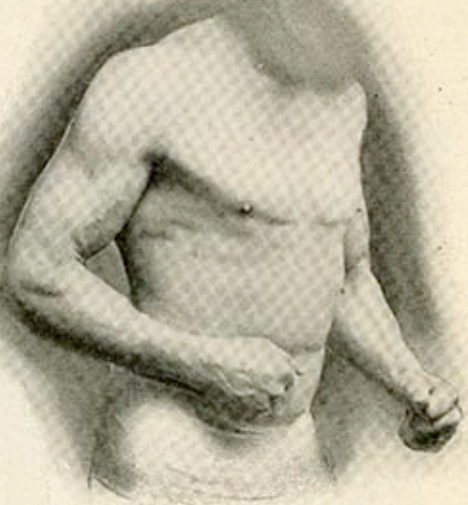


**FIGURE NO. 6.**—Bend arms as shown in the illustration, holding them tightly flexed. Now while holding them in this position move the elbows out from the sides, and then bring them inward, vigorously striking the sides of the body. Be careful at first not to strike the body too hard. As a rule, if no pain is induced, you can conclude that nothing but benefit will result. When striking the body in this manner you will have to flex the muscles vigorously, and to do this at first it may be necessary for you to hold the breath. Continue the exercise until a feeling of slight discomfort indicates that you have carried the movement far enough.

last month, the principle of percussion or vibration, involved in this method of building health and vitality, is not new, but the value of these exercises that I am describing lies in the manner of the application of the principle by combining exercise of exceeding value, with the direct benefit that is to be derived from the treatment. However, vibration in any form is of value in many cases, and is indeed used in the cure of diseases by a few medical practitioners who have learned its worth. They use mechanical devices of various sorts with good results, although the system which I am presenting will be found to be infinitely superior to such methods in the building of health, strength and the splendid vitality so necessary to cope with the problems of life.

It is startling to contemplate the wonders of vibration in the scheme of the great universe of which we form so infinitesimal a part. Very few have any conception of the extent of the workings of the vibratory principle as a force in making the universe what it is. Vibration may be transmitted in almost an unlimited number of ways. Scientists have explained that heat is nothing more than an active vibration of the molecules which go to make up the body of the heated object, and when the force of this vibration diminishes, the object becomes cooler.

gaseous in nature, the vibration gets more and more rapid, with the advent of each condition. The molecules beating against and forcing each other farther and farther apart, give the material which they form the pliancy that some fluids and all gases possess. We see now why warm objects expand, and hot air rises above the cold. All this is very interesting to study. In fact, the material elements of this world are so fearfully and wonderfully constructed that the more the student contemplates them, and ponders on their



**FIGURE No. 7.**—Close the hands as shown in the illustration, and strike the lower part of the abdomen with the right and left hand alternately, tensing the muscles of the abdomen vigorously while taking the exercise.

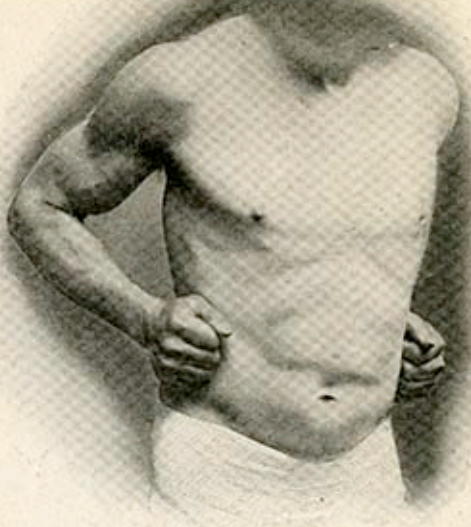
It will be remembered that heat can always be generated by percussion; in fact, science has accepted the hypothesis that all matter is in a state of continuous molecular vibration, and the difference between solid, liquid and gaseous objects is explained by the varying intensity of the vibration of the inconceivably tiny particles of matter known as molecules, of which all material objects are composed. For instance, in a solid object the molecular vibration is relatively feeble, but as such an object becomes first heated, next liquid and ultimately

powers and properties, the more perplexed he is, the more amazed, the more is he filled with wonder at it all.

Moreover, the power of sight is made possible only through the vibrations of light. We hear only through the vibrations of sound. And thus the delights of music, the splendor of grand paintings, and the grandeur of Nature's beauty, all are transmitted to our senses and souls through the agency of vibration in one form or other.

Electricity, that peculiar, weird, subtle and mysterious force which serves man-

kind so well, is considered to be one of the most potent forms of vibratory energy, and some have even tried to show that organic life is nothing more than an expression of electrical energy. It is certainly true that the workings of our nervous system, the transmission of sensation and volition through the channel of the nerves, very much resembles the sending of a message by telegraph. We can really conceive of no way in which the nerves can carry their impressions except through vibration of some sort. But most mysterious of all is the wondrous and sublime phenomena of human life, of human brain, of human thought. And whether each and all of these are manifestations of electrical power, centered in the most highly and delicately organized of any machine ever constructed, or the result of

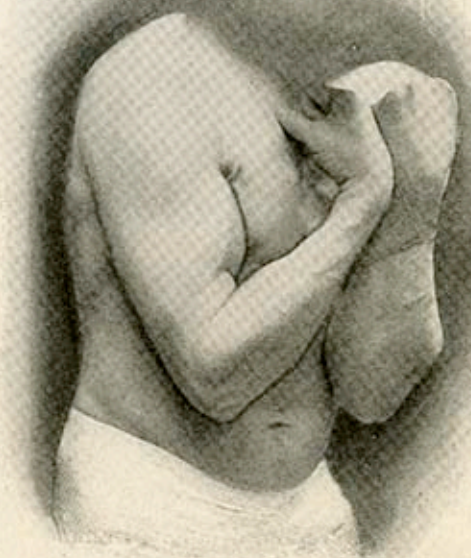


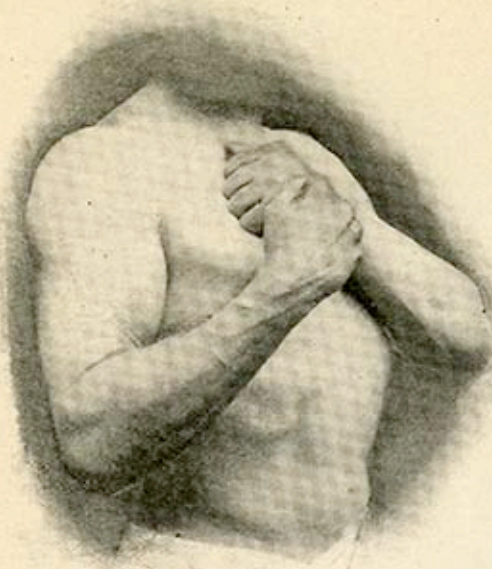
**FIGURE No. 8.**—With the closed hands strike the sides of the abdomen, beginning with the waist line, and gradually striking upward as far as you can reach, tensing the muscles of the abdomen vigorously while taking the exercise.

some other inconceivable force, no one as yet dares to say.

Many curious stories are told in reference to the remarkable power of simple vibration. Every one has either noted or heard of the results of a small animal trotting across an empty bridge, and making the latter oscillate violently from the slight but

**FIGURE No. 9.**—Bend the arm as much as possible, flexing the upper arm tightly to hold it in this position, then bring the arm outward and forward. Now bring the arm inward and strike the body with the arm as far forward as you can. When you have struck the body properly, the position of the arms will be the same as illustrated in the photograph. You may not be able to do this properly at first, but a little practice will enable you to properly perform it.





**FIGURE NO. 10.**—Hold shoulders far back. Fill the lungs to their greatest capacity at intervals and strike the chest with closed hands, beginning with the bony frame work or floating ribs, and gradually working upward until you reach the shoulders on one side, and then take the same exercise on the other side. Strike as hard as you can without discomfort. Continue until a slight feeling of fatigue is noticed. This exercise is always inclined to make you inhale deeply and freely, and this inclination should be encouraged.

oft-repeated rhythmic force of its foot-falls. We have also heard how a single note from a violin, if continued long enough, can make a great building shake and tremble, and how in the Alps an avalanche of snow may be put in motion by the resonant sound of a bell. In Kansas and other Western States, rain has been induced by the firing of bombs and cannons, the percussion serving to precipitate the moisture of the air.

Vibration, then, is a force which may be applied to the cultivation of our health and strength. Although valuable in many forms of application, yet my readers will find the method that I am describing in these articles far more invigorating and effective than any other in existence in building up superior nervous energy. My percussion system constitutes what may be called a natural cure. In fact, people in pain, all unconsciously and

without knowing why, often thump the aching part, and children with headaches have been seen to bump their heads against the wall. About three or four years ago, the writer even published an article in this magazine on the subject of treating headache by a thumping or bumping process, using the center of a tennis racket for the purpose, producing in this way a vibratory effect or percussion which was often found to be quite effective in alleviating the trouble. It is only recently, however, that I have discovered the exceedingly great value of a treatment of this character in the building of virility and vitality.

Not only will this percussion system give you good exercise for the arms and shoulders, but the vigorous flexing of the muscles of the abdomen, as you apply the treatment to that part of the body, will in time make those muscles

strong as iron. The same statement applies to the chest and sides. Some athletes have cultivated such strength in the abdominal muscles that they are able to do what is known as the "suicide act," lying flat on their backs and allowing a great stone or cannon ball of tremendous weight to drop from a height of several feet directly upon their stomachs, the strength and steel-like elasticity of their muscles resisting and preventing all injurious effects from the shock. I do not advise that any one attempt such feats or even try to gain the abnormal strength required by them, but some degree of strength in all the muscles in question is necessary and can be secured by the practice of this system. But infinitely more important than this is the fact that all the vital organs in your body will be aroused to activity and endowed with new and vigorous life.



**DAILY RÉGIME ADVISED**

Sleep with your windows wide open. Cultivate the fresh-air habit. Remember that oxygen is a food.

Don't loll in bed; rise when your desire for sleep has been satisfied.

Immediately upon arising, take some vigorous exercise for bringing into active use the muscles of your abdominal region. Several movements have been given in this magazine for this purpose, but among the best exercises are those that appeared under the régime advised in last month's issue.

Now take the lessons in the percussion method of building vitality, as illustrated, in full. Follow these exercises with a dry friction bath, using a rough towel or two bristle brushes.

Next take a cold bath, with a wet towel or sponge; or, if very vigorous, take a cold plunge. Dry thoroughly after this with a moderately rough towel.

If you eat three meals a day, be careful not to eat more than you can digest. If you eat two meals a day, take the first meal in the morning, or noon, whichever is most convenient. Most persons can digest more by eating two meals a day than they can three, though each student must decide for himself which is best in his case.

Have water at hand, and try to acquire the habit of drinking a glass before retiring, one on arising, and one occasionally during the day.

Masticate every morsel of food to a liquid before swallowing. If thirsty at meal times, satisfy your thirst, but do not use liquids to assist in swallowing food which you have failed to masticate.

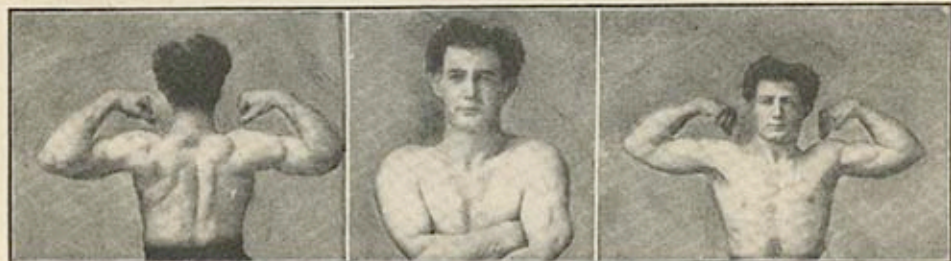
If in the habit of using meat, don't eat too heartily of it; use cereals, peas, beans and vegetables instead.

Some time during the day you should take a long walk, or, if this is impossible, go on a long tramp of several hours' duration once or twice a week. During the walk acquire the habit of taking several deep-breathing exercises; in fact, whenever in the open air this habit should be persistently followed.

If preferable, the régime advised can be taken before retiring in the evening, instead of the morning, though it will be found of more advantage in the morning, as it wakes you up for the day and gives you a feeling of exhilaration which makes living a permanent pleasure.

Two or three times a week, immediately before retiring, you should take a hot bath, using soap freely, to insure thorough cleanliness.

*(To be continued.)*

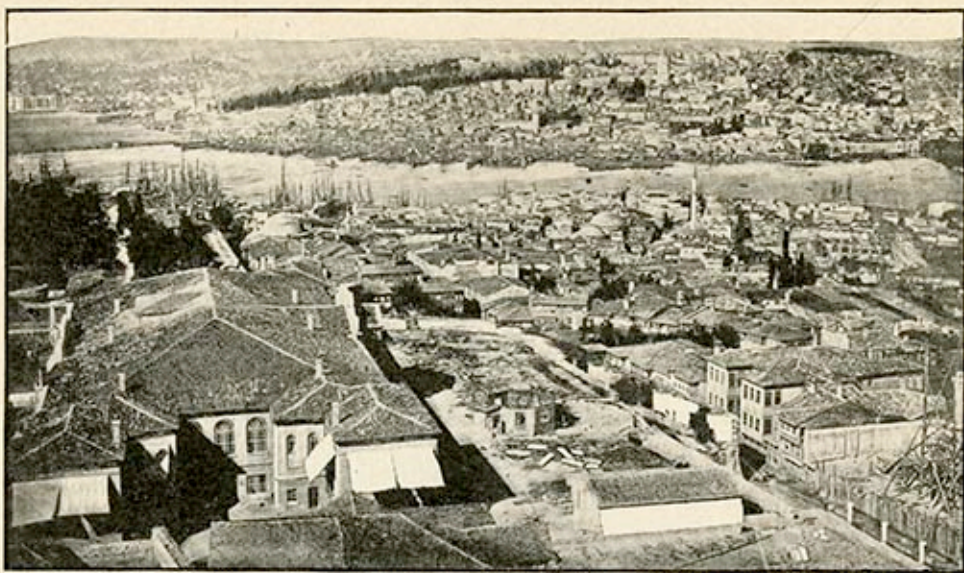


Fine Development of E. E. Yeoman, Los Angeles, Calif. Procured by Careful Following of Physical Culture Methods

### BERNARR MACFADDEN WILL LECTURE IN TORONTO AND MONTREAL

Bernarr Macfadden will lecture before the Canadian Temperance League of Toronto, Ont., by special invitation. The lecture will be held at the Massey Music Hall, Sunday afternoon, February 26, 1905. Arrangements are being made by

the newly organized Physical Culture Society of Montreal for a lecture by Bernarr Macfadden to be delivered in the near future. Announcement of this lecture will be made in the next issue of the magazine.



Panorama of Constantinople, Showing the Bosphorus

## THE DECADENCE OF TURKEY

POLYGAMY IS THE SOURCE OF THE EVILS WHICH AFFLICT THE ONCE MIGHTY OTTOMAN EMPIRE—THE BODY OF THE PEOPLE HAVE MANY ADMIRABLE QUALITIES, BUT THE RULING CLASSES ARE AS MORALLY CORRUPT AS THEY ARE CRUEL

*By Hon. S. G. W. Benjamin*

Mr. Benjamin was the first United States Minister to Persia, and is the most distinguished authority in this country on the condition of Turkey, past and present. Not only was he educated in Turkey, but he was one of the most astute observers of Turkish character, on the ground, throughout the Crimean War. He is the author of a number of standard works on the country and its people; and, when he speaks, it is as one who has lived on intimate terms with Turks of all classes, from the farming population with their many and solid virtues, to the ruling personages with their persistently dangerous vices, and from his personal observation and intimate knowledge of his subject. No more impressive object lesson in the disasters that impend over every race disregarding the moral laws, could be presented to the American people than this graphic study by Mr. Benjamin of the manner in which a great empire has been reduced almost to helplessness by the reason of its rulers' crimes against Nature's ordinance governing the marital relations. And the lesson is all the more impressive because Mr. Benjamin approaches his subject, not from the standpoint of the narrow-minded pietist, but from that of the trained ethnologist and of the historian whose range of reading and observation embraces the manners of all peoples, from the Jews of the Old Testament to the Christians of the New.—BERNARD MACFADDEN.

THE causes responsible for the decay of nations are often complex rather than single or clearly defined. Few questions demand greater freedom from preconceived prejudices. In assuming that the decline of the Ottoman Empire is due to the licentiousness of the Turks, Christendom is right; but it would be more in the right if it admitted that several other conditions have materially contributed to the result, for some of which the Turks are not wholly to blame. A broad-minded, Christian historian must give those other causes candid consideration before condemning an entire people, instead of placing the blame where it chiefly belongs, on the government and the bureaucracy which it has fostered.

Polygamy has been accused of the gross licentiousness which has hastened the decline of Turkey; but it is rarely that its results are so plainly pernicious to the prosperity of a people as it has been in Turkey. The result in this case has been due to certain conditions peculiar to the Ottoman Empire, as I propose to show in this article.

Polygamy, although forbidden under a new dispensation of religion and ethics, is not necessarily vicious or mischievous. It was permitted to the Jews, and the Arabs of our day do not seem the worse for practicing the custom. Many good and noble men have sprung from polygamous countries, and a great many very bad men have emanated from mon-

ogamous peoples. Licentiousness is, to a certain degree, a matter of race and condition, and not wholly due to polygamy or creed. The Irish, excellent Catholics, are noted for chastity above the average, while the Latin races, also equally devout Catholics, incline to loose sexual relations. The Russians, zealots of the orthodox or Greek faith, are notoriously licentious, while the Greeks of the present age, and also of the same faith, whatever their other faults, are comparatively chaste. The same moral differences are apparent among Protestant nations. Evidently this is largely a question of race as well as of individual temperament.

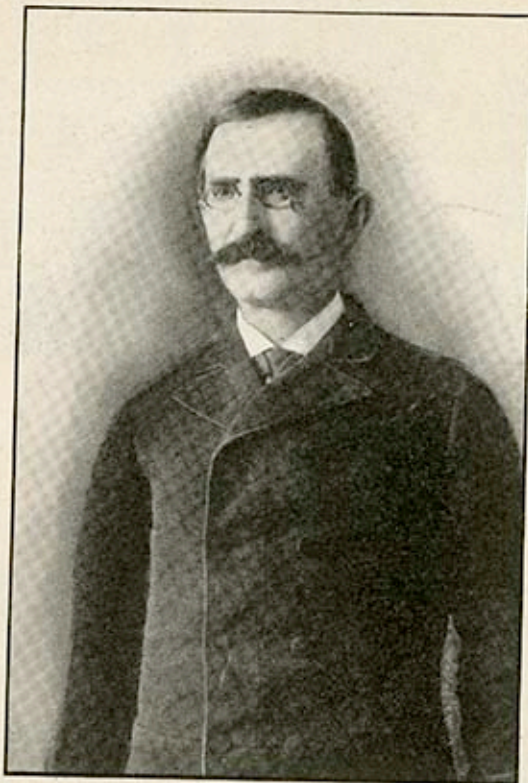
The Spanish church was the first to ordain celibacy of the clergy. Like the austere regulations of the Puritans, the ordinance was doubtless intended to show the importance of sacrifice in the promotion of true piety. But so strong were the first demands of nature that the Spaniards themselves soon afterward incorporated in their statutes a very curious law, favorable to greater sexual license. Not only were bastards of the laity permitted by this law—which still exists, with some modifications—to inherit alike with legitimate offspring, both as to property and title, whether of royal, noble, or plebeian blood, but even the children of the clergy came under the privileges of the statute. It was assumed that celibacy, or absence of marriage, by no means implied absence of children. No special odium appears to have attached to such

children in Spain, or to their mothers. This singular code of ethics is called *Barraganeria*.

It is evident that in the application of the principles of this question of the relations of the sexes, nations are justly entitled to be judged by their special conditions and environment. All are equally entitled to the benefit of the historic perspective, so to speak.

Proceeding on this line of reasoning, when we come to examine the precise influence of polygamy on the degeneracy

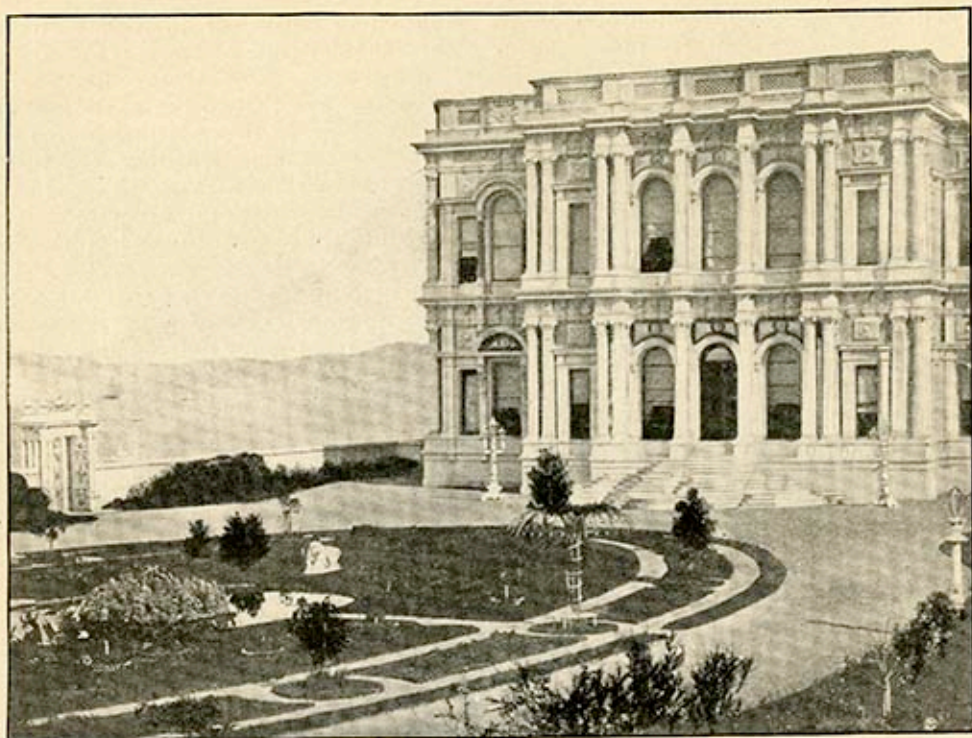
of Turkey, we encounter two remarkable facts, which undoubtedly hastened the decline of the empire, and are peculiar to the Turks, as to no other polygamous or Mohammedan nation. Although best known for military qualities, the Osmanlees were originally a wandering pastoral folk, and to this day, while in a private station, they still present much of the simplicity and many of the humble virtues of their pastoral ancestry. They are reasonably honest and reliable, industrious in a certain sturdy, plodding way, and faithful to their do-



Hon. S. G. W. Benjamin, the Author, First United States Minister to Persia

mestic duties. Vice has its victims among them, but it is only fair to assert that, in this respect, they compare very favorably with the Christian peoples under their sway. Turks of this class are generally content with one wife, from preference, as much as for lack of means.

Such is the character of the average Turk when not aroused by the dread that disturbances of Turkey's Christian sub-



Palace of Sultan at Beylerbey on the Bosphorus

jects may involve Russian interference, and threaten the integrity of the empire.

But let this Turk be removed from the lowly station in which he was born and bred, and give him a taste of official life and power. He is quickly transformed into quite another being. Men of other nations sometimes change their character when taken from country to city, or when raised to positions offering unexpected opportunities for pelf and power. But it is rarely the case to any such degree as in Turkey. In the early days of her mighty wars and conquests there is reason to believe that official corruption was much less common. But after the Turks took Constantinople, the great increase of luxury, and contact with the putrid mass of Byzantine vices, left over after the fall of the Eastern empire, caused a wonderful change for the worse in the character of Turkish officialdom, although constantly recruited from the ranks of the peasantry and bourgeois. The parvenu bureaucrats, as they acquired ill-gotten wealth, were able to practice polygamy and maintain expensive harems and numerous concubines, besides the four legal

wives. They yielded at once to the practice of all manner of vices and crimes when they rose, or fell, from the obscure yet comparatively virtuous station in which they were born. Of course, there were, and still are, noble exceptions to the rule—men whose genuine integrity, piety and patriotism saved their country from perdition during great crises, like the three great statesmen of the Kinprili family. But since the fifteenth century, the trend of morals in Turkey among the ruling classes has been as I have described. The result, combined with the causes alluded to, has been what might be expected.

In Turkey every subject is the slave of the Sultan, who, in turn, is the slave—that is, the servitor—of God. This equality under the law gives to all an equal chance to rise from the lowest situation to the highest, next to the throne. The character of the Osmanlee being what it is, a hereditary aristocracy would probably have been preferable for sustaining the strength of the realm.

But after all has been said, the chief cause for the decadence of Turkey has

been the average character of her sovereigns and their households for four hundred years; and that has been directly due to polygamy, as practiced by the Ottoman dynasty. In no country in which polygamy has prevailed have its possibilities for evil been more distinctly demonstrated than in the Turkish Empire.

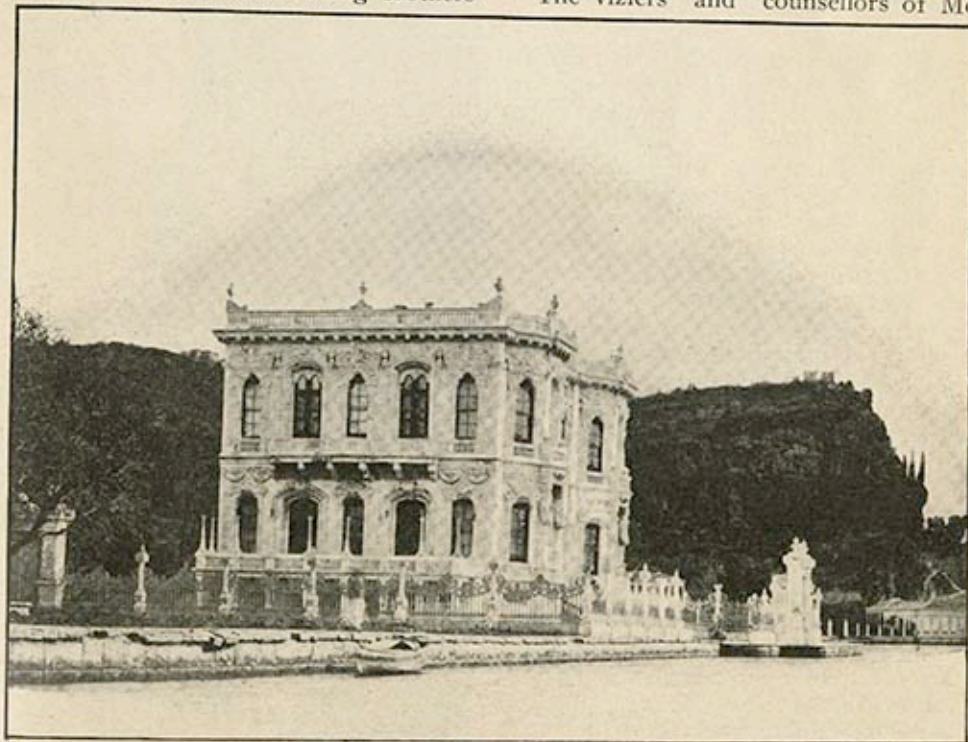
Polygamy, for obvious reasons, tends to the abolition of primogeniture as a right to the royal inheritance. Uncertainty as to the succession has been the cause of frequent fratricidal wars in many Oriental countries. But the Turks went a step further than any other polygamous people by introducing the most cruel and terrible custom in dynastic history. The execution of this custom, or law, was rendered possible by the policy of the Ottoman line to avoid matrimonial alliances with foreign powers, thus averting one possible cause of interference with Turkey's domestic affairs. The royal wives, since the reign of Mohamet I., have been generally selected from Circassian girls, or were captives taken in war.

Now, the absence of a rule of primogeniture left the succession open to contest, the rival contestants being brothers

by different mothers, or their offspring. Fitness or ability was less considered by the Sultan in his preference for a successor than the influence of that one of his wives who happened to be for the moment his favorite. Hence his choice might vary from time to time. Here we see exemplified one curse of polygamy. The sons of concubines, it may be said in passing, did not count in this terrible rivalry, which was not only for power, but for very life.

After the defeat and death of Bayazid Ilderim on the plains of Angora, at the hands of the great destroyer, Timour Leuk, a dreadful civil war sprang up between four of his sons, the fifth being too young and feeble to join in the contest. Mohamet I. overcame and survived his fraternal rivals, and lived to display the most humane and enlightened reign in the annals of Turkey. His counsellors urged the execution of his only remaining and youngest brother, according to the precedent established by his immediate predecessor. But Mohamet preferred, instead, to make a close friend and companion of this brother.

The viziers and counsellors of Mo-



Imperial Kiosk at the Sweet Waters of Asia



A Circassian Slave Girl of the Sultan's Household

hamet's successor, Amurath II., caused his possible competitors to be murdered without his knowledge, when news came of his father's death, thus sparing a sovereign of mild though vigorous disposition, from a dilemma foreign to his nature. But Mohamet II., the son of Amurath, and the able but ferocious conqueror of Constantinople, had no hesitation as to the expediency of this awful code of the Ottoman dynasty. At his instance the highest legal authority of the land enjoined on him and his successors, as a permanent policy of Turkey, to slay without mercy not only their brothers, but also their cousins, nephews, and, in certain cases, their grandchildren. It was implied that care should be taken that a successor in the direct line should be spared to perpetuate the dynasty.

This law continued in force until the reign of Abdul Medjid in 1840. Yielding to his mild disposition, and to modern influences, that sovereign allowed the custom to fall into disuse. But the continued confinement of royal brothers, as in the present reign of Abdul

Hamid, indicates a real or supposed danger to the peace of the throne, directly due to polygamy. One of the last instances of the exercise of this cruel usage occurred in the case of the daughter of the great Sultan Mahmoud, who, by his masterful character, labored so earnestly to save the empire from the perils which threatened it in his reign. For state policy it was deemed best to marry the princess to Khaleel Pasha. Knowing the doom that would threaten her male offspring, if any, she resisted the marriage until her father pledged his royal word that no sons of hers

A Harem Flirtation, the Detection of Which Means Death to Its Participants



should suffer the common fate of the male heirs of the House of Ottoman. And, therefore, when two sons were born to the princess, she allowed herself to lavish on them her entire affection. But when the boys approached the period of youth, threatening disturbances, in which agitators might seek to involve them, he caused them to be torn from the mother's arms and strangled with a bow string. It was little consolation to her that they were buried under catafalques decked with shawls of cashmere and gems of price, like so many of their line who had suffered the same fate. She died of a broken heart.

One of the most dreadful and pathetic tragedies which polygamy brought to the Ottoman dynasty occurred when Selim I. came to the throne, which he reached only after a fierce fratricidal war. Five sons yet remained of brothers of Selim who had died in the previous reign. The five cousins had been kept in confinement at Brusa, the first capital of Turkey. A squad of janisaries was ordered to conduct them to Constantinople. Uncertain as to their doom, the young princes were taken to a chamber of the seraglio. Their uncle, Sultan Selim, was waiting for them there. He was anxious to make certain that there was no mistake as to their number and identity; and, moreover, he was going to make their fate sure. He occupied an alcove, screened from them merely by a grating and curtain. At a signal from the Sultan, five mutes entered with bow strings. The youngest of the cousins, but nine years old, clung to the knees of his executioner, and begged piteously for his life, promising, if spared, to serve the Sultan as a mere soldier for a crust and an asper a day. The only answer was to be flung to the floor writhing in the last agonies of strangulation. Three of the survivors, mindful of their royal lineage, yielded with heroic stoicism to the fatal chord. But the last of the five victims, a young man of twenty, was of different metal. Drawing a concealed dagger from his bosom he prepared to die as a lion and not as a dog. In his awful desperation he slew four of the mutes and disabled the fifth. But for the grating he would have attacked the Sultan himself, who hastened to summon a fresh supply of executioners. Then, and only

then, did this victim of the horrors of royal polygamy succumb to his doom.

Of course, the same cause which instigated these fratricidal tragedies also produced even more unnatural conflicts between fathers and sons. The Sultans were influenced in their conduct toward their sons by the intrigues of the harem, the furious jealousies, and subtle insinuations and misrepresentations of wives and mothers, anxious, respectively, for the succession or the lives of their own offspring. It came about that sons were murdered by agents sent for that purpose, or even in the very presence of their royal sires, who perhaps, in their infancy, had yearned toward them, and dandled them on their knees, for the Turks are very fond of children. Solyman the Magnificent, considered the greatest of the Ottoman line, in this way caused two of his sons to be slain, of whom Mustapha, the oldest, was a prince of great promise and approved ability. A third brother, who was intensely attached to Mustapha, fell dead on his corpse of a broken heart, in the presence of the father, who had witnessed the murder.

In view of these facts, we are able to perceive how the decadence of Turkey has been accelerated by the vices and crimes of polygamy, as practiced in that empire, and very materially aided by the demoralization of the bureaucracy. Not only has the country suffered enormously by the intrigues, jealousies, murders and civil wars resulting from polygamy, but the dynasty, on several occasions, has been brought to the very verge of extinction. But, more than this, owing to the repeated slaughter of direct heirs to the throne, who were men of strong character and genius, the government at critical periods has fallen into the hands of men of weak intellects, or of debauches so sodden in vice that the life of the empire they misgoverned has been sapped to the point of ruin.

The natural and recuperative vigor of the dynasty, and the people, on the other hand, has been so great that, but for polygamy, even the growing power of the Christian nations, and the internal agitations of the subject races of Turkey, would have been unable alone to bring the empire to its present moribund condition, at least not for ages to come.

# THE BRONZE STATUE "SIN"

POSED BY ALBERT TRELOAR, WINNER OF THE \$1,000 PRIZE FOR THE MOST PERFECTLY DEVELOPED MAN IN THE WORLD

ON the front cover of this issue of the magazine we present the first published reproduction of the great bronze statue entitled "Sin." The statue was sculptured by Chas. Albert Lopez, a young American sculptor, scarcely more than thirty years of age.

The title "Sin," which the sculptor has given to his work needs some little explanation in its rather subtle application. The seated figure represents mankind in the struggle to *let go* of the serpent, "Sin." The serpent is repulsive to the man, and, if he could master himself, he would crush it beneath his heel. But there is still the sinister fascination of "Sin," and, with head bowed in grief, he prays for spiritual strength to rise up and hurl his enemy far from him.

But what we particularly desire to mention in referring to this statue is the fact that it embodies an epoch, a stage of our history.

A revival has come about that is of tremendous import to this nation. It is the revival of a love of physical perfection and admiration for the body beautiful. On all sides men and women are striving for strength and the attainment of superbly built bodies. Wholesome despicency is growing up among our people against the weakling and the invalid. We believe this condition has come to stay. We believe that physical culture will become a permanent part of the life of this

nation. We believe that it will have a prominent place in every school and in every college throughout the land. But if the present revival should die away again, and with it our great nation, this statue will remain, a landmark of the tidal wave of physical culture, just as the statues of Rome and Greece mark the age of physical culture in those two countries.

Mr. Albert Treloar, the young athlete who was declared winner in the \$1,000.00 prize competition for the most perfectly developed man in the world, held at the Physical Culture Exhibition in New York City, was the model for the statue of "Sin."

For the benefit of the admirers of this splendid physical culture representative, who desire both to see and speak with Mr. Treloar, we gladly give his itinerary in these pages. It is advisable to ask at the box office what time Albert Treloar appears:

#### 1905—Week beginning

Jan. 22, Orpheum Theater, Minneapolis, Minn.  
Feb. 20, Circle Theater . . . . . New York City  
Feb. 27, Orpheum Theater . . . Brooklyn, N. Y.  
Mar. 6, Auditorium Theater . . . Harlem, N. Y.  
Mar. 13, Keith's Theater (Union Sq.) N. Y. City  
Mar. 20, Keith's Theater . . . Providence, R. I.  
Mar. 27, Keith's Theater . . . Boston, Mass.  
Apr. 3, Mechanics Hall . . . . . Salem, Mass.  
Apr. 10, Family Theater . . . . . Portland, Me.  
Apr. 17, Keith's Theater . . . Philadelphia, Pa.  
Apr. 24, Keith's Theater . . . Baltimore, Md.  
May 1, Alvin Theater, . . . . . Pittsburg, Pa.

#### NOTE TO A SCHOOL TEACHER

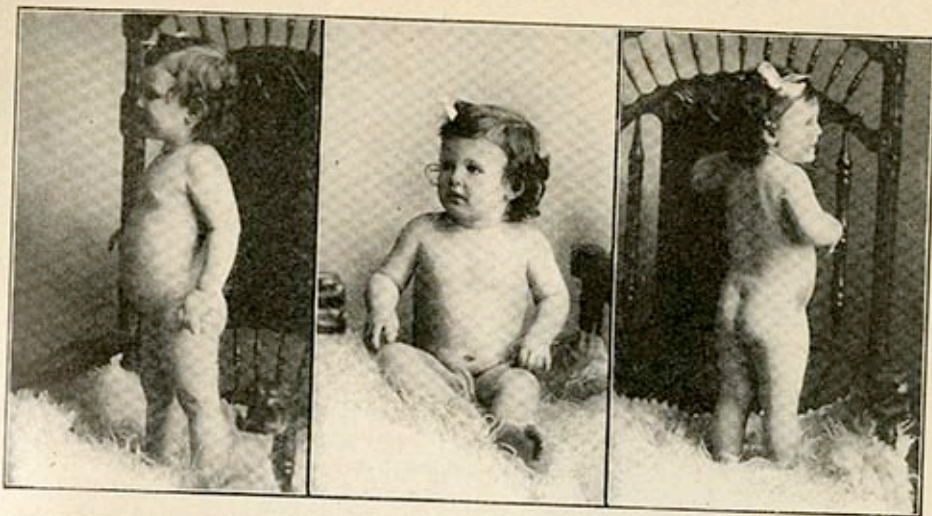
"Pleze excooze Henny for absents yeesterday. Him n me got a chance at a ride to a funeral in a charrige, an I let him stay to home, as he had never rode in a charrige an never went to a funeral, nor had many other pleasures. So pleze excooze."—*Harper's Round Table.*

#### WHY HE CRIED

"Poor little lad!" said the lean and sympathetic man of religion, "and its your brother that has gone through the ice, is it?"

"Yes—wif my new ska-ates on—what I've nev-er wore yet! If they'd been his own he wouldn't have gone and drowned!"—*Clipped.*





## PRIZE PHYSICAL CULTURE BABIES

SOME COMPETITORS FOR THE PRIZES WE HAVE OFFERED FOR  
THE BEST FORMED PHYSICAL CULTURE BABY

WE publish herewith some of the photographs of the little ones who have been entered in our prize baby competition. Not only have the parents of these babies believed in the application of physical culture methods in the training of their children, but in most cases the mothers took advantage of their knowledge of pre-natal influence in preparing during pregnancy as nearly perfect a physical and mental foundation for the little lives that were to come, as was possible.

In addition to the health, vigor and exceptional vitality with which the children of physical culture parents are endowed, the mothers themselves were able, through careful physical training, a suitable diet, and other proper habits of living, to avoid the incomparable agony which is usually associated with the ordeal of childbirth. Indeed, so general is this suffering that the young women of our time have come to regard the function of motherhood with a feeling of utmost horror. The harrowing torture which such an occasion brings to the average woman who has not broken away from the customs of the conventional civilized world of to-day is unnatural, and is due, purely and simply, to her own weak and debilitated physical condition, which is the

outcome of the use of the corset and the generally abnormal, artificial and enervating habits of life prevalent among the women of the present time. The experience of maternity is a natural one, and, under right conditions, should not be fraught with the dangers and excruciating pains which the traditions of our nervous, sick and physically decrepit race have imputed to it. In recent years, the intelligent application of physical culture principles has enabled many women to pass through the trying ordeal with but little more than a slight inconvenience.

The value and efficacy of physical culture ideas in the rearing of infants are clearly illustrated by the photographs that have been submitted to us in connection with this prize competition. All the children appear to be well developed, healthy, bright and happy, and we believe that their pictures will interest every reader of the magazine, male as well as female. Although it is the usual opinion of men that all babies look alike, yet it is to be noted that all the faces of the little men and women given here show a high degree of individuality and character, indicating a mental development that is on a level with the splendid physical health and all-round vigor that they obviously enjoy.



These babies have not been smothered by an excess of clothing, and the movements of their little legs and arms have not been hampered by a mass of binding, hot and prickly flannels. The most of them have been given air baths and cold-water baths almost every day since birth, they have had pure air to breathe, they have enjoyed the sunshine, and have spent much of their time outside the house, and so have the vigorous health and superb vitality which can only be obtained in the fullest degree by a life in the glorious out-of-doors.

Some of the parents of these babies have taught them little exercises, in addition to those which the average healthy, normal baby will voluntarily take, training them to hang from their father's thumbs, and many similar interesting tricks, while other parents have given them gentle massage treatments, helping to strengthen them in that way.

But the baby is a natural physical culturist. If untrammelled with superfluous clothing, and free to use his little muscles as he chooses, he will himself voluntarily go through an infinite variety of exercises, and enjoy them hugely, every one. Did you ever get hold of a

baby that liked to wiggle, wiggle, wiggle? One that squirmed and twisted, kicked and tossed about as you tried to hold him quietly in your arms? If so, it was probably a vigorous, healthy baby. Then, let the baby kick if he wants to—let him roll. It will make him strong. If he likes to crow and call and babble and prattle, let him do so to his heart's content, for it is only the way he has of exercising his lungs.

And these physical culture babies are all happy. Does your baby ever cry? If so, you may rest assured that the poor abused little thing has some good reason for it. A healthy baby would much rather laugh, and if you only give it the opportunity it will delight your ears all day with its pretty cooing and crowing—the soft, musical evidence of its good humor and its health.

A more happy and sunny disposition could not be asked for than that possessed by little Donna Louise Soule, daughter of Mr. and Mrs. H. E. Soule, 1209 Lyndale avenue, North, Minneapolis, Minn. She is 32 inches tall, weighs 25¾ pounds, and has never been sick during the sixteen months that she has known the light of day. She has been



brought up by physical culture methods, often in the face of strong opposition from relatives, who declared that she would surely be killed by such "new-fangled experiments." Hot, cold, friction and air baths have been given her regularly and also light exercise in the shape of play. She has three regular meals each day, consisting, at present, of fresh fruit, cereals, figs, dates, wholesome breads and raw eggs beaten up in milk. No lunching is allowed between meals.

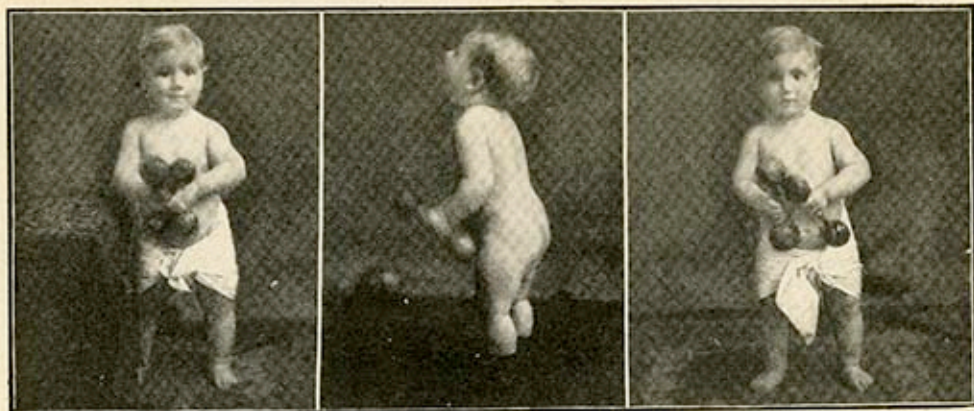
Miss Marion Daid Holgate, daughter of Mr. and Mrs. C. E. Holgate, 266 Littleton avenue, Newark, N. J., is a charming, genial little spirit, an example of the benefits of intelligent physical training. The photograph was taken at the age of two years, and she is 34 inches high, and weighs 25 pounds. She has never had a sick moment, even through teething, gets a tepid sponge bath every evening, and enjoys a cold tub in the morning. She has her little exercises, and takes a prolonged air bath in the house daily. The endeavor of her parents is not to make a physical prodigy of her, but to store up an abundance of health in her small but perfect frame. The beauty of her body attests the value of the methods pursued in her daily régime.



Master J. B. Vincent, age 15 months, weight 30 pounds, is the son of Mr. and Mrs. William H. Vincent, 37 Sussex avenue, Newark, N. J. As his picture shows him, he is a very manly little fellow, and does many of the tricks he sees his older brothers do. He is a typical physical culture boy, and goes through a set of movements with his little dumb-bells like a physical director. Here is a baby who gives his parents no trouble whatever, is never sick, and in addition to being healthy and strong is unusually bright, self-possessed and well controlled, as a glimpse at his face will indicate.

There are physical culture babies in Texas as well as elsewhere, and little Miss Agnes White, daughter of Mr. and Mrs. T. M. White, of Rusk, Texas, is one of them. She is an excellent example of physical culture, as it is practiced in the "Sunny South." Twenty months old, Agnes is one of the most perfect specimens of child development, both physical and mental, that one may wish to see. This little belle of the bright and flower-bedecked Lone Star State gets a daily cold plunge bath as well as air and sun baths, and has never known the taste of medicine of any sort. She is an ideal child in every respect.





Little Richard Straub, son of Mr. and Mrs. G. L. Straub, 1626 Larimer street, Denver, Colorado, finds the greatest delight in playing with his three-pound dumb-bells, as well as with his toes. He is unusually strong, and can push a three-pound weight up above his head. The

photograph here shown was taken at the age of twelve months and a half, at which time he weighed 27 pounds; height, 31 inches. He has great ambitions along physical culture lines, and hopes to win first prize.

## CHOPS HOLE IN ICE TO GET MORNING PLUNGE

*By C. Gilbert Percival*

**J.** T. MCKENNEY, a barber, of Neponset, Mass., goes in swimming in the Neponset River every day of the year, winter and summer, and in sunshine or rain, snow or ice.

During the winter Mr. McKenney has often found it necessary to chop an opening in the ice in order to take his morning bath, but this has not made any difference to him, as he claims that the extra amount of good induced by the exercise is well worth the added exertion. Frequently he has also been obliged to dig a path through the snow from a dressing closet that he has built for himself to the river wharf, a distance of 20 feet, and he does this with nothing on but his trousers and shoes.

Mr. McKenney is 43 years of age, short in stature, and weighs 125 pounds. He began the practice of a daily plunge about five years ago, a time when he was in poor health, and when the doctors had given him up to die. He had lung trouble and was threatened with consumption, so

he was told, and all drugs and medical treatments had no effect upon him. Cod liver oil he consumed in vast quantities, but without results. Finally, being fond of swimming, he concluded to try hygiene and sea bathing. One early fall was uncommonly warm, so he continued his bathing until September, and noticing that his health was improving, he continued his daily plunges throughout the winter months, with increasing benefit. Since that time, five years ago, he has not been troubled with coughs or ills of any kind, and has taken a dip every morning almost without exception.

"I do not think that there is anything better than bathing in salt water to cure consumption," said Mr. McKenney to the writer. "Though the air outside of the water is pretty cold, I find the water itself very agreeable. Why, I am willing to wager that, after I have taken my morning dip, I could walk from Neponset to Boston with nothing on but my trunks."

## PURITY OF MIND AMONG THE JAPANESE

RACE NOT YET INFECTED WITH MENTAL POISON OF PRUDERY  
NUDITY COMMON SIGHT—NOT CONNECTED WITH SHAME

**I**N an article on the Japanese people, written by Edmund Buckley, Ph. D., of the University of Chicago, and copyrighted by J. B. Bowles, interesting reference is made to the manner in which the Japanese view nudity. It is in striking contrast to the diseased conception of it which prudish teaching has inculcated into the minds of our own race. "When some 3,000 years or more ago the aborigines of Japan began to use its pleasant mineral springs," he writes, "neither man nor woman was sufficiently self-conscious to go to any trouble for securing privacy in the matter. Here were small pools of hot water collected around springs on mountain sides and bases. What more natural than for early men and women, unhampered by all the conventions that have been established since their time, to take the plunge in company? That they did so is certain, for they do it now, and that they did so with unembarrassed minds is also certain, by the same token—they do so still. The strange fact that no one mind being seen on such occasions is matched by the other fact that no one cares to see! Nor would the appearance of a foreigner on the scene disturb the simple ingenuousness of all present, unless his rubber neck and roving eye betrayed to the bathers a prudish or prurient mind.

"Hence the Japanese eye has become tolerant of the unclothed human form; unless, perchance, the form should be a foreigner's, in which case he might be curious to scan an object new to him. Other-

wise, however, the commonplace object would leave him unaffected. And so it came that public baths in cities had no screens, but only a low partition between the sections for men and women, and that, lacking a private or public bath near by, the family tub would be placed in the yard often in full view of the passers-by. The case at the hot springs is well described by an American professor in Japan, who with a friend visited the spa of Mount Ase, the smoking volcano of Kyushu: 'Wearied with a long walk, we were glad to enter one of the public bath tubs or tanks, some 15 by 30 feet in size, in a bathhouse separate from other houses. We were scarcely in when a company of six or eight men and women entered the bathhouse. The women as well as the men got into the tank with us, betraying no consciousness that aught was amiss. So far as I could see there was not the slightest self-consciousness in the entire proceeding.'

"No fair observer doubts the modesty of the Japanese according to their own conception of this variable virtue. There are limits which they may not overpass; and as for the grounds which western peoples mark with a 'Do not trespass,' Japanese traverse them as accident or need may require, holding that immodesty consists solely in the intention of the mind. The quasi-nudity of western ballet dancers and the semi-nudity of western décolleté dancers shock Japanese sensibilities, because such exposures seemed to be designed to draw attention."

## DR. F. L. OSWALD ANSWERS MEAT EATING ARGUMENTS

"The grass-eating cow needs an enormous digestive system, the limbs, small in comparison with the body, are burdened by its weight, a great amount of force is expended on the work of assimilation, and, having but little energy remaining, the creature is sluggish. . . . Energy, we see, requires a diet of concentrated nutritiveness." (Spencer on Education, pp. 227-28.)

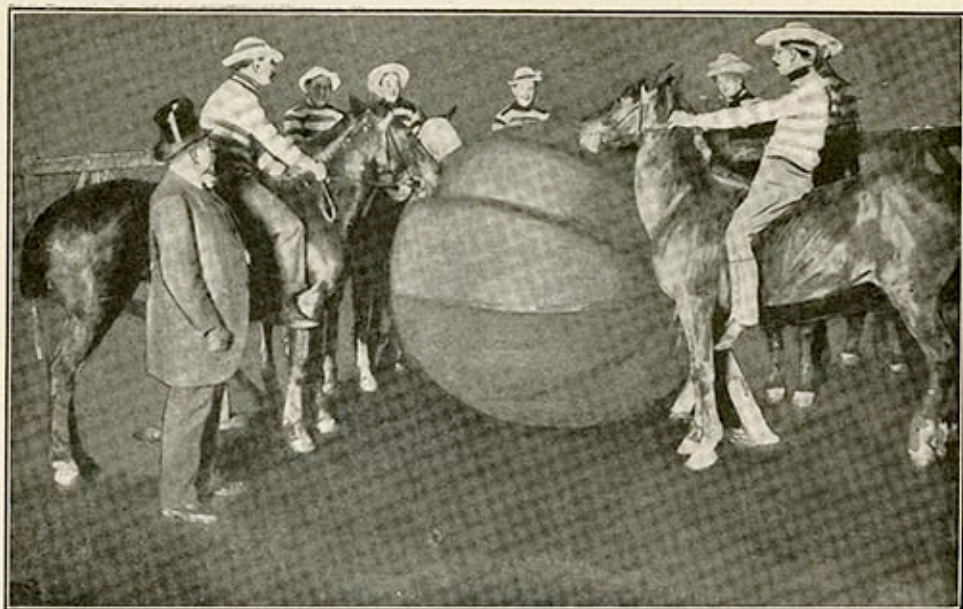
What about the grass-eating hare or antelope, horse or deer, the frugal and restlessly active fourhanders, or monkeys, the non-carnivorous squirrels of our North woods.

"Our teeth and digestive organs differ strik-

ingly from those of the herb-eaters and indicate our adaptation to a mixed diet." (Dr. Claude Bernard in Health and Diet.)

Mixed, yes; but not necessarily with mince-meat. Our teeth and digestive organs are strictly analogous to those of creatures that subsist chiefly on tree-fruit and berries—incidentally on roots, seeds and eggs.

The Romans, during the period of their most portentous energy, were as frugal as Cincinnatus; so were the Pythagoreans who evolved a galaxy of brilliant writers and orators, and such athletes as the world-champion, Milo.



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The End of a "Period"—Referee Deciding Which Team is the Victor

## PUSHBALL ON HORSEBACK

A NEW AND STRENUOUS GAME WHICH CALLS FOR A HIGH TYPE OF EQUESTRIAN SKILL

**I**N all periods of civilization, clever horsemanship and skill in the saddle have evoked admiration from the multitude. The perfection of equestrian skill is the outcome of such exercises as call for all sorts of positions and conditions on the horse's back. Hence it is that anything in the shape of games or exercise that makes a rider a practical part and parcel of his horse is to be commended and encouraged.

Games on horseback have for their end the purpose alluded to. Cases in point are the *jeu de cordon*, egg races, wrestling on horseback, combats with broadswords, and a whole host of mounted sports and competitions evolved by riding masters for the benefit of their pupils, etc. And one of the most unique of such is unquestionably pushball played by horsemen.

As the majority of our readers probably know, pushball, as ordinarily played on foot, is of comparatively recent origin. The principle of the game is of a simple nature, as far as its rules are concerned. A ball of leather, six feet in diameter,

with an interior bladder of rubber which can be inflated, is used. As in football, there are eleven players on each side. The game is played on a level field one hundred and forty yards in length and fifty yards in width, which is marked off in ten-yard spaces as in football. Indoors, the spaces can be shortened, say, from two yards to five yards.

The team is divided into five forwards, two left wings, two right wings, and two goal keepers. This formation is taken when the ball is put in play. But after the ball is in action, the players can assume any position on the field within the rules.

In scoring, a team that shoves the ball under the crossbar and between the goal posts has five points placed to its credit. If the ball is lifted or thrown over the crossbar eight points are scored, and a safety counts two points. The main object of the team is to keep the ball in motion all the time until it crosses the opposing team's goal. The game permits of much spectacular play, and any amount of "trick" formations and movements. It is

a strenuous pastime, and does not permit of weaklings indulging in it. As an example of its possibilities, may be cited a play that was recently introduced into an English game in which eight of one team tackled the members of the opposing team, blocking and boxing up the latter and thus giving the three remaining free men an opportunity of grabbing the ball and running it toward the antagonistic goal. Tripping and tackling are permitted under certain conditions.

It goes without saying that when the game is played on horseback, it must manifestly depart from the rules originally designed for it. Nevertheless, even

in a pushing, crowding mêlée. Tumbles there then are, and some awkward jams and mixups, but gradually the game develops into a question of clever horsemanship, and at times the opposing teams are wedged so tightly against the ball that it is utterly impossible for either of them to gain an inch. When such a deadlock develops, the skill of the captains of the teams is evidenced in their distribution of the weight and tenacity of their men, for a weakness at any one point means a disastrous result, and frequently the loss of the game to the side that gives way ever so slightly.

Clever manœuvring is frequently



A Hotly Contested Game on Foot—Player Trying to "Sky" the Ball  
Copyright by American Sports Publ. Co., N. Y.

mounted players can develop clever "trick" plays of an unexpected and spectacular nature.

The ball is placed in the middle of the tanbark and the teams are lined up at the goal posts, being about fifty yards apart. At the command "Go!" the horsemen clap heels to their steeds and ride hard for the ball. The game is blood-tingling in the extreme, and during it, some of the men occasionally ride away from the ball in order to have space in which to gather impetus for a renewed charge upon it. Occasionally there are some exciting situations; for instance, when the ball slips sideways and the players become mingled

shown by a team in working the ball sideways toward the goal. The writer has seen a first goal won in this manner within about three and a half minutes.

That this sport is an excellent exercise for men either on horseback or on foot, is evidenced by the perspiration that covers the players from head to foot at the end of a play.

Rules suited to pushball on horseback have been evolved, and certain formations have been developed which not only make such a contest interesting from the spectator's standpoint, but, in addition, call for fine horsemanship on the part of the players.

# PRESIDENT ROOSEVELT'S OLD-TIME SPARRING INSTRUCTOR EXAMPLE OF PROPER LIVING

STRIKING EXAMPLES OF PHYSICAL CULTURISTS FOUND IN "MIKE" DONOVAN, WELL-KNOWN BOXING INSTRUCTOR, AND JOHN ENNIS, FAMOUS PEDESTRIAN

By John Z. Rogers

NO more striking examples of the beneficial results of proper living are probably possible, than those furnished by the human documents, John Ennis and "Mike" Donovan.

Both men are veterans of the Civil War and both are to-day as active, muscular and strenuous as they were a generation since. Indeed, they are even in better shape than they were years ago, for these remarkable exponents of the possibilities of physical culture seem to improve with age.

Away back in 1878, when six-day walking matches were inaugurated at Madison Square Garden, John Ennis was one of the competitors and he came in second in the first race. He competed with Rowell, O'Leary, Fitzgerald and others, and while his competitors have either retired from active life or have been gathered to their fathers, John Ennis is as active and as sprightly as ever.

He lives at Stamford, Conn., and is a builder and contractor, but he finds plenty of time to box, run, skate and walk. His ordinary before-breakfast walk consists of a five-mile saunter, but when he has time, nothing less than a ten-mile jaunt satisfies him. He is only sixty-two years young, and while he is an expert at nearly all kinds of sports he is a professional only as a pedestrian.

John Ennis, like Mike Donovan, owes

his remarkable vitality and wonderful physical preservation to his proper method of living, abstinence from liquor and tobacco and plenty of outdoor exercise. He weighs about the same as he

did thirty years ago, and his waist measures exactly the same as it then did.

The picture of him which accompanies this article, is liable to give the reader the idea that Mr. Ennis is a prize fighter. But he is not. He posed for the picture merely to show the old-time style of "putting up the hands" as compared with the modern or "crouch" method of boxing.

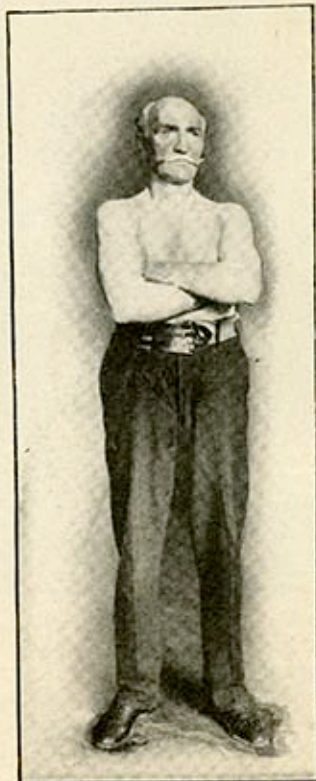
Mr. Ennis has seven children, one of whom is a champion skater, and he himself can glide over a course of anywhere from one to one hundred miles as fast as almost any other crack amateur ice sprinter.

Mike Donovan is a youth compared with John Ennis. "Mike," as he is affectionately called by his almost innumerable friends, is only fifty-eight years young. He is a veteran of the Civil War, like Ennis, but modestly explains that he was too young to be enlisted

before the war was almost finished.

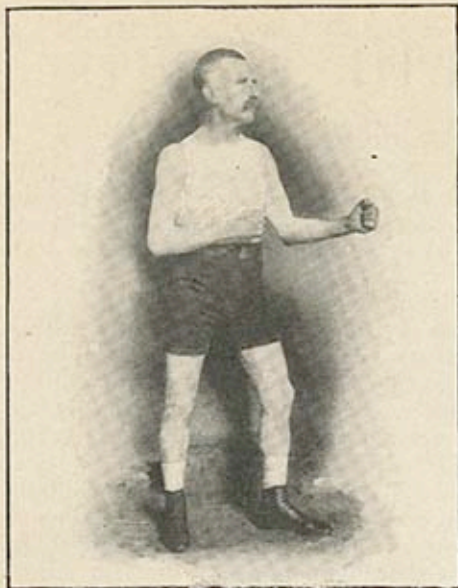
Donovan was one of Gen. "Tecumseh" Sherman's soldiers who, with that determined general, made the famous march from Atlanta to Savannah, the memorable "March to the Sea."

Were I either John Ennis or Mike



Mike Donovan, 58 Years Young  
Former Middle-Weight Champion of the  
United States and for Twenty Years  
Boxing Instructor at the New  
York Athletic Club





John Ennis, Veteran Walker, Hale at 62

Donovan, I would be very proud of my age. In fact, I would be tempted to increase it rather than decrease it.

But these "old-young" men appear to dislike to own up to their actual ages.

Years ago Donovan was the middle-weight champion of the United States, and for just twenty years he has been boxing instructor at the New York Athletic Club. His objection to smoking in any form among the pupils that he trains at the club, is well known. Of smoking, he says: "There is a broad, general rule that to do any athletic work, tobacco must be absolutely tabooed. Smoking injures the nerves, softens the muscles and weakens the stomach."

Daily Donovan spars three rounds or more with a dozen or so pupils, and his admirers declare that he could to-day, if necessary, go into the ring and defeat most of the so-called champions now before the public.

John Ennis and Mike Donovan are in turn most interesting examples of the results of proper living combined with physical culture, from a practical standpoint.

## LAW TO REGULATE MARRIAGE WOULD BE UNJUST

By J. G. Harding

**A**N article in the April issue of this magazine tells of an effort to pass a law requiring that every applicant for a marriage license shall be provided with a certificate from a reputable medical practitioner, vouching that said applicant had received instruction regarding the physical aspects of marriage.

There are many who desire to go further than the above law, and trespass on the rights of others, by prohibiting marriages under certain conditions, and thereby preventing procreation on the part of some classes of people.

The right to reproduce is one of the inalienable rights that is identified with "life, liberty, and the pursuit of happiness." The desire to reproduce has ever been one of the greatest influences in the making of history. It is at times, if not always, stronger than the desire for self-preservation, which is one of the most powerful of human instincts.

Assuming that it might be proper for a mere human being to take authority in the matter of fitness and unfitness in mar-

riage, where ought the line to be drawn?

In other words, who is fit to judge as to who shall and who shall not marry?

Let us examine some other instances of prohibitory measures; for instance, religious intolerance, laws against polygamy; prohibition, and tariff laws. In all of these matters the world has been intolerant, although it is mending its ways.

Quite similarly, prohibition of marriages would be a form of unwarranted intolerance, and would increase vice.

The experimental prohibition of the exercise of private rights is like the use of medicine—guesswork.

Whatever may be one's religion, or lack of religion, one must admit that Christ, the founder of Christianity, was one of the most successful reformers in the history of the world. Did he reform by means of temporal power? Indeed no.

Compulsion and prohibition tend to make life unworthy the living. We must depend upon teaching and education if we intend to produce a yet finer and nobler race of man than exists at present.

# WINTER HEALTH TALK

*By Bernarr Macfadden.*

*Hereafter I shall endeavor, under a suitable heading, to present to my readers some very valuable and timely hints on various subjects pertinent to the time of year in which they appear. If readers have any suggestions to make as to the contents of a department of this character, I shall be pleased to receive them.*

## AIR BATHS IN WINTER

**I**S an air bath advisable during the cold season of the year? This is a frequent question among enthusiastic physical culturists.

The colder the atmospheric temperature when taking an air bath, the more influence it has on the body, and the greater its tonic effect, providing, of course, that one can maintain warmth during the bath. As a rule, if you take some active exercise, a comfortable degree of warmth can be induced in the coldest winter weather, even if you have the windows wide open. It is well to remember, however, the necessity of maintaining the warmth of the body. If you are cold, chilly and uncomfortable, an air bath is of but little value. In fact, it might be productive of harm under such conditions. If one takes his air bath in the morning while exercising, he can, in nearly every case, depend upon deriving benefit from it. About the best exercise to warm the entire body quickly, is jumping as high as you can, bringing the legs upward toward the body with each jump.

## AIR BATHS PREVENT COLD

It should be remembered also, that the air bath is of very great value in hardening the body to endure cold. One who is in the habit of taking air baths of this nature, rarely feels the cold to be uncomfortable, does not need to wear so much clothing, and seldom "catches cold." In fact, the skin is so active, and impurities are eliminated so thoroughly when one is accustomed to taking an air bath, that no matter how much one may have occasion to expose the body, a cold will not result.

## HOW TO KEEP THE HANDS WARM

Some enthusiastic athletes have such good circulation that they are sometimes

able to go through the winter without the use of gloves. Such physical hardiness, however, is difficult to cultivate. One who is in the habit of being indoors a great deal, must wear some protection for the hands when going out in the open, not only for warmth, but to avoid that uncomfortable chapping of the hands, which is liable to result from contact with the sharp winter winds.

The best protection for the hands in the winter, is the old-time knitted mitten minus fingers. I realize that a knit mitten does not look very stylish, but it will accomplish the purpose of keeping the hands warm, nevertheless. Skin-tight gloves are an abomination, considered as means of keeping the hands warm. Unless your circulation is especially good, gloves of this character will make them still colder. The knit glove is, of course, the next best thing to a mitten, but it is quite easy to see that when the fingers are all together, they will keep much warmer than when separated, as in an ordinary glove.

## KNITTED WRISTLETS

Those who have not tried the use of knit wristlets for maintaining the warmth of the hands will be surprised to find how valuable they are for that purpose. As no doubt every reader is aware, this article is a tight-fitting knitted cuff covering the wrist for several inches, and is used a great deal in cold countries. The fact that the arteries supplying the hand are so near the surface at the wrist, makes these articles exceedingly valuable in cold weather, as the warmth of the blood circulating through the wrist and hand is maintained when wearing them. In fact, many find that they can go without gloves comfortably in the winter, except in very severe weather, if they wear a pair of wristlets.

## HOW TO WARM COLD HANDS

Some answer this query by telling you to avail yourself of the nearest stove, but this is by no means necessary, if the following method is adopted. Bring the arms out to the sides with elbows rigid, to the height of the shoulder; then swing both arms swiftly toward each other directly in front, nearly to the shoulder's height, crossing one under the other vigorously, slapping each hand on the back of the opposite shoulder. If you will continue this for a short period, you will be amazed to note how the blood is sent tingling to your cold hands and fingers. If the description is not clear, watch the city draymen or the farmer on a cold day. This is the method they use to warm their chilled fingers.

## HOW TO KEEP THE EARS WARM

Frozen ears in winter are quite common, but there is no special need for suffering in this way if one will keep in mind a few simple facts. Whenever the ears begin to tingle with the cold, rub them with the hands until warmth is restored. As a rule, you will not have to continue this very long before a satisfactory degree of warmth is attained. The best method of keeping the ears warm is to wear a cap with a flap which comes well down over them. The next best is probably the use of the ordinary ear muffs, but even with these it is often necessary on extremely cold days, to resort to the rubbing process described.

## VENTILATION IN WINTER

No matter what may be your ideas in reference to a draught, you must thoroughly realize the necessity for pure air. If you are afraid of the wide-open windows, then adopt a compromise. There is of course no need of ventilating your room so thoroughly in cold weather as in summer, but if you wish to enjoy the highest degree of health, you must at least keep your windows open sufficiently to insure a full supply of uncontaminated air. If you open your windows two or three inches at the bottom and about the same at the top; if there are two or three windows in the room, and each window is raised and lowered in this manner, you can depend upon a satisfactory supply of pure air.

## TORRID ROOMS IN WINTER

Avoid torrid temperatures in winter. Keep out of hot rooms as much as you possibly can. Hot rooms are always filled with foul elements of decay. You would not eat decayed food; why should you breathe air that has already been breathed? For air is, after all, the most important factor in the maintenance of health and strength of the body. I know that the average American home is heated to a stifling degree, but those who are gifted with intelligence are careful to avoid such vitiated atmospheres as much as possible. About the best way to provoke a cold is to breathe this kind of air for a long period.

## FIRE IN BEDROOMS

The only excuse for heating a bedroom is the absolute inability to maintain a satisfactory degree of bodily warmth, no matter how much covering you may use. In that case, some heat might be allowed, but even under such circumstances, thorough ventilation is more important than under other conditions.

## THE BEST METHODS OF HEATING

The most commendable method of heating a house is probably the hot-water system, although next to this is the use of the steam radiator. Both of these methods are considerably cheaper than stove heat, and are considered more healthful. However, a method more advisable than either is the large, open fireplace, as it furnishes and even compels ventilation as well as giving out heat. This manner of heating, however, is not very much in use at the present time. Where stoves are used and a liberal draught allowed, they probably approximate very closely in value to the open fireplace. But where dampers are used, as they are in burning coal, the gas often escapes into the room and poisons the air.

But of all the abominable methods of heating, the gas or coal oil stove is, perhaps, the worst. They use up an enormous quantity of oxygen and keep the air polluted. When using such methods of heating, you will require very wide open windows to insure even fair ventilation.

## COLD WATER BATHS IN WINTER

Cold baths can be continued during the winter, provided that they are enjoyable to those who use them. Don't force yourself to take a cold bath at any time if you don't actually revel in it. As a rule, if you are taking them in the fall, and continue them right on through the winter, and recuperate after them quickly with a feeling of warmth and comfort, they can be highly recommended. In fact, like the air bath, they will assist in hardening the body, and help to keep one free from colds and all sorts of diseases. It is especially advisable at this time of the year, when taking cold baths, to precede the bath by some exercise, and the dry friction bath described previously in this magazine. When the internal and external circulation is aroused by exercise and dry friction, one can nearly always recuperate quickly immediately after the bath.

## ARE SNOW BATHS ADVISABLE?

It will be quite a surprise to many to learn that a snow bath is much less of a shock than a cold water bath in winter. Those who have tried it are especially emphatic in commending it. We would hardly advise one who does not possess considerable vigor to attempt it unless it is taken in a fairly warm room; but, if one possesses a normal degree of physical hardiness, a snow bath can be taken with delight and benefit. The exhilaration that follows such a bath under such circumstances, would be hard to describe. It sets every nerve tingling, and you can truly realize the physical intoxication that comes from a thoroughly aroused circulatory system.

## WARNING SIGNS OF A COMING COLD

The best method of curing a cold is to read the warning signs of its approach. It may surprise some to know that a cold usually begins in the digestive organs. When you begin to lose the keenness of your relish for food, when eating approximates a duty rather than a pleasure, that is one sign that should be remembered. And, if in addition to this, the bowels are constipated, then you can either begin to treat your symptoms immediately or else you will have to treat a cold when it arrives at an uncomfortable stage. As a rule, if you will miss a meal or else eat

very lightly for a day or two, using fruits freely and drinking water plentifully, the oncoming cold will be prevented from arriving. But if you ignore these plain signs you will either have a cold at the first exposure or else some more serious disease will finally attack you.

## SOME UNDERWEAR TALK

Don't smother yourself with underwear. Don't think that just because it is winter you have to wear very heavy underwear. Experiment a little for yourself in this way, and you will discover that comparatively light underwear will keep you just as warm as very heavy underwear. Good underclothing effects three purposes: It maintains the warmth of the body, allows a limited quantity of air to come in contact with the skin and absorbs the impurities that are eliminated from the pores of the skin. If you feel the necessity of wearing heavy underwear, at least have linen or cotton next to the skin. Linen is perhaps the best, but cotton is far better than wool. Linen and cotton permit of more free access of air to the body than does wool, and they absorb the impurities to far better advantage.

If you have been in the habit of wearing heavy woolen underwear through the winter, I would not advise you to make a sudden change. A gradual change would certainly be more to your advantage. Heavy underwear of this kind stifles and almost paralyzes the action of the skin, and diseases of all kinds are in consequence more liable to occur under such circumstances.

## WINTER DIET

As a rule, every one eats more heartily in winter than in summer. This is probably because more food is needed to maintain heat in the body during the first-named season of the year. As to advising special articles of food, that would be exceedingly difficult, and it would require a very prolonged article to properly treat the subject. The best guide in this respect is to allow your appetite to dictate. Eat those foods that are the most palatable. As a rule, you will find that your natural inclination will lead you toward foods that contain a large amount of starchy and heating elements. Corn-meal and oatmeal porridge are excellent winter foods. They both contain a large amount

of heat producing elements. If a food of this character is served with cream, and also sugar if desired, for the first meal, it would be found satisfactory from every standpoint. In fact, all the cereals make quite good winter foods, though corn and oats in any way that they are prepared, are to be preferred to all others.

As a rule, there is much more meat eating in winter than in summer, and though it must be admitted that one is more capable of digesting such food at this time of the year, yet it is not by any means as valuable as many other foods.

#### HOW TO MAKE PORRIDGE

It is a deplorable fact that but few cooks know how to make porridge, and what is to be more deplored, no cook book will give you proper information on the subject. Porridge is usually cooked to a tasteless mush, and you must add sugar and cream to give it flavor.

If you will take rolled oats, wheat, raw Strengthfude or any of the grains, put them on the fire in cold water, merely bring them to a boil and serve immediately, you will be amazed at the superior flavor. The mess that one is in the habit of eating as porridge cannot compare with it.

#### OUTDOOR LIFE IN WINTER

Don't stay indoors too much. I well know that on cold days one is inclined to "hug a hot stove," but the more we keep in the house under such circumstances, the less we are inclined to face the biting and exhilarating outside atmosphere. Winter air is a tonic of very great value. Get all of it that you can. Take long walks and occasional runs if you are strong enough, and you will gain greatly in health and strength because of this habit.

Of course, various winter games are to be encouraged; in fact, anything that will take you out of doors and tempt you to fill your lungs frequently with the health-giving winter atmosphere is to be most highly commended.

#### SKATING A FINE WINTER EXERCISE

Of all winter exercises, skating is perhaps one of the best. In addition to being a fine exercise, it is great fun. On a keen, cold day, an exhilaration that almost borders on intoxication can be secured from

this exercise. As a means of developing the calf and thigh, it is hard to excel. To indicate the special effect it has upon the calf, you will notice that, as a rule, when beginning the exercise, there is a soreness of the muscles of the part. All know strong ankles are necessary to make a good skater, and strong ankles depend upon strong calf muscles. Strong lungs can also be developed by this exercise. Deep breathing is compulsory. You are compelled to take frequent deep, full inhalations during this strenuous exercise.

#### RIDING IN WINTER

A long ride on a crisp, keen, cold day is indeed enjoyable, if you can take it in comfort. Heavy wraps and heavy clothing of every kind are necessary under such circumstances, however, to maintain a satisfactory degree of warmth. A ride from whence you come in "chilled to the bone" is of questionable benefit. In fact, if you are riding some distance and find that you are getting too cold, it is well to get out and run a short distance in order to "warm up." One in the habit of wearing light clothing will hardly find a long ride on a cold day very alluring. It is only under such circumstances that I can see any use for those great, heavy, bearskin overcoats. A long ride on a very cold day might perhaps warrant the use of heavy clothing of this kind. Of course, it is well to remember that very deep breathing under such circumstances will be inclined to accelerate the circulation and keep the body much warmer than if you were breathing in a shallow manner. Attention to this, however, is not very necessary if you are in the habit of breathing deeply and fully, when in the open air.

#### HOW TO KEEP THE FEET WARM

To maintain satisfactory warmth of the feet it is necessary that one have fairly heavy shoes and heavy socks or stockings. As a rule, unless there is snow or slush to wade through, one can maintain a satisfactory degree of warmth without the use of rubbers or goloshes. Of course, when there is snow on the ground, unless the shoes are very heavy and waterproof, rubbers are necessary to keep the feet dry, and wet feet on a cold day usually means cold feet. If one can maintain

warmth of the feet and hands, all other parts of the body are warm.

If one is troubled with poor circulation of the feet, it may be necessary to wear extra heavy socks or stockings, though if these are worn in the house, the protection from cold on going out of doors is not very apparent. If one suffers from cold feet, perhaps the best method is to wear cloth tops, or what is termed "spats." These can be removed when in the house, and the beneficial effects of additional warmth when going out in the cold is more noticeable. Never wear rubbers unless you are compelled to, and under no circumstances wear them in the house. They exclude the air absolutely from the feet and are decidedly harmful in their effects.

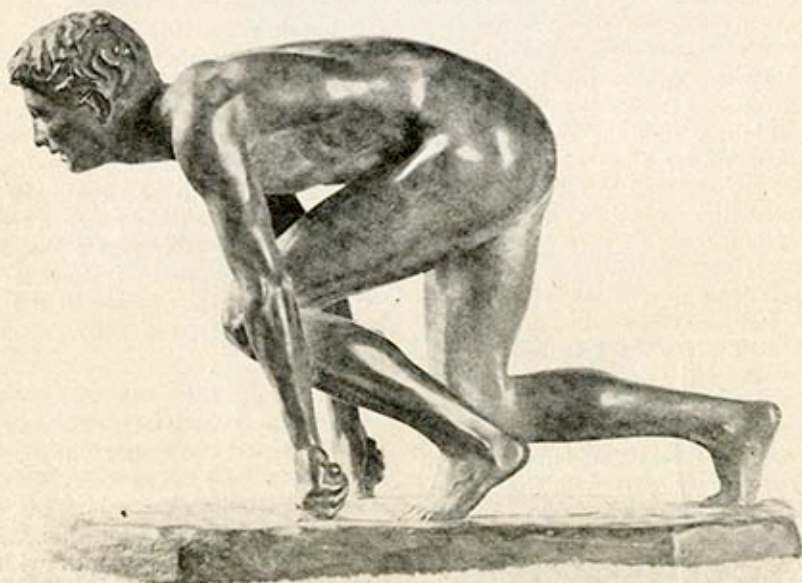
#### SNOWBALLING FOR GROWN FOLKS

Forget your dignity for a while and go back to the childhood days when you so keenly enjoyed playing at snow-balling. It will be found decidedly to your advantage. Don't grow old and stiff and sedate. Remember that dignity, rheumatism and dyspepsia usually go together.

If you want to be young, try and hold on to the play spirit. A little fun in the way of snowballing is to be most highly commended. If a quantity of snow happens to go down your neck in the heat of the sport, the effect will only be exhilarating, if a trifle cool, and you will hardly mind it under the circumstances.

#### SLEDDING AND TOBOGGANING

These are two of the best winter sports. The best part of both is that you have to do a large amount of hill climbing. The best part of both is, that you inducement for climbing back again, but the real benefits come from the climb. No matter how old you may be, you can take part in this sport with the greatest possible advantage. Be one of the "boys" or one of the "girls" for a period, and it will take a few of the age marks from your face and carriage. When you shoot down the hill on the sled or toboggan at such a pace that you have to almost gasp for breath, you can depend upon it that every nerve and every function of the body is being thrilled with additional life and energy.



Copyright by R. Tait McKenzie

"The Sprinter"—Statue Modeled by Dr. R. Tait McKenzie, Phy. Inst. University of Pa.

## IMPROPER BREATH- ING MAIN CAUSE OF TUBERCULOSIS OF LUNGS

AVERAGE PERSON BREATHES IN SHORT GASPS  
INSTEAD OF BREATHING DEEPLY AND  
FULLY AT EACH BREATH—MOST  
EFFECTIVE REMEDY FOR  
DISEASE LIES IN COR-  
RECT BREATHING

*By William Lachenmaier, Ph. Dir.*

**A**LCOHOL and all sorts of poison and stimulants have been used in a vain endeavor to combat consumption, but even medical men are beginning to realize the utter futility of treating with drugs, and are now adopting the outdoor treatment.

It must be thoroughly understood, however, that pure air, abundance of sunlight and rational diet, are by no means sufficient to effect a cure of that or any other disease. What the patient wants, but what is usually not given him at so-called sanitariums, is physical exercise, graduated to meet the exigencies of the individual case.

Physical exercise, pure air and rational diet, are the principal factors in the cure of consumption. One is dependent upon, and is as fully important as, the other. You can have an abundance of fresh air, but unless you know how to use it you will derive no benefit from what Nature offers you. Not one person in a thousand knows how to breathe properly. Through habit, the majority only inflate a few inches at the top of their lungs, letting the lower parts lie motionless and inert. The residual air in these unused cells becomes vitiated, dead and poisonous. Then the blood, not being properly aerated in its passage through the lungs, is loaded with impurities, and the brain, not being sufficiently nourished by this impoverished blood supply, becomes sluggish, and the victim loses energy, and there is a marked decrease in his vitality. It is in this condition that we be-



Wm. Lachenmaier, Non-Medical Expert in Lung Troubles Who Was the Only Lay Member Commissioned to the Congress on Tuberculosis, Held at the Universal Exposition at St. Louis, Oct. 3-4-5.

come inoculated with the germs of consumption, whereas, if the patient would but inhale pure air into every sluggish, unused cell of his abused lungs, and stimulate them to perform their proper functions, he would throw off these germs and regain his natural state of health. The habit of full, deep breathing is one of the hardest things to acquire. It is not a new idea, but people have drifted away from Nature until to-day such breathing is rare indeed among average individuals. For all that, and once the habit is acquired and persisted in, it will make any narrow-chested or weak-lunged man or woman impregnable to this disease. We have plenty of good air about us. Nature is most prodigal in this respect. The trouble lies in our method of using it. If you have ever watched a consumptive you will have noticed that he breathes in short gasps. His respiration is from thirty to forty times a minute. He is actually starving his system, ignoring the most beneficial cure he can get,



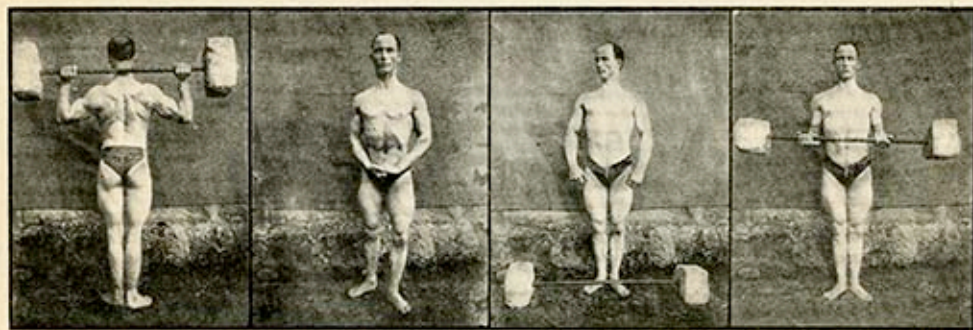
Physical Development of Wm. Lachenmaier.

Correct breathing is essential to him. Gradually decrease the respiration, which is involuntary, to ten times a minute, by developing the breathing muscles until it becomes habitual, and you will have increased the consumptive's resistant power of vitality, in this way enabling him to fight off the disease. Make him understand how to use the air by this proper expansion of the lungs; give him exercise, not violent exercise like horseback riding or climbing mountains, when the system is so undermined with disease that it will collapse from slight exertion. Graduate the exercise to the needs of the patient. Exercises which do not generate energy, which only exhaust without producing a resulting exhilaration, are not at all adapted to this cure. To receive any material advancement not only rest, but stimulus is needed, and to obtain the desired result there must be used an exercise in which there is a great amount of regeneration. Therefore start with a

light exercise, and day by day, as the lungs become stronger, increase the duration of these exercises, and with the proper breathing and nourishment the health of the consumptive will be regained.

One of the most important parts in the field of preventive education of the future will be the establishment of a system of breathing and physical exercises in all schools, public and private. These, combined with hygienic conditions in cities and houses, will in twenty years result in consumption being much on the decrease if not entirely eliminated.

In summing up the above cause, cure and elimination of consumption, the most important part of the cure will be the decreasing of the individual involuntary respiration to ten times a minute by developing the breathing muscles until this becomes habitual. It also includes scientific internal and external exercises, scientific bathing, wholesome food, proper rest and cheerful surroundings.



## PHYSICAL CULTURE IN THE PHILIPPINES

To the Editor:—I have been a reader of your magazines for the past year, and I have found them, as well as your books, very interesting to a physical culturist. I have been living on a physical culture diet, consisting mostly of fruits and cereals, for about nine months, and it is the most satisfactory diet I have found for the Philippines. I exercise every day for an hour or two, bathe twice daily in cold water, and take an air bath, as well as a friction bath as often as possible. Colds, malarial fevers, and the vari-

ous other diseases, incident to this climate, do not affect me at all. My health is as good as it would be in the States. I have been here almost six years, and feel as lively as a young colt, all owing to the physical culture method of living.

I trust that the good work that you are doing may continue, that future generations may enjoy its benefits.

Yours for health,

RAY B. ROLLINSON.

Gen. Del'y, Manila, P.I.



## HAS THE MEDICAL PROFESSION OUTLIVED ITS USEFULNESS?

By B. M. Jackson, M. D., LL.D.

*Here is an article that talks plainly on an important subject. Of all the Trusts, the most odious is the Medical Trust. The average Trust tampers with your pocket-book. The Medical Trust experiments with your life. This writer calls attention to the fact that advocates of allopathy, homeopathy and other systems condemn each other's methods in most scathing terms, and yet they have combined and in some States have had laws passed that make it a crime for others than themselves to practice the art of healing.—BERNARD MACFADDEN.*

“WHOM the gods would destroy, they first make mad” is a bit of philosophy old enough to be bald-headed, yet juvenile enough to be appreciated by enlightened individuals. Nevertheless, but very few do appreciate it; and why only a few, no one seems able to answer, at least definitely. It may be that the fast race after dollars makes people oblivious to the truth of the maxim, because their senses are so engaged in watching for an opportunity for money grabbing that they do not hear, nor see, nor care for anything else. Or perhaps they believe in a popular bit of false philosophy the core of which rotted away ages ago, viz., “silence is golden;” or it may be that there are other and perhaps more valid reasons for their ignoring the axiom. Be that as it may, this much is true; few individuals pay attention to matters in which dollars are not involved, and so it comes about that the great mass of humanity has watched the depredations of madmen almost unconcernedly in all ages. It is probable that one of the chief causes for this apathy is not so much a lack of concern, but the fear which is bred of superstition. Superstition has ever been the bane and curse of the human family, and that it largely controls the fate of the greater portion of mankind, even in these allegedly enlightened days, is apparent to the most superficial observer. Yet we boast of our civilization! It is with one phase of current superstition that this article has to do.

The writer desires to call attention to some remarkable performances of jugglery by legislators, in the form of laws,

all and every part of which are an *outright imposition* on continuously humbugged mankind. The urgent necessity for the repeal of these laws is known to all who have paid the least attention to the manner whereby they were juggled through, or who have an inkling of the object of their creation. These laws are variously known as, Public Health Laws, Medical Registration Laws, Laws for the Examination and Registration of Medical Practitioners, etc. The ostensible reason for their enactment in the various States was that of regulating the practice of medicine, but the real object was *to foster and perpetuate medical superstition and create a Medical Trust.* That the latter was the actual object, members of the medical profession can testify, and the people can satisfy themselves from the fact that in nearly every State “non-medical practitioners” have been vigorously prosecuted by Boards of Health or Boards of Examiners. A case of great importance has been lately decided by the Courts of North Carolina, and Chief Justice Clark, of the highest court in the State in question, has written an opinion which, for impartiality, sound logic and due deliberation, will stand as a monument in legal annals. The people of North Carolina may well congratulate themselves that their lives, their liberties, and their right to the pursuit of happiness, are in the hands of able, conscientious and democratic men of the type of their Chief Justice. The case involved the constitutional right of one Andrew C. Biggs, a “non-medical practitioner,” to treat people without drugs, using instead, massage, baths, physical

culture, manipulations, and other natural curative methods. The North Carolina Board of Medical Examiners maintained that Biggs was violating the laws regulating the practice of medicine, in spite of the fact that he swore that he had prescribed no medicines, and, indeed, had no faith in them. You will observe that, if the Board had succeeded in their attempt to deprive Biggs of the right to prescribe massage, baths, physical culture, etc., it would have virtually robbed the people of their rights to regain lost health in the way which they deem best.

Now, medicines for the cure of diseases, or their prevention, have been tried for more than thirty centuries, and yet after all these years they cannot stand their ground. That is, that it is not yet known whether a given medicine will relieve or cure a human being of a certain disease. On the contrary, medicines fail to afford even relief, and do not cure at all in infinitely more cases than they do either. That being the case—and there is no room for disputing the point—have not the people the right to throw off a yoke of superstitious belief in a system that cannot prove even approximate usefulness after all these years? The answer must be in the affirmative. Why, then, are “non-medical practitioners” subject to fine and imprisonment when they offer new methods of treatment to the people, in order that the latter may investigate and judge for themselves as to the virtues of such treatments? Some medical practitioners, in defending their position in the matter, maintain that the people cannot judge for themselves, and hence must be protected from “quacks and charlatans.” Isn’t this “argument” identical with the one used by religious bigots during the dark ages, and in some countries to this day, whereby the people were, and still are, compelled to believe or be damned? The truth is, that the practice of medicine was once part and parcel of religious bigotry; in fact, priests were the exclusive practitioners of the system that has been handed down to us by our gullible ancestors. In other words, the prescribing by the doctors of our day, and the swallowing of the medicines so prescribed, are largely practices of mediæval times, and hence are forms of moldy superstition. Many medical men will cor-

roborate the writer, that even in cases where medicines are wholly uncal'ed for, they are bound to prescribe something, be it plain sugar known professionally as placebo. This because the greater number of patients have been educated to believe that swallowing a powder or pill by the order of one who professes to be able to restore them to health will certainly relieve or cure them of what are usually imaginary ailments. Some physicians justify their petty hypocrisy on the ground that “the end justifies the means.” This scrap of plausible sophistry, the reader will doubtless recollect, was a favorite with the religious bigots during the dark ages, who urged it as an excuse for torturing “heretics.” Well may we ask, does not history repeat itself? A few hundred years ago the people were taught to believe in a particular religious dogma, and those who refused were tortured and burned at the stake; to-day, in a so-called age of civilization, people are taught to believe in medicines and anti-toxins, serums, lymphs, germicides, and so forth, and those who refuse are sent to the penitentiary. Let us ask ourselves again, are we living in a civilized age?

Now, let us inquire what are the opinions of physicians who, for instance, profess Allopathy, regarding any other medical system, such as Homeopathy, Eclecticism, Physio-medicalism, etc. By far the greater number of the advocates of the first-named system will say that practitioners of the latter schools are “quacks” and “charlatans,” and ought to be prohibited by law. The Homeopaths would make the same assertions regarding the adherents of any other rival system; *ditto* the Physio-medicalists; *ditto* the Eclectics. That being the case, as is well known, did not the legislators perform masterpieces of jugglery by enacting laws which give these various systems the exclusive right to cater to the physical ills of human beings? Aye, more! Did not the various legislatures foster and perpetuate medical superstition, and impose it upon the people, by means of laws, when each of the practitioners in whose behalf they were passed declare with acrid emphasis that no system except their own is the right one?

Now, a “recognized” system may be fallible; yet it may have some good as

well as some bad elements in it. The practitioners of the rival systems admit that each may respectively have some good elements in it. Does it not follow from this, *a priori*, that any "non-medical system" may possess some good elements also? Assuredly it does. If otherwise, why did the legislatures enact laws giving the "regular" medical practitioners exclusive rights in matters concerning the people's physical welfare, and in the same laws provide penalties for the "non-medical" practitioners? If it was not intended to create a Medical Trust, and to impose upon the people systems of healing which have in countless cases proven fallible, the writer would like to know what else could have been the intention. However, medical practitioners know well enough that the laws were intended to create such a Trust. Now, of all Trusts, it is the most detestable, for the very lives of the people are at its mercy. The German says, "Geld verloren, nichts verloren; Gesundheit verloren, alles verloren" (Money lost, nothing lost; health lost, everything lost).

Let us inquire into the ostensible reasons advanced by legislators for performing these tricks of legerdemain on behalf of the doctors. Such reasons were: (1) That a State has the right to protect people from "incompetents;" (2) that by the exercise of her police powers a State may decide who are competent and who are not for the treatment or prevention of diseases; (3) that only "regular" M. D.'s are competent. But what are the true reasons for the passage of the laws? They are: (1) A few medical practitioners have cajoled and intimidated the legislators to pass the laws in question, on the ground that all other systems of treatment are fraudulent, and that in consequence their practitioners are quacks and charlatans; (2) the writer ventures the opinion that nine-tenths of all legislators, in any State, did not care whether the laws in question were enacted or not; (3) some legislators publicly confessed that they did not know whether any such laws were on their legislative programs; and last, but not least, to use the words of an Illinois legislator, "the Medical Practice Act was sneaked through the Senate when everything was being crowded in the closing hours."

Can the reader, therefore, imagine a single valid excuse why these medical laws should remain on the statute books, in view of the facts just specified? The writer confesses that he cannot conceive of one. It must be evident to any thinking individual that the laws were not passed to protect the people from incompetents, because the medical practitioners themselves admit their incompetency in many instances.

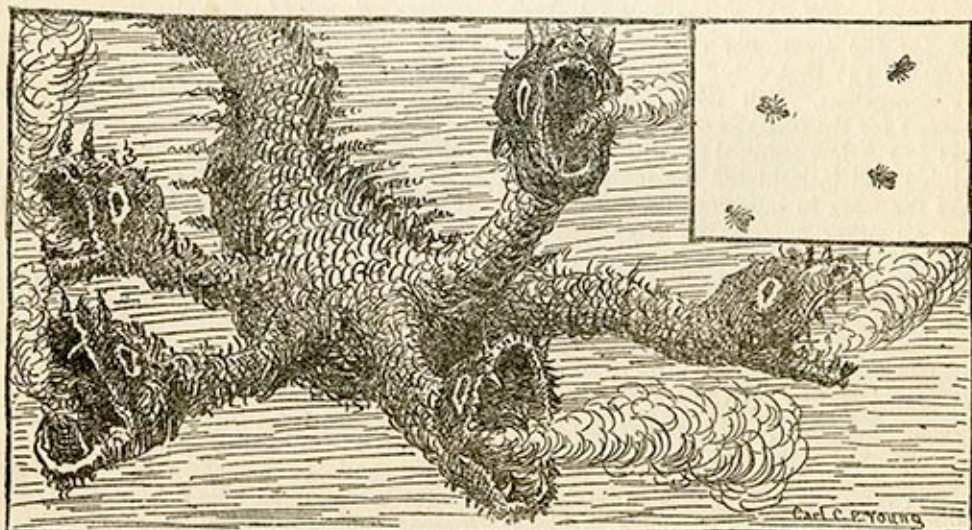
Let it be repeated, then, that the laws were enacted to create a Medical Trust; for, if not, why do the laws provide that those who are "non-medical practitioners" shall be punished by fine and imprisonment whenever they offer their methods of treatment to the public? "There is no doctrine or method so false as not to contain in it some truth" is an old and reliable proverb. Furthermore, the laws were passed to foster and perpetuate medical superstition. As has been told, a "placebo" will relieve a patient of some imaginary disease; but would it not be more honorable for a doctor to offer the patient magnetic healing or suggestion, or some wholesome physical exercise, rather than a fake pill? Would it not be more consistent with wisdom and our traditions of liberty of thought and action to allow the people to decide for themselves as to which of the many systems, medical and non-medical, has the greater number of good elements in it, instead of prescribing a certain one or a few, and proscribing all others? The plea that the people cannot decide for themselves is puerile, and the very contrary is the truth.

Another aspect of the question is, that if a system or systems has been tried, and found wanting, for so many years, and legislators are truly anxious for the welfare of the people, would it not be more consistent with legislative wisdom to either proscribe all systems, or give all an equal legal standing on the basis of what each is worth? The writer is satisfied that the people, in matters concerning their health, generally display very good judgment, and legislators ought to recognize this fact also. If the people have sense enough to choose "political healers," the latter, in turn, ought to be sufficiently courteous to allow the former to choose their "physical healers"

also. In the case of State against Biggs, before mentioned, the medical practitioners insisted that even imaginary diseases must be treated by an M. D., and anyone not an M. D. should be fined and sent to the penitentiary for curing such "ailments." Now, few doctors are able to diagnose an imaginary disease as being a figment of the fancy. Is there among the many intelligent physical culturists one who believes in spiritualism? If so, please step forward and consult the spirits. We want an answer to the question: What becomes of the many "patients" who imagine that they are sick and happen to fall into the hands of the vast army of M. D.'s who are not able to diagnose real ailments? Or, stay! It may not be necessary to question the spirits in order to find a reply. People do not know or care much about anatomy, physiology, pathology, pharmacy, therapeutics, etc., but what they do know is that they want relief from, or cures of, diseases, real or imaginary. It must be admitted that "non-medical practitioners" are equally as competent as many M. D.'s, and many of them more so, to so relieve or cure, even though the former know little or nothing about anatomy, pathology, etc., and the latter allegedly know all about them. The writer believes that if every living being's circumstances were such that they could

devote a little time to physical culture, the suggestion of Dr. Oliver Wendell Holmes, "If the whole materia medica was sunk to the bottom of the sea it would be all the better for mankind, and all the worse for the fishes" (he might have added after the word fishes "and the medical practitioners"), would be duly acted upon. The people have lately "caught on," and more and more of them are patronizing non-medical practitioners. This necessarily makes many M. D.'s mad, and hence they think that legislation will stem the tide of progress and enlightenment. They are just now moving heaven and earth to further legislate against non-medical practitioners. May we not ask, is not this madness a forewarning, perhaps, that ultimately the doctors would destroy themselves if the laws which protect them should be repealed?

As I have said, legislators do not care whether there are or there are not laws prescribing some systems of healing and proscribing others. The laws were enacted, I must repeat, at the earnest solicitation, or intimidation, of a few political doctors; hence, the duty devolves upon the intelligent, consistent and liberty-loving people to insist upon the repeal of such and all iniquitous medical laws.



**The Terrible Microbe!!**

This is an enlarged sketch of the conception which the average person and the drug doctor have in regard to the microbe of disease. As a matter of fact, the microbe is as harmless as a fly and a great deal more useful in the capacity of scavenger or sanitarian for the body, than is that little insect.

# Miscellaneous Paragraphs From Everywhere

## Want Use of Municipal Building For Physical Culture

The Physical Culture Society of Leeds, England (one of the many societies organized in England by Bernarr Macfadden on his previous lecture tours), is a distinctly active and go-ahead body. Very recently the secretary of the organization, acting for the society, made an application to the Leeds City Council for the use of a municipal building for the purpose of developing physical culture ideas among the people. In England, it may be remarked, the physical culture movement is a great deal stronger than in this country, and it is more than likely, therefore, that the matter now under consideration by the city authorities will be acted upon favorably.

## Physical Culture Girl Thrashes Burglar

The Cleveland newspapers relate how that Ida Lavine, 15 years of age, a physical culturist, and a clerk in a department store, captured a big man shop-lifter. The fellow beat and tried to choke his little captor, but she not only prevented his escape, but in addition gave him a sound thrashing.

"I take physical culture lessons," said Ida, in court, "and it was just easy for me."

## Corset Factories Closing In Vienna

Vienna is experiencing a slump in corsets, so Austrian newspapers assert. The Chamber of Commerce of the city attributes the great decrease in the manufacture of the abominations during last year to the publication of a medical opinion condemning tight lacing, and also to the popularity of the "reform kleid," or rational dress. All corset factories have reduced the number of their employees and some have closed altogether.

## Natural Diet Brought Hair and Health

Henry Lewis Miller, a resident of Campbell, Ohio, according to report, has, through the medium of raw fruits, vegetables and nuts not only cured himself of chronic indigestion and catarrh, but has also covered a head that was as bald as an egg with a thick and glossy crop of hair. Mr. Miller, who is 34 years of age, declares that if people would go back to Nature in the matter of diet, as he has done, the medical fraternity would be put out of business.

## Use Oil Extracted From Dogs As Medicinal Remedy

It seems that the remedies which medical science makes use of at the present day are not very much of an improvement on the disgusting remedies of centuries back. A Western medical journal publishes the information that the keeper of the dog pound in Chicago finds a ready market for the carcasses of dogs for the sake of the oil which they contain. The oil is said to be used in a certain alleged consumption cure!!

## Sues For His Lost Vermiform Appendix

From El Paso, Texas, comes the news that Edward Pennebaker has brought suit against Dr. E. J. Mellish to recover \$900, the value of the complainant's vermiform appendix. Mr. Pennebaker asserts that the defendant has unlawfully and with malice aforethought, stolen, filched, conveyed from, amputated, gotten away with, and in short—converted to his own uses, or words to that effect, the organ in question. In other words, he declares that it was taken out of his possession without his consent and for unnecessary reasons. With more of such suits before the courts, doctors af-

flicted with the cutting mania would not be so prone to cut out innocent appendices.

#### Physicians Setting Example In Temperance

The Society of Abstemious Physicians, is, according to a cable despatch to the *New York Times*, gathering recruits from all over Germany and Austria. The society maintains that it is the physician's duty to act as teacher and friend in matters of health, and that he cannot begin to do this unless he is an abstainer from alcoholic drinks.

#### Just Another Example of Raw Food Benefits

The remarkable recovery of Stewart McDougall, one of the wealthy men of Brooklyn, N. Y., is exciting considerable attention in that borough. For many years he was a martyr to indigestion, rheumatism, and allied diseases. Finally he determined to follow the example of John D. Rockefeller and use uncooked foods, with the result that he has regained robust health. He is 68 years of age and declares that, thanks to his raw food diet, he is a boy in heart and health again.

#### London's Lunatics Increasing

London is seriously alarmed over the terrible spread of lunacy within its borders, so press despatches aver. Two years ago there were not quite 23,000 lunatics in the British capital. A year later, the number had risen to nearly 24,000, and it is stated that returns to hand show a correspondingly large increase during the past year. It is notable that lunacy is most prevalent in those quarters of the city in which unhygienic conditions are common.

#### Athletics in the U. S. Army

Adna R. Chaffee, Lieutenant-General U. S. A., has recently written in *Outing* to the effect that physical culture should be an important factor, if not the most important, in the life of the soldier.

"A soldier," he says, "should be physically prepared as well as mentally educated to perform his duties. A regular course of physical culture, now recognized as highly beneficial to men in any

walk of life, is of still greater importance to the soldier, on whose physical constitution depends the success of a campaign. Military training is wasted if it cannot be present at the fight; a good, sound physique will take it there; to acquire this necessitates a well-arranged course of calisthenic and athletic instruction, intelligently applied. Athletics should be a feature of the military training of a soldier, and persuasive policies to induce him to participate in athletics has no place in the relations of officers and men, and should give way to orders prescribing proper instruction. Athletics will make the service more attractive to the men, will increase the number of re-enlistments, and will make the army more efficient."

#### A Floating Gymnasium

On the new North German-Lloyd liner Prinz Eitel Friedrich is a gymnasium 25 feet long, 21 feet wide and 15 feet high. It contains machines for rowing, swimming and cycling, machines that will exercise every muscle in the body and two Swedish electrical health machines.

#### Consumption and City Life

A striking illustration of the connection between city life and consumption has been given by Dr. Thomas J. Mays, of Philadelphia, in a medical magazine. He calls attention to the fact that before the Civil War consumption was practically unknown among the plantation slaves of the South. With the end of the conflict, however, there was a drift of negroes toward the large cities, and with disastrous results to them. Taking Charleston, S. C., for example, Dr Mays shows that in that city the negro death rate from consumption in 1860 was the same as that of the whites, namely, 1.75. But, sixteen years later, while the white rate was practically unchanged, being 2.00, the negro rate had increased to 6.95; in 1890, the rates were, whites, 3.55; negroes, 6.86; and in 1902, whites, 1.43, and negroes, 5.74. Authorities on the subject agree in concluding that the increase of consumption among colored people in general is due to the foul air and lack of light and bathing facilities that almost invariably characterizes the negro quarter of any city.

# PRIZE MENU COMPETITION

Three prizes of \$25.00 each are offered for suitable menus for our readers. The first prize is offered for the best weekly menu including cooked and uncooked food. The second prize is offered for the least expensive menu for one week. The third prize is offered for the simplest and best weekly menu that can be followed with advantage by a person living alone in a city or town. Competition for the three prizes will close April 1st, 1905. Menus which do not win a prize, but which are published, will be paid for at space rates.

We are desirous of securing menus that are novel and original, yet menus that will appeal to all of our readers. We recognize the fact that a great many of our readers are not yet sufficiently well versed in physical culture to accept the broader theories on the food question that we advocate, or else are bound down to conditions that will not permit the adoption of the physical culture diet. In order that the menus may be of use to such it may be stated that meat and other articles of food not advised by this magazine may be added to the bill of fare, providing, of course, that they are prepared in a wholesome manner. Readers who are familiar with and follow our theories will be able to judge what is worth accepting and what is worth rejecting in the menus that are printed.

—BERNARR MACFADDEN.

## WEEKLY MENU

By Miss A. M. Woodley

### SUNDAY.

Breakfast.

Raw Apples.  
Bread and Milk.  
Eggs. Whole Wheat Bread.  
Cereal Coffee.

Dinner.

Nuts.  
Sweet Potatoes.  
Peas (fresh, if in season).  
Soft Custard. Fruit. Milk.

Supper.

Fresh Fruit Stew or Dried Fruit Stew.  
Graham Wafers.  
Whole Wheat Bread.  
Milk.

### MONDAY.

Breakfast.

Rolled Oat Porridge.  
Solid Eggs. Toast.  
Cocoa.

Dinner.

Shredded Wheat Biscuit.  
Sliced Fresh Tomatoes.  
Potatoes.  
Pancakes.

Supper.

Cream Potatoes.  
Whole Wheat Bread.  
Graham Wafers. Home-made Jam.  
Milk.

### TUESDAY.

Breakfast.

Corn Meal Porridge.  
Dried Codfish with Milk Sauce.  
Rye Bread.  
Postum Coffee.

Dinner.

Triscuit, served with Grated Cheese.  
Tomatoes (canned).  
Boiled Rice, eaten with Jelly.  
Bread. Cocoa.

Supper.

Whole Wheat Bread or Biscuit.  
Maple Syrup.  
Milk.

### WEDNESDAY.

Breakfast.

Wheatlet Porridge.  
Nuts. Toast.  
Cocoa.

Dinner.

Chicken or Fowl (can be bought already  
roasted).  
Boiled Corn (canned).  
Potatoes.  
Fresh Fruit or Honey. Rye Bread.  
Cambric Tea.

*Supper.*

Fresh Oysters.  
Whole Wheat Bread.  
Honey or Home-made Preserves.  
Milk.

THURSDAY.*Breakfast.*

Fruit.  
Rolled Oat Porridge.  
Left-over Cold Chicken.  
Bread. Cocoa.

*Dinner.*

Shelled Nuts.  
Corn.

Graham Pancakes. Maple Syrup.  
Bread. Tea.

*Supper.*

Fried Potatoes.  
Rye Bread.  
Fruit.  
Milk.

FRIDAY.*Breakfast.*

Fruit.  
Boiled Farina.  
Eggs. Toast.  
Cocoa.

*Dinner.*

Fish (boiled).  
Sweet Potatoes (peeled, and cooked with  
the fish).  
Sliced Raw Onions.  
Bread. Tea.

*Supper.*

Shelled Nuts and Raisins.  
Apple Sauce.  
Whole Wheat Bread.  
Milk.

SATURDAY.*Breakfast.*

Fruit.  
Rolled Oat Porridge.  
Fish (left over).  
Toast.  
Cocoa.

*Dinner.*

Nuts.  
Beets (canned).  
Lettuce.  
Boiled Hominy. Fruit.  
Postum Cereal.

*Supper.*

Baked Beans.  
Graham Bread.  
Cheese. Stewed Prunes.  
Milk.

SUNDAY.

BREAD AND MILK.—Cut bread (whole wheat) into small pieces, pour boiling water over, and strain; then pour over it scalded milk. Eat with sugar.

SOFT CUSTARD.—Large cup of milk; two well-beaten eggs; sugar to taste, and a tiny pinch of salt. Cook till it thickens.

MONDAY.

EGGS, BOILED.—Take a cupful of boiling water, and let eggs remain in it for eight minutes, after which they are ready to eat.

PANCAKES.—Half a cupful of milk, one egg, small pinch of salt and baking powder; add graham flour to make a moderately stiff batter. Fry in olive oil.

CREAM POTATOES.—Mash left-over potatoes, mix a little butter or olive oil with them, and warm in a pan.

TUESDAY.

TOMATOES, CANNED.—Heat tomatoes in a pan with some small pieces of bread, a spoonful of butter, a tablespoonful of sugar, and a little pepper and salt.

THURSDAY.

FRESH CORN.—Hold a cob of corn with a large fork over the heated coals, or blaze of a gas stove, till the kernels brown and crack; then spread butter and salt on, and eat immediately.

FRIED POTATOES.—Peel potatoes and shred them in a peeler; then cook with a little butter until soft.

FRIDAY.

SHELLED NUTS AND RAISINS.—Chop nuts and raisins together, with a little cream mixed with them.

APPLE SAUCE.—Cut apples into small pieces and put in a pan with a very small quantity of water and sugar to taste. Boil for about six minutes.



## COLLEGE STUDENT GIVES INEXPENSIVE MENU

By Edward P. Smith

### BREAKFAST

Cereal Food, with Milk, and Peanuts.

### DINNER

Peanuts, Cereal Food, and Milk.

### SUPPER

Milk, Cereal Food, and Peanuts.

### ADDITION

Apples whenever desired.

By cereal food I mean the prepared breakfast-food sold everywhere in packages. These four articles constitute my entire diet from one week's end to the other. Allow me to anticipate several questions, and then state the advantages of this diet.

First: Am I a crack-brained enthusiast?

Possibly, but I think not. I have used this diet, as described, for three months; it is the last of a series of six diet experiments running through six years. Each of these diets was an improvement over the one before it, and this one is by far the most satisfactory.

Second: What is my occupation?

Going to college.

Third: Do I not get tired of this food?

Not at all; on the contrary, my testimony is that of everybody who has changed from a varied diet to a simple diet; that one relishes his modest repast very much more than he did his former surfeits.

Fourth: Cold meals are unhygienic.

I expected trouble myself with twenty-one cold meals a week, but have had none whatever. Whence comes this idea that meals should be warm, except from our grandmothers' admonitions and what the doctors tell us?

With a simple diet like this, the energy necessary to raise the food to the temperature of the body is a very small fraction of the total energy contained in it.

The cereal food is much more palatable cold than, say, with warm milk, the latter making it insipid and mushy instead of crisp.

Fifth: Does this ration embrace all the necessary nutritive elements?

Yes. Peanuts are very rich in protein, nearly 26 per cent., containing a higher per cent. than does meat. They contain over 38 per cent. fat, and are competent to supply all the fat and energy needed by the system. Carbohydrates are secured from the cereal food and peanuts both. From the apples the acid is derived that makes fruit of any kind a valuable article of food.

Sixth: How much of this food is needed?

I use about nine ounces of cereal food and eight ounces of peanuts per day; that is, gross weight, including shell. Milk, when taken, is used to moisten the cereal, and probably six or eight apples are eaten in this menu for a day.

Seventh: What are the advantages of this diet?

No cooking required, no planning for what we are to have the next meal, no overloaded stomachs. This last is by far the most important. Those of us who use our brains know how very quickly mental ability is reduced by a too hearty meal. It will not do to simply eat all one wants, even of cereal food and peanuts. By a series of experiments we can gradually settle upon the right amount to eat. Anybody who has experienced the delightfully clear head that goes with a simple diet never wants to exchange it for the transient joy of a surfeit. A simple diet is easily digested. If we have anything to do, we simply cannot afford to waste our valuable energy digesting mince pie and similar ostrich delicacies.

In the event of somebody, who has not already, wishing to try such a diet, let me say: Choose three or four food articles which will supply the necessary elements and proper bulk, have the same things at every meal, and determine by individual experiment how much food is needed. Give the system a fair test—a week at least; the longer the better.



## PARLIAMENT OF THOUGHT

*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 greatest 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 or BEAUTY AND HEALTH, to be sent to the writer or to any friend the writer may designate.—BERNARD MACFADDEN.*

### VIEWS ON RECENT TUBERCULOSIS CONGRESS HELD AT ST. LOUIS EXPOSITION

To the Editor:—In accordance with your request that I give my opinion on the recent Congress on Tuberculosis, held at the Universal Exposition at St. Louis, October 3, 4 and 5, I transmit herewith my views on that remarkable meeting, and on that all-important subject for humanity in general.

The Governor of the State commissioned twenty representative physicians as delegates to the meeting, including many heads of health departments. In this distinguished body I happened to be the only layman, Governor La Follette having selected me as a non-medical expert in lung troubles, and a practical advocate of physical culture.

The purpose of this Congress was to devise legislation aiming to diminish the terrible mortality of consumption; also to have the legislatures appropriate funds for the treatment of the poor, in tent colonies on reservations in the various States—that is, by the isolation of sufferers with provisions for their treatment by the natural method.

At the outset there was an utter lack of system in the preliminary arrangements, which led to a loss of valuable time. Many were not properly informed as to the place of the meeting. When this was located by those who had been in ignorance, it was found that the convention was to be held in a barn at the extreme end of the Fair grounds. The building was practically down in a ditch, and was neither heated nor lighted. On account of this last mentioned oversight the meetings had to close at "early candle light."

When the members of the convention assembled, I soon discovered, with others, that the entire scheme, instead of being philanthropic of purpose, was in reality a mercenary conspiracy, with wholesale graft in view, for railway and land corporations.

The first half-day was spent in getting the members to the place of meeting, and in securing the signatures of as many as possible on the subscription list of a medical journal. This subscription feature seemed to be important, as only those who signed were permitted to have any voice in the convention. Those who refused to sign were frowned down by Chairman Clark Bell, Esq., LL. D., and the convention's business was carried on by those only who were directly interested in sanitariums and in railway and land corporations. Doctors from Colorado and other Western States fought for recognition of their respective localities as the only fit place

for the establishment of tent colonies, while others fought for a home environment in preference to treatment at Western sanitariums—tented or otherwise. The railroads and the land agents were interested in locating the proposed colonies that profit would accrue to each, in transportation and in land sales.

On one point only, those who participated reached agreement, and that was that no progress has been made in medicine during the last hundred years toward the cure of tuberculosis and that the disease had increased despite all medical effort. This forced the conclusion, upon which they agreed also, that the only successful treatment is that by the out-of-door method, embracing pure air, nourishing food, cleanliness and cheerful surroundings. However, not one of these so-called specialists said a word for, or against proper breathing and scientific exercise, or exercise, or expressed himself at all as to how the pure air of the tented sanitariums was to be gotten into the lungs of the patients.

Respectfully yours,  
WM. LACHENMAIER, Phy. Dir.

Note:—Mr. Lachenmaier has submitted a brief and highly interesting article on the subject referred to above which will be found in another part of the magazine.

### BELIEVES MILK UNSUITABLE AS FOOD

To the Editor:—Your answer to an inquiry about the value of milk as food in my opinion needs editing.

In an experience of a life-time (am now 61) I have never found milk to be a suitable food for my stomach.

There has always been a tendency to constipation and biliousness, and for many years a bowl of bread and milk would swell me up like a bladder.

I have also, through making many inquiries during the last forty years, learned that it affects many people the same as it does me, so I have assumed that milk is not good food for bilious people, and, while I may not be correct, if I am correct, would it not be well to say that milk is not a good food except in infant life, and in cases of greatly lowered vitality?

M. S. FICKETT.

### RECOMMENDS MILK DIET FOR LUNG TROUBLES AND COLDS

To the Editor:—Enclosed slip has been sent to us by a gentleman who has a serious lung trouble. We have been writing him to take up the milk and raw egg diet, and he responds by sending us this clipping which we

most decidedly question, as the milk and raw egg diet is what is prescribed to all in this section of the country as well as Colorado and Arizona, for lung troubles, and those debilitated from colds.

We would ask you to look this over and consider whether it was well advised, as it is liable to have serious effect on many sick people if they follow this advice as this party wants to do.

Yours very truly,  
A. B. CARR.

Portland, Ore.

The slip referred to is a clipping from the Question Department and follows herewith:

Q. I have heard so often that milk is not a suitable food for adults. Is this true?

A. The question as to whether milk is a suitable food for grown persons has been much discussed. Many strict hygienists maintain that milk is suitable only for babies, that no adult ever should use it. Other hygienists of equal authority maintain that it can be used with benefit in all cases; that milk is a valuable food in adult life cannot be questioned. There are certain conditions of the body under which it is a very superior food. For instance, when one's vitality is much lowered, and digestion is difficult, milk sometimes is the best food for building up the body. It must be remembered, however, that milk sometimes is likely to aggravate inflammation of the throat, lungs and nasal passages; and when symptoms of this character appear, it usually is best to avoid it. When one is subject to colds milk must be used with great care.

[We would like to receive further opinions on this interesting subject from medical men and those who have had practical experience with milk, either as a sole diet or as an article of food.—Editor.]

#### PHYSICAL CULTURE SALOONS

To the Editor:—My idea is that pure and unfermented apple-juice is the best drink to be served in such places; it is one of the most wholesome and blood-purifying beverages and can be made either direct on the premises or in a nearby town and shipped to the city. No antiseptic or preservative should be used. The price of the juice should not be higher than 10 or 15 cents a gallon, cheap enough to serve a large glass for 5 cents, leaving profit to amply pay for the running expenses of the place which would require no license whatsoever.

Connected with this saloon should be a reading and lecture room where frequent meetings should be held, the principal topics of the speakers to be "Physical Culture" and "Hygienic Living," as the surest remedies against the drink evil, and far more effective than prohibitive laws.

I am willing to give my experience and services to such an enterprise free of charge and also contribute financially, if others put up equal sums. A capital of \$1,000 would be sufficient to start an attractive place where all classes of people could meet in a decent manner. A "Physical Culture Saloon" would be, undoubtedly, a great step forward in the solution of the drink problem by giving people something better instead of simply taking away something from them as the prohibitionists do.

OTTO CARQUE.

Chicago.

#### SANE PHYSICAL CULTURE

To the Editor:—For your own welfare and the welfare of the thousands who read your uplifting magazine and are guided by its teachings, I would like to see you come out more strongly and plainly on the subject of rational physical culture. Because of a misconception of what physical culture is and what it means, the cause in general has repeatedly had to suffer.

One entirely erroneous notion that is held by a good many people is, that to be a physical culturist, one must have bulging muscles like lumps of iron and a chest that resembles that of a prize fighter. I am sure this is not the ideal that you are trying to advance. Every human being should be a perfect animal; graceful and well-formed in appearance and possessing smooth, well-rounded muscles—educated muscles that will respond to every demand of the will power, but not muscles that will become atrophied and stiff in the course of a few short years.

The one-meal-per-day plan is another harmful idea that has crept into the popular conception of physical culture. This plan may be applicable to one man in a thousand, no more. The average healthy man who gets sufficient physical exercise during the day does well to take his three meals, provided that his food is simple and wholesome.

Indiscriminate fasting can be pointed out as another of the perversions of your teachings. A good many people undergo fasting for no other reason than that they have heard it was a good thing. Fasting is a remedy to be adopted in certain diseases and where abnormal conditions exist in the body; but I have seen healthy, robust people get the notion into their heads to fast at frequent intervals, with the result that they are starving their bodies of the nourishment necessary for growth and development.

R. M. PEMBROOKE.

#### GOOD RESULTS FROM FAST

To the Editor:—For the benefit of your readers who are interested in the subject of fasting, permit me to relate the good results that I gained from a fast of seven days. I will copy from notes. Began fast December 6, at noon, my weight being 160 lbs.; 7th, at noon, weight, 156; 8th, at noon, weight, 153½; 9th, at noon, weight, 150. On the afternoon of this day, which is beginning of fourth day of fast, went up on top of a mountain some four miles distant, over rough trail, through brush and over logs, and carried down a bear trap that must have weighed eighteen or twenty pounds. At end of fourth day of fast my weight fell to 148 lbs., felt first rate, took my regular daily walks in open air, drank rather freely of cold water, practiced deep breathing once or twice a day, but took absolutely nothing in the form of food, nor allowed myself to chew a stick or do anything that would suggest food. I had apples and nuts right before my eyes every day, but "touch not, taste not" was my motto and was stuck to to end of seven days. My aim was to reduce my weight as much as possible during fast, so as to derive as much benefit as possible from it, as my idea was, and is, that the more flesh lost in a given time, say six or eight days, the greater the benefits. I took a cold water bath each morning during fast, a thing that ought to be practiced every day in the year by all, fasting or feasting, and derived much

benefit from it. I continued to lose flesh to end of sixth day, when I found that my weight had been reduced from 160 to 146. Although exercising vigorously several hours during the next twenty-four hours, my weight would not reduce.

Now for the other part of the story. The six days following fast, my weight rose from one hundred and forty-six to one hundred and sixty-four pounds, an average gain of three pounds a day. For the next seven or eight days I did not gain in flesh, but felt fine, with one of the finest appetites for food, plain and otherwise, you ever saw. After standing still for a week, my weight again began to climb, when just one month from beginning of fast I tipped the scales at one hundred and seventy (170) pounds. This is ten pounds more than I ever weighed during the forty-six years of my life, and is fifteen pounds more than I have ever been able to carry for more than a few days. Last August I started in taking cold water baths which I kept up each morning on arising from slumber, for a period of three months. My weight went up from 155 to 160 at end of three months, two pounds more than I had ever weighed in my life up to that time. I now weigh one hundred and seventy, which is about normal for my frame. And yet some doctors that don't know anything about it, say it is not good to fast, and it is dangerous to bathe. What next?

FRANK REED.

Eureka, Cal.

#### INFLAMMATORY RHEUMATISM CURED

To the Editor:—I write you of a little incident about a fellow who is too modest to tell about it himself. He is a big, strong high school fellow, a strenuous athlete and a devoted physical culturist.

Lately he was taken sick with inflammatory rheumatism and much against his wishes, a doctor was called, and left some medicine and pills, but the medicine was thrown away and the pills put into the stove and the patient began to fast.

At the end of six days all swelling and rheumatism had disappeared. He had lost eighteen pounds, but is now gaining weight, doing work on the athletic field, and happy to think he can beat the doctors.

W. W. R.

York, Neb.

#### FARM LIFE BETTER THAN LIFE IN CITY

To the Editor:—A correspondent in the December number of your magazine gives his views of farm life. He thinks that most people leave the country and go to the city because they are better off there. I do not agree with him. He cites his own case. He tells the wages he got and the hours he had to work. Now I never knew of a case like his, not since I have been big enough to know anything about farm life, and I was born and brought up on a farm and am living on one now.

The average hired man on a farm in the United States, at the present time, gets all the way from \$20 to \$25 a month and his board, room rent and washing. I ask Mr. Ayer if an unskilled laboring man can do as well in the city? I do not think he can.

I know hundreds of farmers, foreigners and Americans, who are making money. They live in good houses and enjoy all material advantages. They have the pick of the world when it comes to living, and they do not

work any harder and they do not put in any longer hours than men in any other profession who are accomplishing anything, who are getting along and laying up something for the future. Country life certainly comes nearer to being ideal, physically, mentally and morally than any other life. Those who live such a life are out in God's outdoors from morning till night. They are not surrounded by brick walls and they do not have to breathe a smoke-laden air.

ANNIE L. SWETT.

Cedar Rapids, Ia.

#### DIABOLICAL PRACTICE OF VIVISECTION

To the Editor:—I am a constant reader of your excellent magazines, and have found that with most of the evils on this earth and the waters beneath the earth, you deal pretty exhaustively—and effectively. But so far I have seen no mention of that most diabolical of cruelties, vivisection. If the world was getting any better by means of vivisection, if the cure of disease was being aided one jot or one tittle, then we might consider it a necessary evil and hold our peace. But to the cure of what disease has vivisection ever pointed even a single way? What happiness has it added to life, what pain has it eased, in return for all the excruciating agony that it has caused, for all the hot life-blood that it has spilt, drop by drop, during the writhing convulsions of those we arrogantly and brutally term "the lower animals?" Have you not something to say against this? and won't you say it?

A NEW ZEALAND READER.

#### DRUGGED FOR SYPHILIS

To the Editor:—April last I began taking medicine for what doctors called the secondary symptoms of syphilis. The first doctor I went to told me that I was in a bad fix, and that I would have to take medicine for at least four years every day. After four years I would have to take medicine only now and then for all my life. He prescribed mercury and potash as usual. Before taking medicine, I was in fine condition and there was no pimple on my entire body nor face. I was to take from 15 to 30 drops of potash three times daily. And on the fourth day while taking 18 drops, I found I was a physical wreck. I now began to break out on my face and body. So I quit this treatment right there and went to see another doctor. This "fakir" told me the very same thing. I took his medicine for three weeks and was much worse. My throat was sore and my hair was coming out. I now know that it was the medicine which brought on the symptoms. In fact I never had syphilis. Well, I tried another "fakir." This one was supposed to be a "crackerjack." He told me the same old story. I took his dope with same results. Then I tried another and another. I took medicine until my feet began to swell. Then my parents called a professor to the house. He examined me and said I had pneumonia on the lungs and rheumatic swellings. Three days after this, I got those terrible pains in the kidneys. Two doctors examined me then and said I had Bright's disease, and so it was. The dope knocked my kidneys. I am getting along excellent now by natural means of curing. The water cure is great, and I am now living on a fruit and milk diet.

Respectfully,

H. F. L. ZIERVOGEL.

Chicago, Ill.

# FOOD VALUE AND MEDICINAL PROPERTIES OF PURE OLIVE OIL AND OLIVES

*By John F. Morgan*

As time advances the people are being educated to use more olive oil daily, both internally and externally. The races of the north for several centuries before the Christian era; the races in the eastern lands and in the tropical countries; the ancient Egyptians and Phœnicians used oil for nutrition and as a substitute for butter and animal fats. The Romans considered it the only natural oleaginous fluid and in their domestic economy it ranked next to breadstuffs for culinary purposes and for the anointing of the body. Athletic Greece achieved her greatest culture on maize and vegetables steeped in olive oil.

The ripe olive contains just what fruit lacks and with it makes up a perfect diet, as it is a wholesome source of fat.

The ancients ate the ripe olive, and to those who live in the Orient the olive is still one of the most important and valuable sources of food. It is the poor man's tree and his daily food.

A handful of ripe olives and some unfermented whole wheat bread, or an olive sandwich and mayonnaise dressing, and a glass of unfermented grape juice makes a nice meal.

Olive oil is the best form of grease. The taste of the average person has not been educated up to appreciating the fine, delicate, rich fruity flavor of the ripe olive, which will keep for years if pickled properly.

Fruits offer acids, sugar and fluids in abundance, while the olive supplies fat, albumen and a very little sugar, containing practically no starch. It is a good diet for those who are suffering with diabetes and Bright's disease, and all those who have lost their ability to digest starch—from rheumatism, liver complaints, etc.

The use of the green olive is a modern invention. The green olives imported from Spain are indigestible because they are made from unripe fruit and in no way

superior to unripe apples or peaches. There is as much difference between the wholesomeness of a ripe pickled olive and a green one as between ripe and green apricots.

The olive or olive oil takes the place of meat. One can obtain an abundance of the best beefsteak in pure olive oil, which in chemical composition, in nutritive value and its uses in the body corresponds almost exactly with meat. It has the advantage over animal carcass in that it is in a state of natural emulsion ready to be digested promptly without the possibility of interfering with the digestion of any other food.

It has been observed long that those who change from meat to olive oil as a common article of food and take it as such become healthier and stronger and in much better condition.

Olive oil contains more proteids and albumin than beefsteak, two tablespoonfuls containing more nourishment than a pound of meat or a cup of butter. That quantity should be used daily by every person, and it can be done without giving the digestive organs, heart or alimentary canal the great tax which meat gives. It is a highly digested fat. Albumin makes blood. Fat makes weight. All other fats when entering the stomach float upon the surface of its contents, hindering the action of the digestive fluids. They also contain germs which cause fermentation and decomposition, so that the stomach becomes rancid and conditions are favorable for gastric catarrh. I cured myself of catarrh of the stomach (after fifteen years of suffering) by using hot water twice a day, a tablespoonful of pure olive oil and a tablespoonful of strained honey to each glass of water. Pure olive oil passes through the stomach and mingles with the food just as cream will mingle with water. It will strengthen the digestion of the chronic dyspeptic.

If pure, it is the choicest and most palatable of all foods. It contains the

largest amount of nutriment of any other food, the total amount being nearly one hundred per cent., while the best grains and legumes contain less than ninety per cent.; animal meat from twenty-two to twenty-eight per cent.; fruits and vegetables contain less still. One ounce of oil per diem facilitates intestinal digestion, encourages the action of the bowels and aids digestion in a remarkable way.

The vegetarian diet is generally too poor in fats.

Pure olive oil improves with age, but must be kept in a dark place and in a cool, even temperature to retain that rich fruity flavor. If exposed it is very easily contaminated. It quickly takes up all foreign odors. Its manufacture should be under the best sanitary conditions.

The highest analysis of the olive of oil, while in a test by the State University of California is only 9 4-10 per cent. California olives average from 24 per cent. to 32 per cent., according to variety and location of ground.

Pure olive oil is a fat producer. It now has also valuable dietetic uses. At one time it was never thought of. It adds fragrance and deliciousness by its rich, nutty flavor, and is more healthful than lard, butter or other greases. For roasting turkey, chicken, baking beans, broiling, frying eggs and omelettes, for cooking peas, beans, tomatoes, cauliflower, spinach greens, soups and gravies, baking cakes, and shortening of all kinds.

It is a perfect substitute, with its delicate, nutty aroma, for creamery butter, or *commercial* nut butter.

Olive oil is readily accepted by the most sensitive stomach.

Eminent authorities have experimented with it and found it a potent agent for many defects of the excretory ducts for eczema and especially for skin-scorfulous patients.

Its beneficial results when used in conjunction with a fruit diet and grains have been marked upon the scalp, ridding the hair of dandruff, preventing the hair from falling out, keeping it from turning gray and curing the itching.

It can be used after shaving and for facial massage. It supplies to the sebaceous glands the only substance which they secrete when in a healthy condition,

and the absence of which is the cause of baldness.

The new-born baby should be anointed all over with warm olive oil to retain the natural oil of its body. Soap and water before the second day causes too great a shock to the child. Then anoint the navel and spinal cord with it. Puny children of backward growth if bathed in warm olive oil rubbed in with the hands will gain wonderfully. Or such children as cannot retain food on the stomach can be given the same treatment to advantage. It is good for stomach pains, colic, measles, a vermifuge for tapeworm and diseases of children in general.

Olive oil can be used for burns, bruises, corns, etc.

The chief value of olive oil in malarial, typhoid and scarlet fevers lies in its ability to be rapidly absorbed through the skin and reduce the temperature of the body.

It is a solvent for gall stones and a sedative for gastric catarrh and cancer.

The therapeutic properties of olive oil are well known to medical men. It is destructive to certain forms of micro-organic life. It possesses a lubricatory quality when used for the intestinal canal. A tablespoonful daily restores to the worn-out or diseased tissues just those elements of repair that its reconstruction demands.

It stimulates intestinal activity, being slightly laxative in its effect, which stimulates the liver and stomach and encourages the process of digestion. In nervous exhaustion and diseases where the system demands to be fed rather than drugged it is indispensable. It should take the place of pernicious codliver oil for the feeding of consumptives, for colds on the lungs or sore throat. For cold in the head rub the nose with it.

It is a fine diet for pregnant women. It can be made use of in rubbing cases of labor; for poulticing all kinds of swelling of the legs, old sores, inflammation of the bowels and for caked breast.

In purchasing olive oil be sure you get it pure. Have it analyzed if possible. Or else you had better not make use of it at all as a food or medicine, since indigestible cottonseed oil contains a gum which will not digest in the stomach, and overtaxes the heart and digestive organs.

# RIGHT THOUGHT IN PHYSICAL CULTURE

MENTAL SUGGESTIONS OF A HIGH ORDER CAN BE ALLIED TO MECHANICAL EXERCISES WITH MOST BENEFICIAL RESULTS

*By H. Aylmer Harding*

THE present time is a period in which activity in every department of life seems to be the rule. More especially is this true in reform work in connection with a better, well-rounded development of manhood and womanhood.

From the earliest period of the world's history, physical culture has been the chief factor in the making of a great nation, while the neglect of it for any length of time resulted in racial indolence and selfishness, and was always the prelude to national decay. Of this, Rome was a notorious example. Greece furnished an equally pertinent illustration.

The countries of to-day foremost in great things, are those wherein we find the greatest physical activity; and the racial thought of greatness, transmitted through scores of generations, has served to offset largely the effects of perverted appetites and ill-controlled passions. It seems as though racial characteristics such as pluck, endurance and pride of conquest outlast the numerous evils that attack, molest and threaten a nation.

The maintenance of fine traits of racial character, however, require, from time to time, recurring impulses toward the realization of ever loftier ideals; and where centers can be formed for the propagation of sound, healthy views and hygienic conditions, a sort of leaven is imparted to the public mind, lifting it always upward. Since all true reform manifests itself from within outward, we must not forget the very important part the mind plays in bringing about better physical conditions.

The people of the present age appear to be actuated by a common desire to achieve something—to achieve *here and now*—and so they are creating factors to that end. Success is a product of right thinking and self-conquest.

In order to make physical culture a more efficient means toward the development of healthy manhood and womanhood not only are proper exercises and attention to diet required, but the mind must be trained, and in order to train it efficiently we must know something about that which we are training.

The system of deep breathing, everywhere recognized as being of value for lung culture, symbolizes an act of deep significance. Deep breathing is regarded by the Hindu almost in the light of a devotional exercise, as of equal importance with prayer, and capable of energizing not only the body, but of quieting and rendering more receptive the mind to benign influences. It was Prentice Mulford who said "Thoughts are things," and he gave forth a mighty truth when he said it. Thoughts are things, yet things so infinitely rarified as to be capable of being inbreathed or inspired by the mind of man just as he inbreathes and inspires the air around him.

The thought world is an intense reality, and there exists a thought atmosphere in which we "live, move and have our being." You cannot inhale a deep draught of air at any time without taking in thought with it. You are continually receiving and sending forth thoughts of various kinds from birth to death, and you will do the same through all the eternal ages to come.

Some thoughts are constructive, and when invited persistently, help to build us up; others are destructive, and assist in destroying both our own peace of mind and that of our neighbors. Now, at this point, let me acquaint you with an important fact. The things we allow in our lives are the things of which we make choice. If we permit unhygienic conditions we make choice of them; if we allow the impure thought to recur continu-

ally we make choice thereof, and so weaken ourselves and the community accordingly. *We cannot for one moment afford to allow a condition that menaces health or morals; in the interests of the race we must live up to the highest convictions we possess, no matter at what sacrifice.*

Physical culture is a mechanical aid to physical perfection and discipline of will, and reacts powerfully upon the mind. Mental exercises are, however, of supreme importance, and they can be made to govern the physical. Strong affirmations, made with a conviction of their sense and truth, if faithfully coupled with physical exercises, and used for ten minutes morning and night, will do wonders for anyone suffering from the "blues" or from chronic disgust and disappointment.

Herewith are submitted a few suggestions which show the modus operandi of auto-suggestion in physical culture. Recollect that the soul is the real man. You are a soul, and you dwell in a beautiful tabernacle called the body, sometimes known as the "Temple of God." Because of this great fact you are supreme, and can master all conditions and can dictate and decree to the body what it shall or shall not do. Your mind is simply the instrument or channel through which your soul shows its powers to the outer world. Recognizing, then, your inherent power as a living soul, made in the image and likeness of your Maker, continually affirm your power over existing conditions.

Physical culture exercises, when accompanied by strong, vigorous mental suggestions, will give you untold added life and vitality, energy and ability to perform the duties of life. The following exercises are guaranteed to drive out the "blues" in less than twenty-four hours, and keep your mental and physical beings in happy and harmonious balance. They should be performed every night for ten

minutes in a well-ventilated room, just before retiring:

1. Stand erect, eyes focused upon some particular spot, point, or angle of the wall. Breathe abdominally. Clasp in the clenched fist a hard rubber ball; now, tensing the muscles to their utmost, shoot out the hands in front vigorously twenty or thirty times, using this concentrated thought: "My will is supreme; I am master; I am strong, fearless, full of courage!"

2. Breathe deeply, hands resting lightly on hips, eyes focused as before. Hold this thought: "I take in life, health, strength, energy, vitality, power. I am strong and can attract success." Repeat twenty times.

3. Breathe deeply and exhale slowly and powerfully, holding this thought: "The law of love dictates my every act. I will only do that which helps, builds and strengthens me."

4. Raise the arms above the head, straining them back as far as possible after a full inhalation. Hold this thought: "I am filled with new life and added vigor. I now direct only those influences that make for success." Or this following:

5. "Because the truth makes free I am free! I am self-controlled, am master, and decree success."

These auto-suggestions, if followed, will bring about radical mental changes, predisposing the mind of the individual toward success and achievement. A right habit may be formed as easily as a wrong one, and our characters are only the products of our habits. The information here given is practical, and has been tested by the writer with excellent results. If these few thoughts are the means of inducing more attention to a worthy line of research, the writer's object will have been attained. Investigate, aim high, and persistence will win out.

## QUIET SMILES

### OFFERED TO HELP HIM OUT

First man (quite drunk)—Heavinsh! I've forgotten my night key!

Other (equally so)—Here, ol' chap, take mine.—*Selected.*

### BELIEVED THE LABELS

Jaggles—I hear the man convicted of selling fake patent medicines was refused a new trial.

Waggles—Yes, the judge saw on the bottles that one trial was enough, and he believed the label.—*Clipped.*

### HANS EASILY RECOGNIZED

"But now, Hans," said a butcher to a Dutch farmer, "how can I find the hog that I have bought?"

"You comes mit my farm."

"But how shall I find your farm?"

"You shoost goes dot Main sdhreet out, den you turns up de right for a while till you sees a house and a big hog in de yard. Dot's me.—*Clipped.*



# Anti-Vaccination Department

A tribunal where medical blunders and blunderers will be exposed and where cases of crimes, disease, suffering and deaths resulting from vaccination will be filed. Readers are invited to send in short items of news pertinent to this department.

## WHY SMALLPOX FLOURISHES IN COLD WEATHER

While it is, of course, well known to the public that smallpox is chiefly a winter disease, it is not generally known, though, that the cold weather in itself is not responsible for this or any other disease, says the *Detroit News Tribune*. Winter diseases, so-called, including smallpox, are due to the fact that people very generally shut out the cold, and shut in the heat, practicing that most criminal economy of "saving foul air for the sake of its warmth."

There is too much of this sort of thing among the rich and well-to-do; but their dwellings are usually large and quite airy and sunny; fewer persons are breathing in an allotted space; they have clean beds and bedding; their underclothes are fresh and clean, being frequently laundered and never worn at night; hence these people are practically immune from smallpox in winter as well as in summer. How different all this with the wretched poor. It is only in warm weather that the poor folk keep their rooms open to the fresh air, and let the air come in contact with their skin by shedding their underclothing; and this explains their immunity from smallpox in summer. But in winter their homes are dens of filth; beds are old and never renovated and bedcovers are cheap "comforters," seldom or never cleansed. The air is never changed, except in so far as a little steals in through the keyholes and window crevices, and even here we find paper not unfrequently pasted over the cracks. The body clothing is old and foul from long wearing, and the underclothes are worn in bed for warmth, and seldom washed, at that. If all these wrongs were righted, there would be no more smallpox in winter than in summer; there might be even less, indeed, for cold, fresh air is in itself a powerful disinfectant.

It is not cold, but the dread of it that promotes disease. People are afraid of "catching cold." They bar cold out and so catch ailments. Lieut. Peary declares that the vicinity of the North Pole is the place for consumptive homes; that people cannot have consumption in that climate if they go out and expose themselves to the extreme cold. Peary, himself, was at times nearly frozen, and he can't raise corns through lack of toes, but he never got a cold in all the time he was North. Mrs. Peary has recorded the fact that none of their party ever had colds, except during periods of being housed up and kept warm.

## THE MOVEMENT IS SPREADING

From all points of the country comes the news that the popular movement against compulsory vaccination is gathering weight and impetus. The following item, clipped from a Pennsylvania newspaper, is characteristic of public feeling on the question as a whole:

"The question of vaccination, which has

been a source of trouble between the health board of the school officials of this city, has at last caused an open rupture, with the prospects of a fight in the courts. Informations have been laid against the five school directors, Superintendent David H. Keith and five principals, charging them with admitting to the schools pupils who have not been vaccinated, contrary to the health board rules."

## ANTI-VACCINATION RIOTING IN SOUTH AMERICA

The opposition to compulsory vaccination is world-wide. The recent fierce riots in Rio Janeiro give point to this fact. The popular demonstration against vaccination was so emphatic that the troops were called out and repeatedly charged the mob, barricades were erected, water and gas mains were cut, plunging the city into darkness, and street cars were burned. The demonstration had every characteristic of revolution. It is reported that a dozen people were killed, and that sixty were injured.

## SENTIMENT ALMOST WHOLLY AGAINST VACCINATION

For the past thirty-two years, since the big smallpox scare of 1872, when, as a medical student, I sought, in my ignorance, to get vaccinated, and happened to strike a physician (in Philadelphia) who set me right on it and set me to thinking, I have been a close student of smallpox and vaccination. I have unusual opportunities for studying the sentiment of a very large number of consultants from year to year, and I find that the fear of vaccination is almost universal throughout the country. A referendum vote here in Massachusetts would not only stop compulsion at once, but I am sure that it would banish vaccination out and out. The time will come when it will be a penal offense to poison the blood of any man, woman or child with the virus of cowpox.

It is, of course, through the educated ignorance of physicians in general that this hideous farce, leading to so many tragedies, is continued, in spite of abundant literature, and no end of evidence of its folly. We do know this: that there is not a scientific statistician on this earth, having studied the statistics of smallpox and vaccination, but stands just where we do—regarding vaccination as a mischievous, blood debauching nuisance.—C. E. PAGE, M. D., in "Vaccination."

## RECORD FROM MONTH TO MONTH OF VACCINATION MURDERS

Loyal Derringer, age 10, of Ann Arbor, Mich., died of lockjaw, following vaccination.  
Peter Sisbuszowski, age 4, of 420 Hastings street, Chicago, died of blood poisoning induced by vaccination.  
Alice Boyes, age 5, of Berkley, Cal., died of lockjaw, due to vaccination.

# THE ATHLETIC WORLD

Conducted by *Edward R. Bushnell*

*The universal demand on the part of the American public that there shall be some publication which can be looked to for a reliable compendium, complete in every respect, of the records of all sports, and shall be at the same time an absolutely honest and expertly informing guide upon all forms of competitive exercise, has led to the establishment, in these pages, of the Department of the Athletic World. The readers who have studied closely the conduct of this magazine need no assurance that the Department will fearlessly advocate every new development in sport which is healthful, honest and fair, and will as fearlessly expose and condemn whatever is injurious, dishonest or unfair. It will have my constant, personal direction; it will have the resources of an unparalleled organization for the assembling of the earliest and most secret, reliable news; and it will be illustrated with the latest photographs of the leaders in the world of athletics.*

*Mr. Bushnell, University of Pennsylvania, 1901, is the most widely experienced athletic editor in the United States, not only by reason of years of service in active journalism, but because he is himself the holder of a distinguished record. His knowledge of athletic work is not limited to the United States, although he captained his cross-country team here. He was a member and point runner of the famous track team which won the majority of events at the English Amateur Athletic Union Championship in London in 1900, and at the hotly contested Olympic Games of the Paris Exposition.*

—BERNARD MACFADDEN.

THE advent of winter no longer causes a cessation of sports. Instead, it has resulted in a multiplication of indoor athletics of so much variety and interest that cold weather ceases to be the hardship to athletes it once was. For every outdoor sport there is now a suitable substitute to be practiced and enjoyed indoors. The addition of so many new forms of indoor athletics is a growth of the last dozen years, and emphasizes not only the zest of the American people for every kind of sport, but their great versatility in selecting the different forms of athletics best fitted to give strong minds and sound physiques.

## Football Rules

No sooner had the 1904 football season ended than a new crop of agitators sprang up all over the land, with suggestions for radical changes in the rules. At its present rate, the football code will soon become a chronic case for the rules committee. Every conceivable fault has been urged against the present style of football, the principal objection being that the game is not open enough. It is probably true that, as the game was played in 1904, the criticism of too many close formations had some foundation.

But were the dullness and lack of variety charged to the game due to the rules or to the coaching? If one team plays a slow, monotonous game, and another, handicapped by the same objectionable rules, plays brilliant and spectacular football throughout the entire season, it is more reasonable and nearer to the facts to lay the blame on the coaches and on the players themselves, rather than on the stringency of the rules. The trouble with the majority of coaches was that they did

not take advantage of the rules that they had. If they wish more kicking and end running, why should they not teach their players that style of game? If it is a desirable reform, surely the coaches do not need to be driven to adopt it.

The records made by the University of Pennsylvania in the East and by Michigan in the West ought to be a sufficient defense of the present rules. Both of these teams sacrificed everything to the open game, and the variety of their offense made their game at once invincible, spectacular and open. To adopt the latest suggestion, of compelling a team to make ten yards in three downs instead of five yards, would merely result in a duel of punters with fewer end runs and less scoring than in 1904. Nearly every change the rules committee has made has been to handicap the offense and strengthen the defense. Now the football solons should either reverse their tactics or do something to compel the coaches to utilize the rules they now have and keep abreast of the times.

## The All-American Eleven

The awarding of championship honors in the East and West has furnished the usual harmless amusement for football critics and enthusiasts alike. As the season ended, neither section had a team which could claim a clear title to the championship. In the East, Pennsylvania and Yale head the list of available candidates; but, as the Elis and Quakers did not meet, the issue between them is still an open one. The only method of deciding the question is the record of the two teams; and Pennsylvania certainly has the better of the argument. Pennsylvania went through a hard season of

twelve games—one more than Yale—and not only did not sustain a single defeat, but kept her goal line from being crossed. Yale, on the other hand, was defeated once and scored on again, two discomfures which are sufficient to rate Yale a little below Penn. In the West, Michigan and Minnesota were the only teams to finish the season undefeated; but, as these great rivals failed to meet each other, both are content to divide the honors.

Both in the East and West there was more unanimity of opinion than is usual in the selection of the All-Eastern and All-Western Elevens. Fortunately, Eastern critics are becoming broad-minded enough to admit that the West may have some claim to recognition on an All-American Eleven, and as a result two selections have been made—one an All-Eastern and the other an All-Western Eleven. After a careful study of the strong and weak points of the individual players, with particular attention to their ability to fit into the machinery of a team, the following Elevens are presented as the strongest combinations which can be secured to represent the two sections:

## ALL-EASTERN ELEVEN

<i>Player.</i>	<i>College.</i>	<i>Position.</i>
Shevlin.....	Yale .....	Left end
Cooney.....	Princeton ...	Left tackle
Piekarski...	Pennsylvania ..	Left guard
Roraback.....	Yale .....	Center
Kinney.....	Yale ....	Right guard
Hogan.....	Yale ....	Right tackle
Glaze.....	Dartmouth ...	Right end
Stevenson...	Pennsylvania	Quarter back
Reynolds....	P'nsylvania	Left half back
Hurley.....	Harvard	Right half back
Smith.....	Pennsylvania ...	Full back

## ALL-WESTERN ELEVEN

<i>Player.</i>	<i>College.</i>	<i>Position.</i>
Rothgeb.....	Illinois .....	Left end
Curtis.....	Michigan ...	Left tackle
Thorpe.....	Minnesota ...	Left guard
Haselwood....	Illinois .....	Center
Carter.....	Michigan ..	Right guard
Allen.....	Northwestern	Right tackle
Bush.....	Wisconsin ...	Right end
Eckersall.....	Chicago ..	Quarter back
Heston.....	Michigan	Left half back
Hammond....	Michigan	Right half back
Longman....	Michigan ...	Full back



**Eli B. Parsons, of the Yale University**  
Holder of the World's Record for the Half-Mile Run—One Min. Fifty-four and Three-fifths Secs.

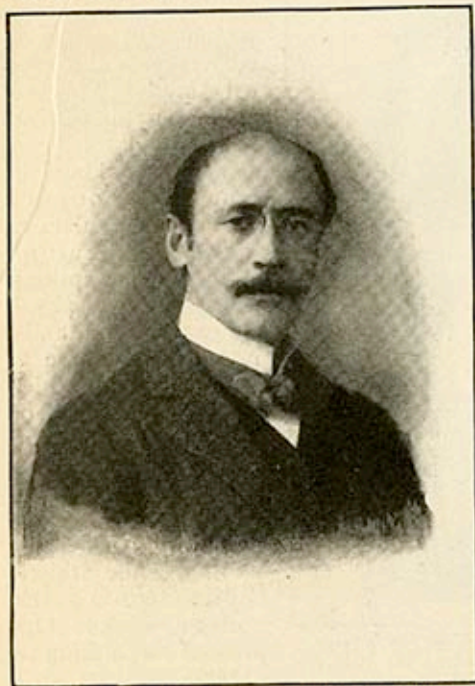
**The Greatest University Gymnasium**

The University of Pennsylvania has started an innovation in physical education which will undoubtedly receive the closest study wherever college gymnasia are maintained. It consists in making the gymnastic course a part of the regular university curriculum. With a few exceptions, a preliminary physical examination and a prescribed course in gymnastics or athletics is obligatory on the entire student body. The fact that before this year Pennsylvania had no gymnasium building worthy of the athletic reputation of the college makes the present revolution a notable one.

The object of the gymnastic course is not primarily the development of athletics. Dr. R. Tait McKenzie, who is in charge of the work, is endeavoring to eliminate every weakness of the student corps and so enable the university to turn out men who are sound in body as well as mind. Dr. McKenzie's plan is to submit the student to a rigorous physical examination and thus to find out all the youth's hereditary and acquired weaknesses. The next step is to put the student at work with some exercise which

will correct his defects. As far as possible, Dr. McKenzie utilizes the various athletic teams to correct these weaknesses, in order that the man may pursue his work with pleasure and profit and, at the same time, to strengthen the athletic department.

Another interesting and worthy adjunct to the course in physical education is the requirement that every student taking the course, must learn to swim a required distance before he can receive his certificate from the director. There are few forms of athletics so beneficial as swimming, and the wisdom of the rule is apparent when one considers how many lives are lost annually through ignorance of the simple art.



Copyright Photo.

**Dr. R. Tait McKenzie**  
Director of New University of Pennsylvania  
Gymnasium

Pennsylvania's innovation in the physical training of her students should be an example to other institutions. The time has passed when the cultivation of a man's mind is the sole object of an education. A strong mind in a weak and diseased body is of little more worth than a strong body and an undeveloped mind. But a strong, cultured mind in a strong,

well-developed body gives the combination of manhood always sought after, but too seldom found.

#### **Why Not an Indoor Carnival?**

The large number of successful indoor athletic meets of the different colleges and universities of the East manifestly suggests the advisability of an intercollegiate indoor championship carnival, similar to the one which is held annually outdoors. Under the present arrangement, the indoor games are made up largely of handicap and relay events, which cannot decide championship honors. All of the institutions which would be concerned with such a meeting are represented at the occasional games which now occur in the winter months. Therefore a carnival in which championship honors were at stake would be doubly entertaining to the spectators and valuable to the contestants. There are plenty of eight-lap tracks in New York and other cities which would give the athletes facilities almost as good as they now have outdoors. An indoor carnival for an intercollegiate championship trophy would be a novelty and one certainly worth inaugurating.

#### **Cross Country Work Needed**

The overwhelming victory which Cornell won at the recent intercollegiate cross-country run should arouse the other universities to action. For them to permit Cornell, an institution not strong in any other sport but rowing, to win five out of six championship runs, is really discreditable. It does not mean that Cornell students are superior physically to those at the other universities, but it does signify that the Ithacans have made the most of the sport. At Cornell, cross-country running is encouraged primarily for the benefit of the student's health. The men are urged to take long runs the year round and scores take up the sport without the slightest thought of ever winning honors at the Intercollegiates. The superior methods adopted by Cornell are shown in the annual run held in New York. The Ithacans skip over the course as though it were but a practice run, while to the other colleges, which have to trail in the rear, it is a gruelling contest. If the other institutions would devote the

same conscientious attention to the sport as Cornell, they would make a better showing at the annual run and would build up their physiques to advantage at the same time. That is Cornell's system, and it is the system that wins.

The report of the executive committee of the Intercollegiate A. A. A. should demonstrate the wisdom of holding the annual championship track and field meeting on college grounds, rotating it among the principal members of the association. The 1904 games held on Franklin Field were twice as successful, both athletically and financially, as those previously held in New York. They should be awarded to Harvard this spring in accordance with the tacit agreement made last year and should then continue their rotations to Yale, Princeton, Cornell, Columbia, etc. They are distinctly college games and should be held on college grounds.

#### Good Rowing Promised

If the extent of the preparation now being made for the college rowing season is any criterion, the crews which compete at the Poughkeepsie and New London regattas ought to be of exceptional strength. Not only did Yale, Harvard, Pennsylvania, Cornell, Syracuse and Columbia take the usual amount of fall training but, with hardly an exception, they began preliminary work this winter several weeks in advance of their usual dates.

For once the inconsistent stand taken by Harvard for her alleged amateur coaching seems about to be abandoned. After the Crimson's unsatisfactory year under the coaching of F. D. Colson, the old Cornell coxswain, Harvard has engaged an out-and-out professional in James Wray, an Australian oarsman, as head coach of her crews. Even after announcing the engagement of Wray, Harvard regretfully announces the abandonment of amateur coaching, as though it were a grievous sin to learn how to row from a man who charges for his services. If Mr. Wray can bring order and a victorious crew out of the chaotic condition which has sent Harvard to defeat so often, his position there will be assured.

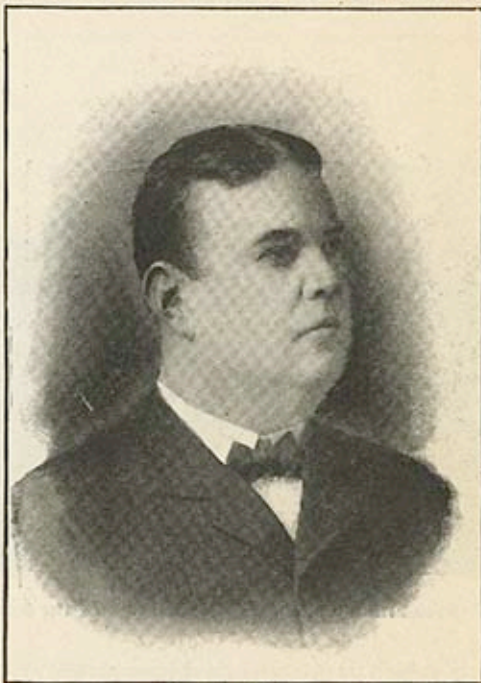
The University of Wisconsin should be encouraged in its expressed purpose not to send its crews to the Poughkeepsie re-

gatta this year. Wisconsin is so badly handicapped that her crews cannot hope to win on the Hudson. But there is a growing demand for a Western intercollegiate regatta; and, as Wisconsin is now the only Western institution which develops rowing, it could not perform a better service than that of organizing and fostering a Western regatta.

#### GENERAL ATHLETICS

##### Association Football

At the rapid rate that Association Football is winning its way in America, it gives promise of soon becoming a serious rival of college football. The old English game has been fostered here for years by



**Ban B. Johnson**  
President of the American Baseball League, the  
Highest Salaried (\$10,000 a year) Baseball  
Official in the World

loyal Britons; but it has had a hard struggle to gain a foothold with native Americans. The most positive sign of its prosperity here is its adoption at Harvard, Pennsylvania and several other American universities and colleges. At Harvard the supporters of the game have organized, and steps are being taken towards making it an intercollegiate sport. The game is now fairly well established in various athletic clubs throughout the country, and

well deserves the consideration it is receiving from the college men.

While lacking many of the spectacular features of college football, the association game possesses many features which make it of more value than the former. College football has come to be a sport in which only men of a certain prescribed physique can participate. So limited is the number of available candidates for college football, that hardly more than one man in twenty-five tries for the team and not more than one in a hundred is successful. The game has developed into

#### The Good Work of the A. A. U.

The Amateur Athletic Union deserves all the praise it is receiving for the encouragement it gives to indoor athletics. Through its careful oversight innumerable field and track meets are being held weekly, in all the leading cities of the East and West. Not only do the games furnish healthy amusement for many thousands of spectators, but to the school boys, college men and members of athletic clubs they afford a means of physical recreation and development which nothing else supplies. Athletic sports of



Franklin Field, Philadelphia—One of the Best Athletic Fields in the World—Showing Quarter-

one which is a struggle between heavy, fast men for which the average student is not fitted.

Any game then, like association football, which can be played to advantage by almost any sort of a man, should receive the most generous encouragement in college, school and athletic club. It is a most exhilarating sport and develops speed, agility and strength to a degree that college football does not approach. The aim of all sport should be the good of the largest number of competitors, and the possibilities of the Association game should insure it with complete success.

this kind, conducted in moderation, are as valuable morally as they are physically. It is an easy matter to indulge in athletic competition during the outdoor season, but when winter drives the boys and young men indoors, they must face endless temptations. If their energies could all be diverted toward indoor athletics, they would be better mentally and physically for their competition. And the A. A. U. is doing untold good by fostering these sports, perhaps more good than its own officials realized or planned.

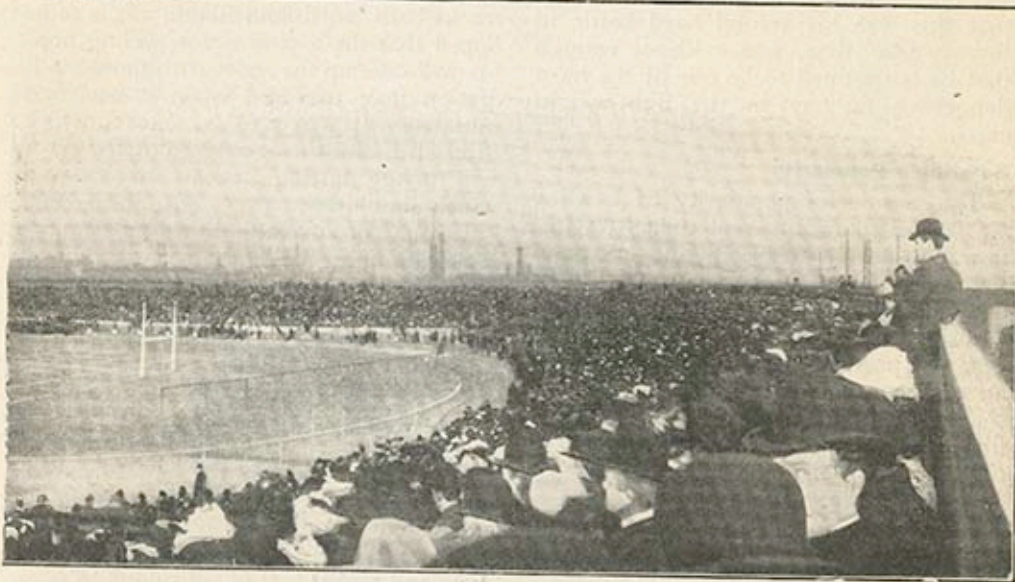
Within the last year or two, scattered athletic clubs, while trying to secure all the benefits of membership in the Na-

tional Union, have balked at minor examples of discipline, and tried to bring the organization into disrepute by rebellion. While the A. A. U. may seem to rule with an iron hand, it should be remembered that it has a hard task before it to keep amateur athletics free from the taint of professionalism. Small differences of opinion should not be allowed to interfere with the general advancement of amateur sport.

#### Peace in Baseball

For once the American and National Leagues of Baseball Clubs are facing the season at peace with themselves and each

serious risk of meeting wintry weather at both ends of their schedule. One would think that the experience of 1904, when several games had to be postponed because of cold weather and the wintry blasts cut down the attendance at others to mere handfuls of spectators, would cause them to think twice before foisting another long schedule on the American public. The American League recommended a 140 league-game schedule; but if the Nationals insist on the longer season, the younger organization will have to submit. The American people have demonstrated that baseball is their most



Mile Track and the New University of Pennsylvania's Gymnasium at the Far End of the Field

other. Happily for their own success, the great magnates have learned that the baseball public does not want inter-league wrangles and quarrels, and does desire to see the national game played cleanly and expertly. Both of the leagues finished their 1904 season with financial profit. With stronger teams in the different cities of the leagues, they should enjoy even greater prosperity for 1905.

It is extremely doubtful whether the action of the Nationals in forcing a 154-game schedule on the country will be a popular or wise move. By starting the season April 15 and continuing it until near the middle of October, they run a

popular game, but they do not care for a summer sport in winter weather.

There is now no prospect that the Boston champions of the American League will meet the New York pennant winners of the National League. John T. Brush of New York lost that golden opportunity last fall; his post-season attempt to correct his error was justly a failure. The fall, and not the spring, is the time for interleague championship contests. It is worthy of note that the National League has realized the mistake of the New York owners and has voted unequivocally for a post-season series between the champions of the two leagues for the world's title.

### Some Clean Boxing

During the days of unending fake battles in the prize-ring, the followers of the sport looked with genuine pleasure on the meeting between "Young Corbett" and Battling Nelson, at San Francisco. For once, here was a fight in which both participants put up their most capable battle, and no one even breathed the word "fake" in discussing it.

The battle between Britt and Nelson on December 20 again emphasized the fact that the little fellows participate in fewer questionable bouts than the middle and heavy-weights. Although Nelson was outpointed by his older rival, the fact that this was his second hard battle in three weeks' time, was evidence enough that he is destined to be one of the most dangerous fighters in the light-weight class.

### Bowling's Popularity

The wonderful popularity of bowling was never more apparent than it is just now. In nearly every city and village of the country the game has won its way, and furnishes an immense amount of amusement and recreation for the business and professional men who are tied to an office or a desk during the day. It serves a commendable purpose when it liberates them for a time from the routine of their daily life.

### Basketball's Opportunities

It is to be regretted that a sport such as basketball, with the many good qualities it possesses, cannot secure greater recognition than it enjoys. At present the game has no national organization of any kind and, with the exception of the Eastern Intercollegiate Association, however, is nullified to a certain extent by the fact that the college men play a different set of rules from the athletic and professional club teams. Basketball is a sport which almost any man can play and, if taken in hand by honest and far-seeing magnates, as represented in the American and National League Baseball Clubs, it would secure far greater popularity than it has as a national winter game. It was rowdiness among the players that killed the old national organization and still makes it a local game. But with the elimination of roughness and with a uniform

set of playing rules, the sport ought to become of national significance.

### The Cycling Renaissance

After reaching almost the limit of excess, bicycle racing promises to win a revival of its original popularity. It was natural that the introduction of the bicycle years ago should result in making it a craze with both the athletes and the public. But the racing game was carried to such lengths that it lost its hold with the people and was forced to take a minor position in the world of sports. It is a healthy sign that it is once more becoming popular, a fact which is attested by the construction of so many good tracks both North and South. It is to be hoped that the aspirants for cycling honors will take up the sport with more moderation than they did when it was first initiated. It was reckless excess which injured it, and the avoidance of the error will insure lasting success to a sport which should have every encouragement.

Lovers of cycling, however, cannot look with approval on the well-nigh inhuman exhibition of the six-day racers in New York during December. Cycling has had a hard enough time to hold its own in popular favor within the last half dozen years, and it is deplorable that it should have developed into such a spectacle as that. Although the attendance at the race was good, it was only the morbidly curious throng which watched the drugged, exhausted and frequently raving wheelmen defy the laws of nature for six long days and nights. It is ridiculous to urge that the presence of immense crowds justified the so-called "sport." The same throngs would gloat over a bull fight or a battle between gladiators, if it were permitted. It is no wonder that public sentiment is crystallizing into legislation designed to stop six-day races of all kinds.

### Popularizing Lacrosse

The approach of the spring season brings to light a worthy movement to popularize the sport of lacrosse, which has already been nourished into a healthy condition by many colleges and athletic clubs of the country. When one considers the many good qualities and endless possibilities of the Indian sport, the wonder is that it has not received greater recognition. It combines all the good fea-



tures of baseball and football and surpasses football in that it puts a premium upon speed and agility rather than brute strength. The development of team play will add to the spectacular feature of the sport and make it even more popular than it has become in the few years it has been before the American public. It is a game which deserves well of the American people.

#### Hockey Scandals

Among the minor indoor sports, especially in the Northern cities, few enjoy more popularity than hockey. The amateur promoters of the sport, however, are having a hard fight to eliminate the professionals. The professional element has become so strong in the last few years as to be a serious menace. The Ontario Hockey Association of Canada, at a recent meeting, was obliged to adopt a resolution condemning the professionalizing of the sport in Pittsburg and in certain Canadian cities. The antagonism of the Ontario hockey men is well founded, for the way expert Canadian players have been imported to certain American cities, merely for their playing ability, is little short of scandalous.

#### Fencing Grows in Favor

The hurried business and professional man is now making good use of fencing as an indoor recreation calculated to counteract the mental and physical strain his work entails upon him. Fencing is becoming deservedly popular for busy men and women who have not the time or strength to devote to the more vigorous forms of outdoor athletics, yet need some light exercise to maintain their health and strength. Every man and woman should have some athletic recreation, and fencing supplies the need in an efficient manner.

#### Squash Racquets

As though the multiplicity of college sports was not sufficient, squash racquets has been added to the list and has now become one of the most popular forms of indoor athletics at several colleges. While not as interesting to the spectators as outdoor tennis, it is as exhilarating as the most exacting could desire. For keeping athletes in condition, in the interim between fall and spring, it could not be improved upon. The sport would gain even greater popularity in the country at large

were it not for the expense connected with the fitting up of indoor courts.

### RECORDS

It is the aim of this department to compile every month the records in various branches of sports as fast as they are made. The records given in this issue comprise those made from October 18 to November 19.

#### FOOTBALL.

The following table gives at a glance the final results of the 1904 football season, with the number of games played, won and lost by the principal colleges of the East and West:

	Games Played	Games Won	Games Lost	Points Scored	Opponents' Scores
Pennsylvania	12	12	0	222	4
Yale	11	10	1	226	20
Princeton	10	8	2	181	34
Harvard	*10	8	1	119	28
West Point	8	6	2	136	27
Columbia	11	8	3	120	68
Dartmouth	*8	9	0	143	13
Cornell	10	7	3	226	93
Carlisle	11	9	2	312	44
Annapolis	*9	6	2	58	38
Amherst	9	8	1	169	27
Brown	11	6	5	181	51
Michigan	9	9	0	495	23
Minnesota	13	13	0	725	12
Chicago	*12	10	1	408	44
Northwestern	10	8	2	321	55
Illinois	*11	9	1	222	26
Wisconsin	8	5	3	268	74
Iowa	10	6	4	218	101
Purdue	10	7	3	153	55
Indiana	9	5	4	55	111
Ohio	12	7	5	183	59
Williams	**9	3	4	79	102
Lafayette	10	8	2	243	33
Swarthmore	9	6	3	186	28
Haverford	7	6	1	143	27
Dickinson	*12	8	3	189	53
Penn. State	9	5	4	183	70
Lehigh	9	1	8	52	236

\*One tie game.  
\*\*Two tie games.

#### BOXING.

November 29, at San Francisco. Battling Nelson defeated "Young Corbett" in tenth round of 20-round fight.

December 20, at San Francisco. James Britt, of San Francisco, received decision over Battling Nelson, of Chicago, at end of 20-round bout, for the world's lightweight championship.

#### CYCLING.

December 10, at New York. Six-day bicycle race, won by Dorlon and Root; second, Vanderstuyft and Stol; third, Samuelson and Williams; fourth, Keegan and Logan; fifth, Krebs and Folge; sixth, Breton and Gougoltz; seventh, Turville and Mettling. Record of winners, 2386 miles and 6 laps. Best record for the time, 2,733 miles and 4 laps.

#### RACQUETS.

December 17, at Philadelphia. Philadelphia beat Boston in inter-city racquet match in three out of four matches.

#### ATHLETICS.

November 23, Intercollegiate cross-country run at New York, won by Cornell University; University of Pennsylvania, second; Yale, third; Harvard, fourth; Columbia, fifth. Scores, Cornell, 12; Pennsylvania, 41; Yale, 51; Harvard, 52; Columbia, 73. Individual winners, E. T. Newman, Cornell; second, C. T. McGoffin, Cornell; third, W. J. Hall; fourth, D. C. Munson, Cornell. Time of winner, 32 minutes 52 seconds.

December 4. At New York, special three-mile race, won by E. P. Carr, Xavier A. C.; second, J. J. Daly, Ireland. Time, 15 minutes 37 1-5 seconds.

NOTE.—In the November issue of this magazine we inadvertently stated that Fred Winters was the winner of the dumb-bell contest at the Olympic Games at the St. Louis World's Fair. As a matter of fact, Oscar P. Osthoff, of the M. A. C. Track Team, Milwaukee, was the victor. We much regret the mistake.—EDITOR.



Lillian Russell, Now Starring in the Musical Comedy "Lady Teazle"

# THEATRICAL TOPICS AND TIDINGS

THE DRIFT OF PLAYGOERS IS TOWARD THOSE PIECES THAT ARE CHARACTERIZED BY SIMPLICITY OF PLOT AND METHODS—THE DAY OF THE PROBLEM PLAY IS OVER—PERMANENT HIPPODROME FOR NEW YORK—WAR BETWEEN THE "TRUST" AND DAVID BELASCO STILL RAGING—VAUDEVILLE STANDS IN NEED OF RADICAL IMPROVEMENT

By *H. Mitchell Watchet*

**B**LESSED is the man who takes his pleasures simply, which is the same as saying that the pleasures of such an one are simple. Some there are who can joy in recreations so-called, which make toilsome demands on mind or muscle. Of such are the fools whom Providence removes with the aid of a racing automobile. Or the bleary-eyed brain-wearied amateur chess masters. Or those who seek enjoyment and hidden meaning in the tone, text and texture of plays of the introspective or problematic sort. Yet these are in the minority, and the great bulk of mankind knows that pleasure approximates pastime, and pastime is play, and the very essence of play is simplicity. A nation or an individual who does not recognize this fact is in a bad way intellectually, and is more than likely to be in an indifferent condition physically. The elaborate depravities of civilizations in all ages have sprung from the complex and involved conditions contingent on such civilizations. On the other hand, the strong and wholesome nations are they who have by chance or purpose retained much of their primal simplicity.

Remembering all this, which includes

the proposition that you can judge of a man by his amusements, it is refreshing to notice that the drift of playgoers is in the direction of those productions whose keynote is simplicity of theme, if not of plot and accessories. At the moment of writing there are perhaps a couple of

productions in New York which call for brain-fag, and enables the critics to erect columns which tower above the heads of their readers. Incidentally, it is somewhat disheartening to note the growing tendency on the part of dramatic editors to fog their readers rather than enlighten them in regard to the merits or demerits of a new play. Two-thirds of the so-called dramatic criticism of the metropolis is a jumble of "fine writing," references to obscure authorities, histrionic parallels which the average reader cannot possibly appreciate, and a flapping and a clapping of rhetorical wings

which is amazing in the matter of noise, but as objectiveless as the flight of a startled loon.

The danger of raising the ancient issue as to whether the theatre is intended for amusement or instruction is obvious in this connection. It must not be forgot-



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Anna Held In One of the Gorgeous Gowns She Wears In "Higgledy-Piggledy"



Miss Mabel Taliaferro as Lovey Mary in  
"Mrs. Wiggs of the Cabbage Patch"

ten, however, that amusement of the right sort is instruction. As between the benefit and knowledge that one derives from driving a golf ball from its tee when the air is crisp and clear, and the turf springs like green steel beneath one's feet, and the blood tingles exultingly through one's veins with the joy of the game, and the benefit and knowledge that is to be derived from the perusal of a high-priced book on golf, the advantages of the first go without saying. The end and aim of instruction of any sort is, after all, the making of one's life happier and better. And, if you come to look at it aright, play—real play—certainly does this. It would follow then that the theatre is, or should be, first, a house of amusement, and secondly, a house of instruction. Remembering this, and to repeat somewhat, it is gratifying to see that the public has yet an unvitiated taste in this regard, and is in consequence patronizing those houses most in which the pedantic element is least in evidence.

Thus it is that George Ade's comedies have so constant a popularity; that the vogue of the musical comedy which, so we have been assured for many seasons, was on the wane, is becoming more strong and stronger; that "Mrs. Wiggs of the Cabbage Patch," with its pictures of humble and persistent optimism, and very many more pieces of the same type, are making glad the hearts of the men in the box office and of thousands of other hearts, which pay willing tribute to the box office men.

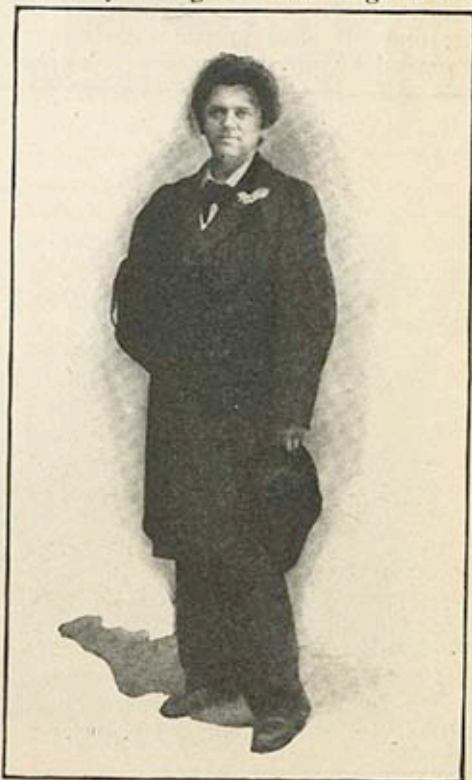
There is another aspect of the metropolitan world of theatricals that is interesting to the sympathetic student of human nature, and which is in line with what has been written about the drift towards simplicity; that is, the patronage which is being bestowed upon productions that are the rainbow'd dreams of our early childhood made manifest in gorgeous shape and fashion. The allusion is to the pantomimes and pieces of the type of "Woodland" or "The Wizard of Oz." It is safe to say that the majority of us have deep down in our hearts, crusted over, it may be, with the follies and troubles of this world of ours, a latent love and tender memory for the fairy folk of the days that were when Red Riding Hood was a tangible entity, Bluebeard, a ferocious fact, and Good Fairies and Bad Fairies as real as were nurse and bedtime. Like children, too, we have yet a yearning for the ideal, which again may be hidden beneath a ten-fold layer of the practical and unpleasant things of life, but which, like unto a hyacinth bulb in a dark corner, is ready to bud and bloom if given water and light. Of course, the fathers and mothers who take their little ones to the pantomimes will tell you that they are doing so for the sake of the children, but as a matter of fact, they are there for their own sakes, which is a thing that calls for no excuse or explanation. If it were otherwise, they were fit subjects for pity; for the man or woman who cannot joy in living for an hour or so in the realm of idealism has lost much of the joy of living that should be his. Charles Dickens confessed to loving pantomimes, including clown, columbine, harlequin and pantaloons. Carlyle was not ashamed to acknowledge that he read

"Grimm's Goblins" with relish. The admiration that Tennyson cherished for Hans Andersen is well known. Ruskin loved to tell fairy tales to his child friends. Herbert Spencer was another devotee of pantomimes. So is King Edward the Seventh. And so are millions of others whose hearts are kept green by being rooted in the warm, soft, fairy-haunted soil of childhood.

Life consists for the most part of a constant yearning for life as we think it should be. The experiences of most of us is, unhappily, that life is a something that is not as it should be. Therein lies the charm of the creations of a Julian Mitchell or the cheery philosophy of a Mrs. Wiggs. The Bad Fairy or Bad Luck may have in these the upper hand for a brief period, but, in the long run, the Good Fairy twirls her wand, and lo! the stage is flooded with iridescent color, swarms with ethereal loveliness, and the Ideal becomes the Actual. Then the asbestos curtain comes down, the exits are swung open, and we leave, feeling that we are once more back in the world of duns, debts, indifferent dinners and worse digestions; but that we have, nevertheless, been spending a brief period in a world which was as worlds should be, and that we are better men and women in consequence thereof.

The long contemplated project of a permanent circus, or, as its promoters prefer, Hippodrome, is *un fait accompli*. Considering the fact that New Yorkers are a community of horse lovers as well as circus patrons, it is not easy to understand why the metropolis has failed to have such an institution installed within its borders ere this. Abroad, nearly every city of note has its circus, which in every instance enters into successful rivalry with the theatres. However, better late than never, and the indications are that Messrs. Thompson and Dundy, who are the authors of the enterprise, will be well rewarded for their courage in breaking through the senseless tradition that New York was incapable of supporting a circus such as they have brought into being. Thompson and Dundy, it will probably be remembered, are they who created Luna Park, with its illuminative effects and its decidedly beneficial influence upon Coney

Island. In the present instance, the Hippodrome, located at Sixth avenue and 43rd street, is a substantial, handsome building architecturally, full of perfected promise, and, as we are assured, in keeping with the glories that are to be within its walls. A circus is a wholesome institution that always deserves encouragement from the public. Whether on the score of its associations or because of its hygienic qualities, the smell of tanbark brings a sense of refreshment, which is not always noticeable in the azure-impregnated atmosphere of a theatre. The grace and daring of the majority of the feats in or above the ring appeal not only to one's imagination, but to one's regard for courage, to say nothing of one's aesthetic sense. But by all means let us persuade Messrs. Thompson and Dundy to eliminate much of the modern circus and restore more of the old. Let them give us a single ring, capacious, if they please, but single, nevertheless. Let them spare us eye-strain, headaches and frayed nerves by letting us have things to look



David Warfield in the Title Role of  
"The Music Master"

at any joy in, that can be brought within the focus of a pair of ordinary eyes. Moreover, let them restore to us the clown as we knew him in the days of our youth. Return him to us with his quips and jests and merry cackle, punctuated by flip-flaps and handsprings. Let him not be henceforth forever a dumb thing of indifferent pantomime. Also, let his jokes be of ancient vintage, mellowed by time, and endeared by their frequency. A clown's jokes, unlike any other brand of joke, are loved the more by reason of their antiquity. Thompson and Dundy aver that they have things rare and acts marvelous, riders wonderful and athletes astounding for their show. We have no doubt that this is so, for they are men not only of words, but of deeds also, as Luna Park attests. But, let them remember that a circus is an institution of associations and the dearest of such associations are the "pattering" clown and the single ring.

Miss Lillian Russell's appearance as Lady Teazle in the musical comedy of that name, gives renewed point to the fact that the road to persistent success is graded by physical-culture principles.



Eva James, a Young Actress of Promise,  
with Lillian Russell

Miss Russell is probably one of the most pronounced disciples of physical culture on the stage to-day, as, coincidentally, she is the most notable example of a sustained and deserved popularity. Those who know her best, know, too, that the magnetism which lies at the basis of her hold on the public is due to her superb physique, and that this latter is again the result of her faithful observance of those rules of hygiene and diet that are part and parcel of the gospel preached in this magazine.

It is, by the way, somewhat remarkable that the possibilities of "The School for Scandal," from a musical comedy standpoint, were not realized prior to "Lady Teazle" as we now know her. There are a good many of our classic comedies that contain mighty good material for productions of the "Lady Teazle" type, and the wonder is that some of our clever playwrights have not appreciated the fact ere this.

We are informed that Mr. James K. Hackett intends to desist from imbruing his trusty blade in gore, and that the nearest approach to the use of lethal weapons in the future will be when he looks daggers or speaks with a keen-edged tongue. The play which next season is to be used as the vehicle of the talents of himself and his wife, Mary Mannerling, does not contain a single sudden taking-off, so it is said. Mr. Hackett is to be congratulated upon his return to paths of peace. Blood-stained melodrama is a good thing in its way, but its way is rarely good. The line of demarcation between the "scrappy" hero of a melodrama of the type under consideration and sheer ridiculousness is very narrow indeed. Apart from all else, the public will be glad to see Miss Mannerling behind the footlights once more. Although not a great actress in the strict acceptance of the term, she has a tender and womanly quality which wins our admiration while it obtains our respect.

"Leah Kleschna," at the Manhattan Theatre, is a remarkable play in many respects. It is rarely

indeed that a production emphasizes in equal degree the talents of author, star and the bulk of the principals as this particular play has done. It is safe to say that, with perhaps one exception, Mrs. Fiske has never made manifest the strength of her claims upon the regard of the public as she has in this instance. It is also safe to aver that the annals of the stage do not record a case in which a half dozen of a star's associates secured individual triumphs that were almost as noteworthy as was that of the star herself. Lastly, the history of American dramatists does not, so far as the writer's recollection serves, record such a tremendous bound upward intellectually, as in the instance of the author of the play. From "The Belle of New York" to "Leah Kleschna" is so vast a distance that it seems impossible that "Hugh Morton," who was responsible for the first, is to be credited with the last. If Mr. McLellan, late "Morton," could but tether his genius to an American theme, the long-looked for great American play might be reasonably anticipated.

The interminable fight between the so-called Theatrical Trust and Mr. David Belasco continues. Outposts are cut up, pickets are captured and recaptured and fighting is continuous, although not decisive. In the meantime, the main fortresses of both parties to the issue seem to be but little affected. Seriously, though, this kind of thing is to be much regretted. The business interests of the parties involved cannot be bettered by the incessant ventilation of their squabbles in the press. The public is apt to take sides in a matter that interferes with their comfort or their pleasure, which means that loss of patronage is certain, while accrument of patronage cannot be counted upon. Meantime, the fact remains that there are enough theatre players to go round, and that their number seems to increase rather than decrease with the opening of every new place of amusement. The inference is of a sufficient nature. What is the use of quarreling if the box-office receipts of your theatres are satisfactory, even though your rival is paying salaries and putting a little aside? Advice to the people concerned to get together and patch up differences is, of course, useless



Christie McDonald, a Clever Member of the Shotgun Company

at this juncture, but it is good advice nevertheless. Meantime unwisdom observes. The time of wisdom will arrive when the public begins to assert itself and demands that, as the theatre is a public institution, private differences shall not be allowed to interfere with its function as such.

The late Stuart Robson very much disliked having favorable advance notices of his plays, because, as he explained, the public was apt to entertain exaggerated ideas regarding the production, which were rarely fulfilled because they were the product of generous fancies. That over-advertising a star or production certainly has a tendency to cause a public reaction in regard to it is certain. The recent experiences of Herr Conried in connection with "Parsifal" is a case in point. The preliminary press work that was done for the Wagnerian masterpiece was of gigantic proportions. So gigantic indeed, that it positively depressed one's interest in the opera by reason of its weight



Marion Alexander, Who Has Histrionic Talent and Comeliness

and bulk. That which followed is recent history. The first presentations of "Parsifal" jammed the doors of the Metropolitan Opera House, but the later revival of it fell as flat as proverbial ditch water, or nearly so. Not only was the attendance poor, but the interest manifested in the opera was of a languid sort. Satiety had numbed enjoyment. "Parsifal" served at breakfast, luncheon and dinner had palled upon us. Robson's axiom was vindicated, and all the world, that is, the Metropolitan Opera House world, wondered.

Miss Anna Held's picture, given in this article, emphasizes two things; first, that the natural grace and beauty of the actress are as manifest as ever and, secondly, that there is absolutely no excuse for her obvious use of the corset, seeing that Miss Held as Nature made her, is

delightfully dowered in the matter of waist and hips. Lack of proportion, either in one's art or one's figure, is the gravest of all artistic mistakes. Miss Held is nice histrionically, but would be nicer in the matter of outline if she would forswear corsets.

Vaudeville fills its place in the scheme of recreation. But anyone who has watched a typical performance at one of our metropolitan houses devoted to this form of amusement cannot but conclude that vaudeville might be infinitely better than it is. It is true that within the past couple of years the interjection of playlets into the programs has been of benefit to the vaudeville stage and a decided relief to vaudeville patrons. But there is still much to be desired. Fifty per cent. of the "turns" are idiotic or suggestive, and a goodly proportion of the remainder are of an ancient type. Vaudeville managers will probably tell you that it is not in their power to evolve novelties or to interfere with the traditions of their houses. But the truth is, that there are abroad plenty of novelties, as there are in America plenty of individuals who are ready and willing to lift vaudeville from the rut in which it persists in remaining. The fact of the case is, that the combinations of vaudeville managers decline to pay the salaries which high-class owners of novelties demand, or American inventiveness believes is its due. Within this past six months the promoters of one of the daintiest and most artistic and elaborately mounted novelties, found all their dates cancelled. Communication with headquarters of the vaudeville managers of New York brought the response that, while it was admitted that the piece was "making good" in admirable fashion, yet the price demanded for it was in excess of the limit that it had been decided should be paid for attractions.

Here again the public has the power of revolutionizing vaudeville methods through the medium of the box office.

#### FRAGMENTARY EVIDENCE

The Judge—You say your wife hit you over the head with a plate?

Rastus—Yes, sah.

The Judge—But your head doesn't show it.

Rastus—But you done oughter see dat plate.  
—Life.

#### HEIRS WERE GRATEFUL

Patent Medicine Proprietor—Did that chap we sent the gross of medicine to send us a testimonial?

Secretary—Well, no; but we got cards of thanks from several of his heirs.



# THE WEST SIDE GIRL

THE STORY OF ONE OF THE UNPOLISHED AND UNKNOWN HEROINES  
THAT ARE FREQUENTLY TO BE FOUND IN DARKER NEW YORK

By Herbert M. Lome

FICTION

"HILLIS," said the city editor of the *Evening Orb*, between puffs at a reekful briar, "make about a column and a half of this and turn in copy early. Dish it out in lit-oo-rary style and you'd better give Sykes suggestions for half a dozen pictures."

And with this, and a smoke-obscured grin, he handed the reporter a bit of pasteboard of a violent pink and a "dodger." This last, to the accompaniment to many exclamation marks, set forth, that the Genial Gentlemen Guards of the East Side were to give a Mermaid Contest and Reception, to be followed by a ball, at Minerva Hall. "Admission, ladies, 10 cents; gents, 25 cents, hat check extra. Gents are requested not to smoke when dancing."

Hillis returned the editor's grin. He had discovered the advisability of exchanging smiles with those in authority within and without the *Orb* office. Nor did he resent the "lit-oo-rary." When on the staff of a metropolitan daily, one soon becomes accustomed to having one's ideas treated with irreverence, not to say ribaldry, which is good for the callow youth who imagines that the repertorial life consists of clothing abstract ideas in gorgeous verbal raiment instead of dressing bare facts in scant and oftentimes indifferent English.

Hillis had undergone the chastening process in question and with it had vanished a number of glamorous beliefs anent his chosen profession. Nevertheless, in the earlier stages of his tribulations he had manifested a certain unlicked power of picturing his surroundings that had caught the eye of the Old Man—eke the managing editor.

This had resulted in his getting a goodly share of assignments that called for crisp detail and broad impressions. With an increase of faith in himself and in his pencil, some of his college ambitions had begun to recover from the frost-nips that had wilted them when he transplanted them from New England to Newspaper Row, and the most flourishing thereof was

his desire to become the author of a real, clothbound novel. In pursuit of this idea, he had gathered already a lot of odds and ends of material, but the project was still in embryo, except that he had determined vaguely to locate the pivotal points of the story in the lower East Side.

For the rest, the young man was tall, rather good looking, wore the inevitable *pince-nez* and came of a family that lived on lower Madison Avenue, and did not give its unqualified approval to the business of a reporter.

At about 8 o'clock he reached Minerva Hall, in which the Genial Gentlemen were to assemble. Lounging around the entrance were a lot of short-legged, broad-backed young men who swore fluently and spat frequently. Also they smoked cigarettes and wore red and blue badges that bespoke them as being members of the Guards. At the top of a flight of stairs, four or five "scrappy" looking individuals were lined up behind the ticket-seller. These Gentlemen had held receptions before, you must remember, and they knew that the ticket-seller and the ticket-buyers would all need watching. The hall itself was dim, dusty and dingy. On its little stage stood a big tank with a plate-glass front. It was half filled with water of an uncertain hue. In it the Mermaids, so Hillis was informed, were to do their contesting.

The Gentlemen, following the example of their rivals further uptown, did not believe in beginning their functions at too early an hour. Through not beginning the fun too early the bar at the rear of the hall, in which the Guards had a percentage interest for the night, was made to prosper. However, at 10 p.m. the Bar Committee sent word forward that the crowd inside was less thirsty and more ugly. And so Mick Shaughnessy, the M. C. of the Guards, facetiously announced that "the first round of the go" would be the Mermaids. Much applause and enter from the wings a couple of girls, both clad in bathing tights and jerseys. One of them was short, sturdy and ag-

gressive as to chin and manner. The audience hailed her as "Stogs." The other got a reception as Dolly. Dolly was evidently a firm favorite with the Gentlemen, judging by the way that they howlingly coupled her name with all kinds of endearments. She was rather tall, graceful and decidedly good-looking. Her eyes were big and of a dusky brown, her hair of the same hue, magnificent as to quantity. Her impudent little mouth was matched by an equally impudent little nose. Hillis remarked the easy grace of the girl as she faced the admiring mob, and later, when, together with her companion, she did all sorts of feats in the tank, the harmony of her movements and gestures impressed him curiously.

"Say, she's a peacherino, ain't she?" whispered Jim O'Mears hoarsely. Mr. O'Mears was the Press Committee of the Guards, and in that capacity had been insisting on Hillis partaking of cigarettes and beer for a couple of hours or more.

"Indeed she is. What's her name?" inquired the reporter.

"Dolly Winters. Profeshn'l swimmer. Does dese stunts when de summer is over. At oder times, teaches gals and kids swimmin'. Got an ol' bum of a fadder what swipes near all uv de coin she makes for ter blow on booze. We fellies is jus' dead crazy 'bout her."

The newspaper nose of Hillis scented a good Sunday story forthwith. So he said he'd like to meet the girl.

"I'll fix it fer yer," responded Mr. O'Mears. "But, say, young feller"—here he wagged an emphatic forefinger in the reporter's face—"none of us will stand for no funny biz wid Dolly. Un'stan'?"

Hillis understood and hastened to assure the chivalric O'Mears that he desired the introduction merely because of Miss Winter's skill in the water.

Dolly was even more attractive in her street attire than in her professional costume, and Hillis noticed that her clothes, although cheap as to quality, were in good taste. She nodded pleasantly when he was introduced, but apparently was unimpressed by O'Mears' hoarse whisper that "de bloke was de main guy uv de *Orb*." When Hillis complimented her on her work in the tank, Dolly smiled, adding:

"You reporters are swell jolliers."

Somehow or other Hillis felt queerly shocked at the paradox of lips and language. Then he laughed at his momentary lapse into sentiment, and began to cultivate the girl for the sake of the "space" that he believed she represented to him.

During the evening he danced twice or thrice with her, and sat out some of the later numbers on the program. He found her to be witty in her slangy way, and distinctly entertaining, but once or twice he thought he detected an outcropping of dislike for her surroundings, and she declined numberless invitations to visit the bar. The Gentlemen, too, while treating her with the familiarity of tough comradeship, accorded her a respect that they didn't give to all of their "ladifrens."

About 1 p.m. Dolly announced that she was tired. Hillis asked permission to see her home. She eyed him searchingly for a moment, looked assured, and then asked:

"Ain't you afraid the gang will eat you up?"

"What gang?" said Hillis.

"Oh, about five hundred of these chaps that's stuck on seeing me to me place," said Dolly, with an indicative sweep of a perfect arm.

"No," replied Hillis, reflecting comfortably on his football and boxing days at college. Dolly placed her small plump hand on his biceps.

"I guess you'll do," she remarked, approvingly. "That ain't no dude's arm. Now let's go."

Which they did to the accompaniment of many scowls at Hillis and remarks anent his freshness.

"Miss Winters—" began the reporter, when they got outside.

"My name's Dolly to my friends," with a confidential smile.

"Well, Dolly, then. Are you hungry?"

"It ain't the thing to say, I s'pose," answered she, modestly, "but I could wolf a chair leg."

"Then I'll call a cab and we'll drive up town—"

"Cab nothin'," said Dolly; "the trolley's good enough for me. And, say, I don't want to go to no swell joint, if you don't mind. I'm—well, I don't wish none of your friends to see you with me, and me dressed like I am."

Hillis looked at the girl, and noted the curves of her sensitive underlip. But he said nothing, laughed, boarded a car, and the pair had a very chatty, and, to Hillis, an interesting, supper in a Thirty-fourth street restaurant that Dolly declared was "just too elegant." Afterward, the early morning being one that seemed made for walking, they strolled, at Dolly's suggestion, down Broadway as far as Waverly place. To Hillis, accustomed as he was to but one type of girl—those of his home set—Dolly was a refreshing revelation. Her frankness, far removed from effrontery, her views of things in general, unhampered as they were by conventionalities, and her quaint ideas of life in the fashionable world, of which she had heard so much and seen nothing, entertained the reporter hugely. At Waverly place they turned westward. The girl lived within a stone's throw of the Jefferson Market Police Court. On their way thither Dolly gave her companion some facts relative to her home life that confirmed the hint conveyed by Mr. O'Mears. "But," said she, apologetically, "even if father does hit it up when he's got the chance, he's all right, and besides—he's my father."

At length they reached their destination. "It ain't very tony, Mr. Hillis," she exclaimed, glancing at the dreary façades of the tall tenement, "but it's away from the gang. The fellows mostly hang out on the East Side, you know. I don't let any of them know where I live. So, if you see them, please don't let on."

Hillis recognized the compliment of her implied confidence, and promised not to disclose her whereabouts. Then he wished her "Good night."

"Good night," repeated Dolly, but she didn't go on the instant. "Good night," she said again. "I've had a lovely time. And—and, you've been a perfect gentleman."

Hillis smiled. "And why not?" he asked.

There was no responsive smile on the girl's lips. She eyed him meditatively.

"You're a man," she answered, "and I s'pose you don't know. But it's good to meet a party that treats a girl as a girl wants to be treated."

"May I see you again?"

The big eyes eyed him wistfully.

"Yes. I s'pose so. But, say, what do

you want to see me for? You must have rafts of girls in tow. You've got the face and shape and the stuff."

"Thanks," laughed Hillis, blushing in spite of his professional callousness. "But I've enjoyed this evening so much that I want more just like it. May I hope to have them?"

"Well," said Dolly, after a momentary hesitation, "I s'pose you may. But"—with a smile—"look out for the gang." And so they parted.

"A type," said Hillis to himself, as he strolled toward the "L." station. "A distinct and interesting type." Then he lit a cigarette and pondered. "By George, I'll make her the central figure of that book of mine. The Sunday story can go hang. I'll study her up thoroughly, and assimilate her, so to speak. She's so unique that all a fellow has to do is to crib her and print her just as she is." And he proceeded to outline situations in which Dolly should be made to demonstrate the unique charm of her personality.

Hillis proceeded to put his plan into being with the enthusiasm of a budding author, and the adroitness of the typical newspaper man. His duties gave him ample opportunities to carry out his suddenly devised schemes. So it came about that for the next six months or so the couple were much together, and Hillis found that Dolly kept all her initial promise of being good "material." Yet for a long time he was not permitted to occupy a status other than that of a welcome acquaintance, whose claims to that title were due to the "send off" he had given her in his newspaper the morning following the reception, and to two or three subsequent notices relative to her professional cleverness, these last bringing her pupils, and an engagement at a local gymnasium for women.

But when the girl became assured that he was "the real thing, and a gent from his shoelaces up," as she put it to O'Mears, when the latter insisted on knowing how Hillis was behaving, she softened, and disclosed herself. Hillis then found that her nature, in spite of her life and surroundings, was singularly untainted and receptive. He also detected latent intellectual possibilities in her that distinctly impressed him.

But at this time, and acting in accordance with his prearranged plans, he was taking her to all sorts of metropolitan resorts, in order that she might unwittingly supply him with "material." This she did, lavishly and unflinchingly. Her wonder at, and her quaint comments on, the Waldorf-Astoria; a dance at Sherry's, where, under the guise of a woman reporter, she took alleged notes; Lakewood; nights at fashionable playhouses; fast spins in automobiles, and the like, resulted in his filling many notebooks.

Of course, it was all very unconventional, and, indeed, to the respectable Philistine, shocking. Yet the most absolute of platonic "affairs" are usually to be found in Bohemia, and not outside of it. Hillis inherited a clean mind in a sound body. Dolly was one of those white lilies that not infrequently bloom in the midst of metropolitan mire and morasses. So that there came no shadow of passion to dim the sunny friendship of the couple. Hillis, nevertheless, was genuinely fond of the girl, although that same fondness was some degrees distant from love. Yet the idea that Dolly might learn to love him never occurred to the young man. So thoroughly had he identified her with the unborn novel that she was to him less a woman than a part of his cherished ambitions. Besides, there was a certain Miss Lawrence, whose papa was a pillar in the Temples of Mammon in Chicago. And Miss Lawrence and Hillis had an understanding of a thorough nature.

But the renaissance of Dolly's young life, so to speak, under the conditions created in it by him, would have appealed to the imagination, if not to the heart, of anyone but a coming author. For your novelist is ever an anatomist rather than a poet. He dissects where he should admire. He investigates the mechanism of the gifts of the gods, instead of accepting them in their unwounded entirety. And Hillis was no exception to the general methods of his kind.

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It was late in August, and Dolly and Hillis were sitting on the piazza at the Manhattan Beach Hotel. Hillis père had heard good accounts of his son, and had expressed his pleasure thereat through the medium of a satisfactory check. Hence the couple had had a joyous time of it

during the day, beginning with lunch in town, progressing with an afternoon in and by the sea, and ending with dinner and the fireworks. They were listening now to the strains of the orchestra, through which filtered the sough and sadness of the waves beyond.

As Dolly leaned back in her chair with a sigh of utter content, Hillis gazed at her admiringly. He had never seen her look so beautiful. Her great eyes were soft and luminous, her scarlet mouth very tender and inviting. The virginal dignity of her form was emphasized by the simple dress she wore. It also came to him, with a little shock of late recognition, that the girl's speech and manner had changed greatly since he had met her first. The alteration had been so gradual, however, that he had not noticed it before. Now he remembered that her slang and vernacular were things of the past, or nearly so. He recollected also that she now exhibited a persistent eagerness for books and for information on matters outside of her own narrow world. During their more recent conversations she had talked on current topics with an intelligence that had surprised him. So he eyed her with an interest foreign to his usual attitude toward her. Their glances met. An exquisite crimson swept over the girl's face, her eyes were lowered, and her hands, as they rested on the table, trembled visibly. But Hillis, purblind Hillis, never knew or saw. Because of which it came about, a few minutes later, that he, with little understanding, said:

"I shan't be able to see you for a few days, Dolly."

"Going away?" asked the girl.

"No. The fact is, some friends of mine are coming on from the West. They will be at the Oriental for a week; then they are going on to Long Branch. I have to show them around, you know."

"Oh," said Dolly, with the light dying out of her face.

"I want you to meet one of them particularly," went on Hillis. "A young lady—a Miss Lawrence."

Dolly looked up quickly, and studied his face for an instant. Then a gray—a gray of absolute despair—crept from her chin to her forehead. Her hands dropped to her side, weakly.

"Aren't you well?" queried Hillis, who noticed her pallor.

"Oh, it's nothing. I feel a little chilly, that's all. There, I'm all right again. Go on."

And with a white smile she straightened herself in her chair.

"As I was saying, I want you to meet her. She and I—well, to tell the truth, we are practically engaged. I've written her about you lots of times. Know you'll like her."

"I'm sure I shall," replied Dolly, with a queer break in her voice, and the great empty world was spinning blindly around her. "But won't you please take me home? After all, I don't feel quite myself."

\* \* \* \* \*

A week later a catboat was swaying lazily a mile or so off Sandy Hook. The sultry wind of the morning had gone with the coming of noon, and there was no promise of its return. In the boat were three persons, Dolly, Miss Lawrence and Hillis. The two girls were sitting side by side. Dolly, wan of face and wistful of eye, was looking seaward; the other, a pretty, fluffy blond, was cooing over her softly, for she had taken a great fancy to the West Side girl.

"When Mr. Hillis and I are married you will come and stay with us, won't you?" Miss Lawrence was saying, her hand patting Dolly's. "Once upon a time I was really jealous of you, you know, for he never wrote me a letter without saying something nice about you."

"You had no reason to be jealous," answered Dolly, with a ghost of a smile. "I believe that Mr. Hillis never thought of a girl in his life outside of you."

"Is that true, Jack?" replied his fiancée. Hillis opened his eyes. "What's true?" he said.

"That which Dolly's been saying about you."

"Everything is true that she says," was the answer, as he whiffed his cigar contentedly, and watched the horizon between half-closed eyelids.

"Mr. Hillis," said Dolly, after a few minutes' silence, for the weather did not invite conversation, "I don't like the look of things to the westward; do you?"

Hillis raised himself on an elbow, and

his eyes followed the direction of Dolly's forefinger. The appearance of the sky warranted her remark. Over the Jersey coast hung a dense copper-colored gloom, above which towered blue-black thunder clouds of hard outline. The sky overhead the party was clear, but the sun, nevertheless, was shining through an indefinable haze. Venomous tongues of lightning flickered out of the distant darkness and a far-off moaning emphasized the nearer stillness.

"We're going to have one of those beastly hot weather squalls," grumbled Hillis, as he rose to his feet and prepared to stow the sail. Miss Lawrence looked a trifle frightened, but Dolly reassured her, and hunting up oilskins from the cabin, enveloped her delicate form and dress in what Hillis declared to be rain-proof armor.

"What about yourself?" he said to Dolly.

"I can take care of myself when the time comes," replied the girl, with a weary note in her voice.

The gloom deepened, and the mutter of thunder began to be heard. Then the outline of the coast was blotted suddenly from view. At the foot of the wall of advancing dimness a thin white streak of troubled water was seen, that broke and regathered and broke again. Puffs of sulphur-laden air skirmished in front of the main attack of the wind.

"Here it comes," said Hillis. "Hold tight!"

He had managed to get the boat's head around to the squall, and when, with a crash and a roar it struck them, the craft rose buoyantly on the crests of the confused and swirling waves. For half a minute or more this continued, the boat pitching and tossing like a frenzied creature. Miss Lawrence, white and weakened, was crouched in the bottom of the craft, with Dolly's arms around her. Hillis did the little that he could at the tiller. And then—

With a snapping crash the main sheet parted. The released boom flew to starboard. Hillis drew down his head, but instinctively raised his arms in a vain effort to prevent the going of the stick. It struck him just above the wrist, and he felt the bones snap. The boom, passing over the girls, flew outward. A

lurching sea at this moment gave the boat a swing that reinforced the strain already put upon the mast. With a splintering jar it went by the board, escaping the trio by a hair's breadth. The boat fell off into the trough of the sea. A wave broke over her, another followed, and a third, poisoning her on its crest for a giddy moment, capsized her completely.

When Dolly came to the surface she found the craft floating bottom up, with Hillis clinging to the keel with his uninjured hand. Miss Lawrence had disappeared.

"She must be underneath," cried the girl, through the shriek of the wind. With that she dived. The ten or twelve seconds that elapsed seemed like an hour to Hillis. Then Dolly reappeared with the insensible form of Miss Lawrence in her arms. Just then a piece of the mast drifted near. Dolly thrust it toward Hillis, who, resting upon it, held out his arm for his fiancée. Then Dolly began to remove her skirt and bodice.

"What are you going to do?" shouted Hillis.

"It's only a quarter of a mile from shore, and I'm going to swim there with her," said Dolly. "The wind is going down, and I can do it. It will be death for her to remain here, for we're drifting out to sea, and there doesn't seem to be any other boat in sight. I'll get help for you, if you'll hold on."

Hillis was already too weak to do more than to utter a feeble protest, and in a few moments the girl, holding Miss Lawrence in practiced fashion, began to make steadily for the shore.

Hillis watched them for some distance. Then he began to feel faint, and a deadly nausea crept over him. A numbness of body and soul came next. He still clung to the keel, but a desire for rest at all hazards was growing on him, and the lap-lap of the waves against the boat sang to him caressingly. How long this lasted he did not know, but all at once he heard someone calling his name. Then he felt the death kisses of the water leave his lips, and he opened his eyes to find them looking into those of Dolly. She was supporting him with one hand while

she wiped the water from his face and hair with the other.

"I've got back just in time," she gasped. "She is safe, and they're getting a boat ready to put off for you. They'll be here in a few minutes."

"Why didn't you wait for it?" asked Hillis.

"Because—because I wanted to be with you," answered Dolly, with a sob, and a look that tardily but fully revealed her heart to the man.

Silence fell on them, and the waves seemed to listen. Hillis was about to speak when Dolly raised herself in the water and looked shoreward.

"They're only fifty yards away now," she said, "and Mr. Hillis—Jack dear—will you kiss me good-bye?"

"What do you mean, Dolly?" he whispered.

"Oh, what's the use of telling it now? But—I—I love you. I always have. It was silly of me, dear, I know, but—I didn't think of the parting that had to come until I—knew about her."

Then: "May I call you Jack again? Jack, dear—God keep you from the suffering that I have suffered. Kiss me!"

She swam toward and around him. He tried to grasp her. She threw her arms around his and held him powerless. Then she put her lips to his and clung there for a moment. It was the first and last time she had ever kissed or been kissed by Hillis. Next, with a smile that was heart-breaking, she swam a half dozen yards away, and with a last "Dear Jack" threw up her arms and allowed herself to sink. Just then the rescuing boat reached the wreck. Hillis frantically implored the men to leave him and search for Dolly. But the sea was kind to the heart-broken girl, and her body was never recovered.

\* \* \* \* \*

Hillis is no longer a newspaper man, and his novel was never published. He is now a member of his father-in-law's firm. But in the cemetery lot, in which he and his wife will some day lie, is a monument of spotless white marble, on which is the inscription:

"To the Memory of Dorothy Winters. Faithful unto Death."

# A PERFECT BEAUTY

By *Bernarr Macfadden*

With the Collaboration of BARBARA HOWARD

*A problem story that should be intensely interesting. It is based on truth and tells how an untutored Western girl, a child from the heart of nature and uncorrupted by artificial life, is brought suddenly and by peculiar circumstances into the subtle meshes and temptations of a glaring city. Her contact with the profligates and vultures who prey on womanly purity that are to be found in every large city and the severe tests of her virtue are related. The problem presented by the story resolves itself into the question whether the subtle intuition and instinct of self-protection that are found keenly alert in a perfectly natural, normal woman, can take the place of worldly knowledge in guiding her through the maze of the city's snares and in preserving her purity and womanhood.*

## CHAPTER VIII.

GRACE remained motionless where Don Morton had left her, for several minutes; then mechanically turned her horse's head and started once more for her friend's house.

But the more she reflected on what had happened, the more sinister it seemed to her, and finally she turned her mare fully about and set out for home again on a gallop.

Just what young Morton could have meant by his conduct in enticing her to that spot to meet him, and then by keeping her there until her friends had passed, she could not comprehend in the least; and it was because she believed she would find something at home to aid her in elucidating the mystery that she was hastening there.

The swifter the little mare sped along, the more rapidly Grace's thoughts flew, and, as if instinctively, she began to put questions to herself: Could Don Morton have known that those young people would pass that way? If he had not known it, why should he have detained her there by expressions of humility and contrition, only to sneer and laugh at her as soon as they had gone by? And why had he said they would be sure to think she had met him there by appointment? And what was she to discover when she reached home? And why should she have that unpleasant sense of foreboding?

Well, there was the house, and she soon would know whether he had been

only trying to alarm her, or if there really was something sinister threatening her. And so, more than half ashamed of her precipitate return, she put her horse in the stable and went into the house.

"There's a letter for you on the table," her mother said, as she entered the kitchen.

Grace glanced over at the table and saw an envelope lying on it. Instead of leaping on it, as she usually did on a letter, she asked, hesitatingly:

"Who's it from?"

"I don't know. A boy brought it. From one of the girls, maybe."

Grace looked at it doubtfully, went over and picked it up. It was addressed in a man's hand, and on the back was a monogram; and if she had not been able to decipher the D and the M, she would still have known that the writing was Don Morton's.

She did not know why she, who was usually so resolute and so prompt of action, should hesitate to open this note, which would perhaps explain the mystery of the morning's encounter. The fact was, however, that she could not rid herself of the sensation of having been tangled in a web of intrigue.

"Sue Wilton was one of that party," she said to herself, as she stood irresolute, with the letter unopened in her hand. Sue Wilton was a girl of the neighborhood who had shown herself jealous of Will's friendship for Grace.

"Who is it from?" asked her mother, looking around from her work.

"I haven't read it yet," answered Grace.

"I guess I'll go up and change my clothes so as to help father."

"From Will, eh?" laughed her mother, priding herself on her cleverness.

"No, it isn't from him," Grace said as she left the room.

When she was alone, with her door shut, she cast away hesitation and tore open the envelope. She could see that the letter was not a long one, and she plunged into it at once.

"Dearest Grace," it began, much to her indignation, "after what has taken place between us you will not be surprised at receiving this from me. I want to acknowledge the great wrong I have done you, and to say that I wish to offer all the reparation in my power.

"Of course, you cannot expect me to make you my wife—" Grace uttered a low cry of wonder which changed to one of passionate anger as she read on—"for a man never marries the woman he has dishonored, if he can help it. But if I cannot marry you, I can and will take care of you, if you will consent not to force yourself upon me any more."

"The scoundrel! How dare he! How dare he!" she cried.

"Carry out the plan we agreed upon," the letter went on; "go to New York, ostensibly to enter the beauty competition, and you shall receive a stated sum of money monthly. This is my last word. I am very sorry, but since you forced yourself upon me I cannot feel myself to blame for your downfall.

Regretfully yours,

DON MORTON."

Aghast at the infamy of this extraordinary letter, Grace stared at it in dull incomprehension. For a while she could see in it only a dastardly and purposeless insult; but as she stood there, with flushed face and heaving bosom, the former idea of being entangled in a web of intrigue returned to her.

"Why did he write such a thing?" she asked herself. "Can it be purposeless excepting to insult me? Did he suppose I would show this letter to anyone? What does it mean? What does it mean?"

The answer was difficult to guess. How was one so pure and unsophisticated as she to fathom the depths of infamy to which a Don Morton could sink in his efforts to accomplish his vile purposes?

She would have scornfully dismissed the letter and the writer from her mind only that it was so clear that the letter was but a part of a sinister plot of which she was meant to be the victim. She would have taken the letter to her father, but for the certainty that he would wreak a terrible vengeance on the scoundrel who had thus impeached the honor of his daughter.

"Perhaps," she said to herself, "he counts on my showing his letter to father, in the hope that he will do something rash; but in that, at least, I will thwart him. I will destroy the letter and not even speak of it."

In pursuance of this determination she took the letter down to the kitchen and threw it into the stove, where it soon was reduced to ashes. She had a vague idea that in destroying the letter she would rid her thoughts of the writer and his plots; but in this she was deceived; her thoughts kept going around and around the circle of what had happened.

"Whom was your letter from?" her mother asked.

"It was nothing of consequence," she answered. "Where's father?"

Mrs. Harper was easily turned from the subject, and did not revert to it again. Grace went about her accustomed tasks in a silence very unusual with her. That evening her father startled her out of her preoccupation by saying suddenly:

"It seems that Don Morton has left hurriedly for the East."

"How do you know?" she cried, quickly.

"I met Ben Tetlow as he was crossing the ranch on his way from the town. Some wretched scandal back of his hurry, Ben seemed to think."

If she had been struck a blow in the face, Grace could not have been more startled. Instinctively she knew that his departure had some relation to her, and the suggestion that a scandal was connected with Don Morton's leaving home made her shudder. She felt instinctively that these things were parts of the web that was being woven about her.

If there had been an open assault upon her she would have met it with calm courage, but the subtlety and indirection which characterized Don Morton's attack upon her filled her with an undefined terror.



"The country is well rid of him, I fancy," her father went on. "Ben said there was a lot of talk about him. I didn't ask any questions."

Grace asked none; she was deep in thought. She could not see how anything could come of any plot against her, however subtly laid, and yet she was uneasy; and the next day her uneasiness was justified.

It was her custom to ride over to the post office each morning for the mail and to accomplish any necessary errands. On the morning after her meeting with Don Morton she went over, as usual, on her swift little mare, and found in the office a letter for herself.

It was from one of her girl friends, as she knew at a glance, and she tore it open as she stood in the post office, eager to know what it contained, for it entered her mind at once that it must pertain to the purposed dance. It did, but not in any way she could have fancied. It was a formal announcement, and read as follows:

"The Entertainment Committee begs to inform Miss Grace Harper that it is the unanimous decision of those interested in the dance proposed in her honor that it should not take place as intended."

Grace choked back a little cry, crumpled the note in her hand, and darted from the post office. She was moved solely by a desire to get out into the open air, but the movement helped her to think, so that without stopping she sprang upon her mare and rode swiftly out of the village.

It seemed to her, though she could not be sure, that she had noticed more than one person looking at her curiously, as if she had an especial interest for them; but she did not concern herself about that. She was going to the house of Sue Wilton to demand the meaning of the note.

Sue Wilton was a member of the committee; Sue Wilton had had a secret ill-feeling for her for a long time; Sue Wilton had been one of those who had seen her in conversation with Don Morton. It seemed to Grace that there could be no doubt that she was the person to speak to.

Of course, there might still be some other explanation of the matter, but Grace was determined not to leave that to

chance. Don Morton had done enough to justify her in believing that she was being made the victim of a plot.

Perhaps Sue had seen her coming toward the house, and was crossing so rapidly over a stubble field toward the woods to avoid her. If so, she reckoned without Grace's sharp eyes and equally sharp decision; for Grace saw her as she swept along toward the house, and pulled up instantly.

She leaped from the mare, flung the reins over a fence post, vaulted the fence, and soon overtook Sue, who, at the sound of her peremptory tones, stopped in mid-field, looking as frightened as a naughty child caught in its dereliction.

"What does that note from the committee mean, Sue?" Grace demanded, her brown eyes flashing.

"We—we thought there wouldn't be t-time for it, Grace."

"I want the truth."

"That—that is——"

"It is not. I want the truth, and will have it. Why was that note sent to me?"

"I guess you know as well as I do," Sue answered, with a sort of unwilling sullenness.

"I do not."

"You know we saw you with Don Morton yesterday."

"What has that to do with it?"

"I don't know if you don't," answered Sue, gaining courage and speaking with a certain defiance.

"You know what interpretation you have put on seeing me with him. I can tell you that that was an accident, so far as I was concerned. I was decoyed there on the pretence that a child had fallen down the arroyo."

"Never saw Don Morton before, of course," said Sue, and then shrank back with a cry of fear at the sight of the change that had come over Grace's face.

"Yes, once—no, twice, before."

"Well, I don't know how many times you've met him," said Sue, sullenly, and as if she had no more to say.

"Why was that note sent to me?" Grace demanded.

"You know we saw you with Don Morton, wouldn't be here talking about Don Morton,"

"Then it has something to do with him?"

"You know it well enough."

"I only suspect. Sue, you are a girl, and have a reputation that is dear to you, I suppose. If you have the least sense of decency you will tell me why that note was sent to me. Is my name linked with Don Morton's in any way?"

"Yes."

"How?"

"Why don't you ask somebody else? I don't like to be telling disagreeable things. Besides, they aren't things for a girl to be talking of."

"Oh!" gasped Grace, shutting her white teeth hard together. "Nevertheless, since you wrote the note, as I suspect, you will tell me the disagreeable things in question. What are these things?"

"Something about you and the old, ruined mission."

"Oh, Heaven!" gasped Grace, beginning to see out of what the story had been made. "What about the old mission?"

"Why," cried Sue, flaring up suddenly, "the story is that you went there with Don Morton, and that there are witnesses. And they say you were trying to force him to marry you. We saw you threatening him with your rifle. And Don Morton has gone East. It is known that he wrote you a letter saying he wouldn't marry you. Lawyer March helped him write it."

Grace covered her face with her hands in her anguish of spirit. She understood now that the plan was to utterly ruin her in the minds of all her old friends, perhaps to drive her at last to accept the infamous offer of the young libertine. Suddenly she cried:

"Who are the witnesses? Come! You know who they are, and you shall tell me!"

"I won't tell you anything more. If you come any nearer to me I'll call for help. Mamma said I was not to see you or have anything to do with you. And all the girls' mothers say the same thing."

"You shall tell me the names of these witnesses, or I shall have you summoned to court," said Grace. She did not know that she could do such a thing, but she used the threat to compel the girl to di-

vulge the names she sought; and the threat was effective.

"A man by the name of Miguel Covarrubias is the only one I know."

"One of Don Morton's men?" Grace demanded.

"Yes."

"Very well," said Grace, and turned away. Her course was quite clear before her now.

#### CHAPTER IX.

Grace mounted the little mare again and sped away home. She wished to give her father his mail, and, above all, she wished to reach home before any news of her trouble should reach there.

In this she was successful. She knew when she handed her father his letters that he had heard nothing to disturb his peace of mind.

"I'm off for a little ride, father," she said. "I may not be home for a few hours. Don't be disturbed about me."

He looked surprised, not understanding why she should say that to him. He noted her flushed face and troubled eyes, too, and would have questioned her, but she turned quickly away and jumped on the mare again.

She had not ridden more than a few yards when she saw a horseman on the edge of one of the hills, silhouetted against the blue sky. He was fully half a mile away, but she was so used to the horse and rider that she knew in a moment that Will Belden was coming to see her.

She was sure he had heard the story about her, and for a moment she debated about waiting for him; then flung her head up proudly and turned back so that she should not meet him.

There was a sheep trail led away back from the stables, which would take her by a shorter but rougher way into the trail she wished to take. Besides, she remembered that she had neglected to take something important to her purpose—her rifle.

She hurriedly dismounted, procured her weapon, and then set off as swiftly as she could by the sheep trail.

"He may not have gone East," she muttered to herself; and on her stern young face there was a look that Don Morton would not have liked to see.

She took the same way that she had gone the day she went to pay the interest on the mortgage, and when she was out of sight of the house she examined her rifle most carefully. She threw out the cartridge that was in the barrel and let another drop into its place.

"I know what to do now," she murmured as she rode swiftly on. "I cannot plot like that scoundrel, but I can act. He shall see."

She actually seemed more cheerful than she had been at any time since the meeting with Don Morton the previous day; but it was a grim sort of cheerfulness, too, and boded no good to her enemies.

When she came to the wooded stretch of road where she had had her adventure the day of her first meeting with Don Morton, she set her white teeth together, unslung her rifle, and let her mare drop into a walk. She wanted to listen for noises.

Presently she heard one. A man was singing in a deep, full baritone, evidently in a cheerful humor with himself. Grace halted her mare and listened keenly. Then drew the animal aside into the woods and dismounted.

She secured the mare by throwing the reins over a limb, and then crept to the edge of the wood and hid herself in the undergrowth.

The singer came on in his joyous mood, evidently careless of being heard or seen, and presently turned a distant corner, and could be seen by Grace. She strained her eyes to distinguish his features, but it was not until he was within fifty yards of her that she could do so.

Then her expression became grimmer than before, if that were possible, and she looked scrutinizingly at her rifle to assure herself that it was in order and ready for use.

"It is one of them," she murmured, and stood rigid.

When the man was almost opposite her she raised her rifle and aimed, crying out sharply:

"Hands up!"

It is a command most Westerners are familiar with, and in the wilder parts of California is one commonly obeyed without a word. The horseman, in this instance, pulled his horse back on its haunches and threw up his hands almost

in one movement, at the same time staring about until he caught the glint of the sun on the gun barrel.

Grace stepped out into the open, but without letting her aim waver for an instant. The man stared at her in consternation. He was one of the men who had already encountered her, and who knew that she was a person not to be trifled with.

"What you want with me?" he demanded, in an expostulating tone.

"Get down!"

He made a swift movement as if to get down on the near side of his horse, but Grace had no notion of having him put his horse's body between her and him.

"This side," she said, with a fierceness that brought him down in the way she wished. "Don't try any tricks, or I'll shoot without mercy."

"I don't understand," he protested.

"Don't move your hands! Now lie down on your face! Lie down!" she repeated, threateningly, as she saw him hesitate.

He obeyed her, a scowl of impotent rage on his face.

"Now bring your hands around and put them together on your back."

He did as she bade him, swearing freely now, as if he deemed further acting useless. She paid no attention to his words, but took his lariat from his saddle and tied his wrists securely together, ignoring his assurances that she hurt him.

The horse, which had stood quite still during this time, like the well-trained beast he was, she now tied to a limb while she went into the woods for her mare, saying as she did so:

"You move at your peril."

He lay quite still while she was fetching her mare, and did not offer to move until she bade him, which she did as soon as she had secured her animal in a convenient place by the roadside.

"Now get up!" she said, and he arose awkwardly, with some assistance from her. "Where is your master, Don Morton?" she asked.

"He took the train last night."

"Are you telling the truth?"

"Why not?"

"You are in the plot to ruin my character."

He shrugged his shoulders.

"Will you tell me what your master has done?" she asked. "I know that he has been plotting to ruin my name. Why?"

The man sneered. "How should I know?" he said. "I have had nothing to do with it."

"What is your name?" she demanded. "Miguel Covarrubias."

"It seems you are a liar, Miguel Covarrubias. You say you have had nothing to do with this scandal that is busy with my name, and yet you are one of the witnesses your master has cited. Very well! Mount your horse!"

"How can I do anything with my hands tied behind me? Besides, what do I know of what Don has done?"

"Mount your horse! I will help you," she said, curtly.

"Why should I mount my horse? What do you mean to do?"

"You will mount your horse because I bid you. Later you will learn why."

"And if I do not choose to mount him?" he asked, with an evil look on his rough face.

"Do as you please," she answered, sharply, "but decide quickly, for I have no time to waste. If you do not ride you shall walk. It will be slower, but we shall reach our destination in time."

"What is our destination?"

"You will learn that in my time. Do you mean to walk or ride? Decide quickly!"

"Help me up!" he growled, with an oath which made Grace shudder, though she had self-control enough not to betray it.

He was a large and heavy man, and purposely made himself awkward and difficult to help; but to his utter amazement Grace got behind him and helped him so vigorously, and with such strength, that he was filled with a new and sudden respect for her. He had known she could use her rifle, but he had not suspected her muscular strength.

He sat easily enough in the saddle, even though his hands were tied behind him, for like his kind he was really much more at home on a horse than on his own feet.

Grace mounted her mare, took the reins of Miguel's horse in one hand, and so leading it, urged the animals into a lope, disregarding the simulated fear of

the man that he would fall if she went so quickly.

Also she paid no attention to the questions he began to ask her concerning what she meant to do with him, nor to his repeated assurances that she would get herself into trouble for thus daring to make him a prisoner without good cause.

But Grace had come to a definite conclusion in regard to him, and saw her way quite clearly, even if that way was not strictly in accordance with law. In fact, her secret opinion was that the law was only something for lawyers to juggle with, and not a thing that was the basis of justice. And what she was determined to have was justice.

Finally, when the man found that he could not argue or frighten Grace from her purpose, he began to become alarmed. He was too ignorant to fully understand what his status was in the eyes of the law, and had founded his conduct on blind obedience to his young master and on his implicit faith, that the money which the latter was willing and ready to spend, would accomplish anything.

"Tell me what you want with me," he said at last, in so sincere a tone that Grace was impressed. "I will do anything I can."

"I want you to tell the truth, so that my name will be cleared of the stain you and your master have put on it. I want you to tell all you know."

"Betray Don?" the man demanded, with a fierce glitter of the eyes.

"Right me!" she answered, with a gleam that matched his own.

"No," he said, doggedly.

She shrugged her shoulders and rode on in silence. And this silence both of them maintained until suddenly in the turn of the road ahead of them a horseman came in sight, riding swiftly.

Grace uttered a cry, and pulled the horses up sharply; so sharply that any other than the perfect horseman her prisoner was must have been thrown headlong over his horse's head. He, however, kept his seat, and also uttered a cry. Both had the same thought, that the newcomer might be a friend of the prisoner.

"Don't count on it," she said, grimly, making ready with her rifle. "It is my honor that is at stake, and I shall stop at nothing to protect it. Ha! It is Will

Belden!" she added, almost immediately, a sigh of relief escaping her lips. She understood that he had guessed where she had gone, and had started after her.

"Let me go, and I will tell everything," the man said hurriedly, tugging at his bonds at the same time.

"You will remain and tell everything, or I am mistaken," she answered.

Will had seen and recognized Grace, and was galloping as swiftly as his horse could bring him, so that within a minute he was with them, gazing in wonder from Grace to the stalwart prisoner. Grace was mistress of herself at once.

"Of course you know the story that has been spread concerning me?" she queried, looking straight into Will's eyes.

"Yes."

"Well, this is the witness Don Morton proved his falsehood by. I was afraid he would not testify willingly, so I have been out to get him—subpœna him, I think they call it."

"You knew I was sure, anyhow?" he asked, eagerly.

"I'd have been surprised if you hadn't been; but the others weren't, and I meant to clear myself before going away. I don't think he is a willing witness for me, but I know how to induce him to tell the truth."

"So do I," Will said, with such a look at the fellow that the latter became convinced at once.

"I will tell everything," he said, sullenly. "It was only a joke of Don's, anyhow."

"There are some jokes that are very unhealthy," said Will, dryly, taking his place on the other side of the wretch. "If you refuse to tell the whole truth you will find this joke a very unhealthy one for you. Let us go on. Grace, we shall find some of the boys waiting for us, and they will be glad to get hold of the man who started that story about you."

The wretch understood what was meant, and knew that if he was once in the midst of the young rancheros, convicted of having plotted to ruin Grace, his life might easily be held the forfeit of his wickedness. So he began to plead with such earnestness, and to promise that he would tell the whole truth, that Grace suggested that they listen to him and let him go if he did as he promised.

"When he tells his story before a judge he shall go free, but not sooner."

"And then go to jail, eh?" the man cried, savagely.

"You shall go free so far as we are concerned," Will answered. "Anyhow, you must see that you will be better off by telling the truth than by having your share in this thing proved against you."

That seemed so reasonable that the man succumbed to what seemed the inevitable, and told them the story at once, agreeing to repeat it before a magistrate.

It seemed that Don Morton had carefully planned everything so that he and Grace would be seen together at the place where they had met, in the meanwhile spreading the rumor of his relations with her, and of her having been with him at the old mission, which had such an evil reputation. Miguel and the other two men declared in public that they had seen Grace going to and leaving the mission. Then the letter had been written under the advice of a lawyer, and seemed conclusive of the truth of the stories, care having been taken to let two or three of the village folk see the letter before it was mailed. At the same time, use was made of Grace's intention to compete for the prize, and the worst possible construction put upon it.

All this, but much more in detail, was told under oath to a magistrate, as soon as the man could be taken before one; and when he was asked why Don Morton had taken so much trouble to defame an innocent and pure girl he only shrugged his shoulders and said:

"He is in love with her, and thought she would turn to him when no one else would have anything to do with her."

"He's as much a fool as a knave," Grace said, scornfully. "No good girl can be driven into infamy if she doesn't wish to go."

But that was a subject she was to be more competent to speak on at a later period.

## CHAPTER X.

The Entertainment Committee, including Sue Wilton, expressed the greatest contrition for what had happened, and would have had Grace consent to the dance as if nothing had occurred; but Grace quietly refused to consider the

matter, much to the sorrow of the young men, particularly; for the whole story of her encounter in the mission with Don Morton had come out, and she had become the heroine of the country side, and its "rage," to use a colloquialism.

Whether she would permit or not, she was escorted to the train that took her away to San Francisco, and her section was filled with flowers quite as if she had been a famous prima donna.

She did not like it at all, and would have much preferred if only her father, mother and Will had been at the station to see her off; but since her friends would come, she could only take what satisfaction she could get from exchanging glances with them the very last ones; and it seemed as if Will's eyes were the last she looked into.

She had never before been so far away from home.

She knew nothing of San Francisco, but was not troubled about that, since she had the address of a respectable woman with whom she could live while in the city, and to whom her father had written to engage board.

She had been told that her wisest plan would be to take a hack from the station to the boarding house, so that she would have no difficulty in reaching there. In fact, everything had been so carefully arranged for her that it seemed as if there could not possibly be any trouble for her.

If she could have seen the contents of a letter written by Sue Wilton two days previous to her departure, she would not have stepped from the cars at San Francisco with as much confidence as she did.

She walked up the platform, confused by the jostling and the rush of passengers.

Before reaching the row of shouting and gesticulating hackmen, who really repelled her by their frantic cries, she was approached by a roughly dressed man, who said to her, with a sort of gruff politeness:

"Is this Miss Harper?"

"Yes," she answered, staring in surprise.

"You want to go to Mrs. Sharp's, don't you?"

"Yes."

"Well, I was sent to look after you, she knowing you to be a stranger. If you'll give me your check I'll get your trunk. My hack is outside here. This way, please!"

It never occurred to Grace to doubt the propriety of going with the man, his story was so straight and so naturally told.

She got into the hack he took her to, gave him her check, and sat back in her seat with a comfortable consciousness that it was not so difficult, after all, for a stranger to get along in San Francisco.

(To be continued.)



His Masters Breath

## PENALTY OF INTERMARRIAGE BETWEEN CAUCASIAN AND NEGRO

THE OFFSPRING OF MARRIAGE BETWEEN NEGROES AND WHITES ARE SHORT-LIVED AND AFTER THE FOURTH GENERATION BECOME EXTINCT—CASES OF ATAVISM SOMETIMES RESULT FROM SUCH UNIONS

*By Monroe Guy Carleton*

IN a Southern seaport town a professional gentleman, whom we will call Amberstone, became enamored of the only daughter of a banker of the same city. The young lady, whose mother had died at her birth, was possessed of a charming personality, and was educated and accomplished. Her admirer was successful in his suit, and after some months the daily papers of the city contained the following announcement:

A CARD.

Mr. Pierre Delvoir, of Etherton House, LaFayette Square, announces the engagement of his daughter, Marie Oriana Louise, to Mr. Wolfe Amberstone, of Ocean Lodge, Princeton Place, this city.

The nuptials of Mr. Amberstone and Miss Delvoir was a notable social event. The ceremony over, the congratulations showered, and the lavish hospitalities enjoyed, nothing remained but for the bride and groom to board an Atlantic liner for a tour abroad.

Scarcely a year had passed when the Amberstone home was filled with consternation. Mrs. Amberstone had given birth to a mulatto child. Its hair was woolly, its lips thick, its nose flat, and while its skin was white, it was understood that an ultimate mulatto hue was inevitable.

Mr. Amberstone was stunned. He applied to his family physician for light, and was informed that the matter was traceable to a strain of negro blood either in the father or the mother, which Nature had greatly exaggerated, as was sometimes her wont, in the infant. An interview with Mr. Delvoir solved the mystery. Adjuring secrecy, he acknowledged that his daughter was an octoroon—that her great grandmother was a negress. He declared with feeling that he did not for a moment suppose the trifling racial admixture was susceptible of so deplorable a

result, or he would have acquainted Mr. Amberstone with the circumstance of taint before his marriage with his daughter.

It may not be without interest to add that subsequently the pair were divorced, and the mother, with her child, withdrew to France, where she passed the remainder of her life with relatives.

The foregoing, which took place not so long since, is a good example of that unexplained phenomenon known as atavism, or a reversion to a more or less remote ancestral type. Its primary reason, and the causes that tend to its manifestations, are as yet unknown. It is by no means uncommon in a minor degree, in many families, and hence the saying that children are more often like their grandparents than their parents. In a sense, hereditary traits, both mental or physical, are atavistic demonstrations. Yet we generally understand the term to mean a radical reversal on physical lines to a long deceased ancestor or ancestors.

It has for a long time been a moot point with scientific men whether atavistic physical tendencies can be eradicated. The answer seems to be that, where the tendency concerns the racial peculiarities of the individual, it cannot be checked, but that qualities of mind and body that were acquired by one's ancestors and were not germane to them, need not crop out to vex and annoy posterity if the latter takes proper precautions to root them out.

For instance, so-called "hereditary diseases" are atavistic in their nature. In some families that are cursed with syphilitic taint, the poisoned blood will demonstrate itself in one generation in the shape of scrofula, eczema or salt rheum, skip the next generation, and reappear in the generation following. The same remark applies to consumption, and some other

maladies. Yet it is a fact that, by physical culture methods, the diseases in question, together with others of persistent types, can be so thoroughly extirpated that they will not reassert themselves in the posterity of the ex-sufferers.

Criminologists assert that the "black sheep" of an otherwise reputable family flock is not infrequently discovered to have had ancestors given over to the crimes that make their descendant a social outcast. But here again, the evil spirit of lawlessness can be cast out of one's mind and body for all time, if both body and mind be made clean and wholesome and strong by the adoption of physical culture principles. The possibility of atavism carries with it a responsibility of a solemn sort. It is Biblically declared that: "I will visit the sins of the fathers upon the children of the third and fourth generations." Atavism in some one of its many aspects, as indicated, bears out the threat. But, fortunately, and as told, the efforts of the children can overcome the evil doings of their forefathers, if such efforts be properly directed and consistently pursued.

Involved with the atavistic aspects of the case of the young and unhappy couple to whom allusion has been made, is the subject of miscegenation, its trend and consequences. Now, between normal members of the Ethiopian and Caucasian races there rarely exists a desire to enter into physical relations. On the contrary, there is an instinctive repugnance manifested by both in regard to such unions, and when they do occur, they are always the outcome of depraved passions or conditions that have blunted the primal natural promptings of the individuals concerned.

But even if men do break those laws of Nature which have to do with the preservation of the identity of the species, Nature herself sees to it that the results of such law-breaking shall extend so far but no further. And, in the methods by which she marks her disapproval of miscegenation, we find ample justification for the human statutes that forbid the marriage of blacks and whites. For instance, the intermarriage of octoroons is unfruitful. An octoroon male cannot

become the father of a child from an octoroon female. Nature allows the results of miscegenation to go no further. It must not be overlooked that in the Amberstone fortuity only one of the parents was an octoroon.

Consider another peculiarity. The offspring of a black man and a white woman and those of a white man and a black woman, on intermarriage will have no issue; but if both husbands are black and both wives are white, or if both husbands are white and both wives are black, their offspring on intermarriage will bear children—quadroons. Another truth not generally known is that Nature will not permit either mulatto (half-blood) or quadroon (quarter-blood) females to bring forth as numerous a progeny by one-half as their mothers. In other words, the power of reproduction decreases in regular ratio up to the fourth generation, when it ceases altogether. An analogous law also obtains in a mortuary sense. The average length of life of a quadroon is one-third less than that of a half-blood, and the life of an octoroon one-third less than that of a quarter-blood. Statistics prove this.

New Orleans abounds with creoles, many of whom claim to be quadroons or octoroons, but have no negro blood in their veins. They are of Spanish-Indian or French-Indian descent. Octoroons, as above intimated, are very rare, so much so that they should be classed among the freaks of Nature.

This natural law also applies to other branches of the animal kingdom. The mule, the issue of the donkey and the mare, cannot reproduce its species. The progeny of the goat and the sheep is another example of the barrenness of the hybrid. All know that the preservation of blood purity in breeds evolves the finest results. Herein lies the superiority of thoroughbred stock. Crossing deteriorates strains, and continual crossing culminates in extinction. Nor is the vegetable world non-subject to the rule. It shortens the life of the peach, the pear or other tree to bud it, and it is an established fact that the seed of budded trees will not reproduce fruit-bearing correlatives.



# IS JIU-JITSU ALL THAT HAS BEEN CLAIMED FOR IT?

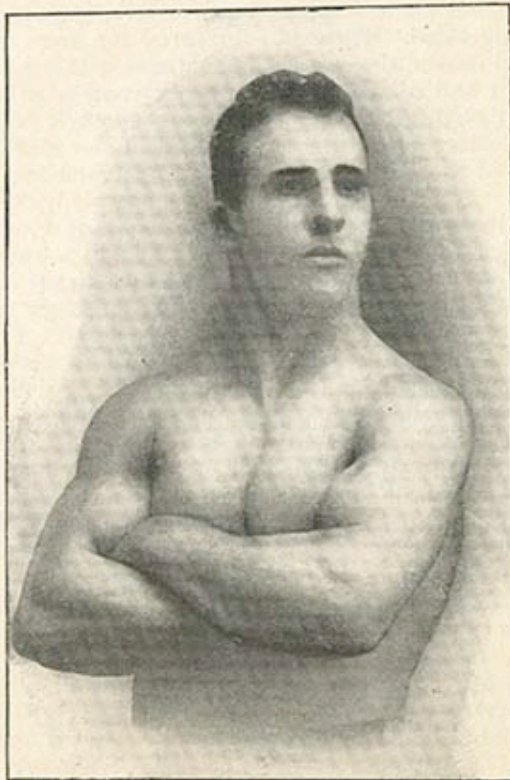
OPINIONS OF FAMOUS PROFESSIONAL WRESTLERS—GOOD POINTS ADMITTED, BUT MANY CLAIMS MADE FOR IT SAID TO BE PREPOSTEROUS—BELIEVE A WRESTLER CAN ALWAYS GET THE BEST OF A JIU-JITSUAN

*Prominent American wrestlers have not hesitated to freely criticise Jiu-Jitsu, since that Japanese sport or exercise began to enjoy the popularity in this country which it now does. Believing that these criticisms will be of interest to our readers, we herewith present some of them in the shape of special interviews obtained for this magazine. We do not pretend to be in a position to give an expert opinion for or against Jiu-Jitsu, and hence the criticisms are published without prejudice one way or the other.—BERNARR MACFADDEN.*

**J**IU-JITSU, the Japanese art of attack or defense without the use of weapons, has obtained a popularity

in this country which is in many respects of a remarkable sort. Years ago Jiu-Jitsu was rather a rumor than a fact. Writers on Japan had told us of it in more or less vague terms, and travelers to the land of the "little brown men" brought back stories concerning it which were, for the most part, taken with a grain of salt. Also, had one or two alleged Jiu-Jitsu experts given exhibitions which, however, did not seem to excite much enthusiasm among our athletes. But the drift of affairs in the Far East that culminated in the current war directed general attention to Japan and things Japanese, and it was about this time that the foundations were laid for the extraordinary vogue which Jiu-Jitsu is now enjoying.

It is safe to say that the annals of athletics do not contain a case similar to Jiu-Jitsu in the matter of its rapid growth in public favor.



Hugh Leonard, Wrestling Instructor of the New York Athletic Club

Nearly all athletic sports or exercises have taken years to root themselves firmly in the regard of the people. With Jiu-Jitsu a very short time has sufficed to secure its general acceptance. There are many public, and a number of private teachers of the art. A number of books and articles innumerable have been published regarding it. It has been placed on the athletic curriculum at Harvard College. Other of the great colleges are preparing to do likewise. There is some talk of inter-collegiate Jiu-Jitsu contests

in the not far distant future. At Annapolis it is to be taught to the middies. Army circles are considering its adoption.

Now, while it is evident from all this that Jiu-Jitsu must have very solid claims

on the attention of the athletic world, the question has arisen, first, whether it is not true that a whole lot that has been written regarding it, is pure fiction; and, again, is it so vastly superior as a sport or as an offensive and defensive science to wrestling?

It was evident that the reply to these queries should be gotten from those who were best qualified to speak on the subject. Hence, the queries were put to wrestlers of international fame whose answers follow. This is probably the first time that Jiu-Jitsu has been criticised by experts or that it has been critically compared with the wrestling practiced in America.

Hugh Leonard, wrestling instructor at the New York Athletic Club, had this to say on the subject:

"I think that the claims made for Jiu-Jitsu are greatly exaggerated. There is, without doubt, a good deal in the system which is peculiar to it and of which we knew nothing until it obtained the publicity which it recently has. But, at the same time, a number of the claims of its admirers are absurd upon the face of them. For example, if there are spots in the human anatomy that, upon being subjected to gentle pressure, will cause the death of the person experimented with, it is news to our doctors, so many of them have told me. Now, with all due deference to the Japanese medical men, I do not believe that their knowledge of anatomy is so wonderfully in excess of that of their western brother practitioners, as the Jiu-Jitsu enthusiasts seem to suggest.

"Wrestling, as it is understood by us, has been known in all ages. The ancient Egyptian hieroglyphics show that the sport was popular in the land of the Pharaohs. The same remark applies to the Greeks and Romans. Our modern wrestling is a development of the sport as it was then known; but it has been so improved on and its possibilities have been so elaborated, that I think that as it now is, it is as perfect in a scientific way as it possibly can be.

"Now, remembering the love of athletic exercises common to the leading white races, I do not believe that 'the little brown men,' in spite of their acknowledged ingenuity, can have evolved an art

of attack and defense by unarmed man that is superior to our wrestling. That they have something different I acknowledge; but that it is so vastly different or so vastly superior to our wrestling, I cannot admit.

"Some time ago a Japanese Jiu-Jitsu expert visited us at the club and proceeded to show us some of the tricks of the art. It is true that he had some catches and holds of a novel, or I might say, 'tricky,' sort; but, on the other hand, he showed us as Jiu-Jitsu several of the most familiar kind, such as the cross buttock, strangle hold, etc. Many of the holds of the Jiu-Jitsu are foul and are not allowed in our wrestling. But, apart from that, the whole success of the system from what I know of it, seems to depend upon your attacking your man when he is unprepared for you. The assertion that a weak man with a knowledge of Jiu-Jitsu can overcome a strong man who knows nothing about it is absurd. While science counts for much, yet science without strength is valueless. What would a theoretical knowledge of wrestling be to me, for example, if I were a physical weakling? Would a knowledge of wrestling, under these circumstances, enable me to overcome a tough who was husky and willing to fight? Of course not. I do not think that I am going too far when I say that I should be willing to back an untrained, scrappy longshoreman against a Jiu-Jitsuan in a rough-and-tumble fight in which the longshoreman was not caught at a disadvantage by being unprepared for attack. In view of this statement, it is hardly necessary for me to add that I believe that a trained wrestler would assuredly "do up" a Jiu-Jitsu man if the trouble was of a serious nature. On the other hand, if it was merely a trial of skill, it would be a hard matter to match the men, for their objectives would be different. But I am sure if it were a question of getting falls, the wrestler would have the best of it. To sum up, wrestling, as we know it, is about as perfect an athletic sport as can be well imagined. Jiu-Jitsu, on the other hand, can hardly be called a sport, for its ends and aims are of a practical rather than of a sporting character. Jiu-Jitsu has its good points, but I think these have been much

misrepresented by persons interested in booming the art in this country. Then, too, these boomers have thrown a veil of mystery around it, which has added to its charm. For instance, there is the assertion that the most advanced form of Jiu-Jitsu is only taught to a chosen few and that, under an ironclad oath of secrecy. This, to my mind, is only a clever bit of advertising. Lastly, Jiu-Jitsu is an Oriental product, and, as I think, will never appeal to the sporting element in the Anglo-Saxon make-up as much as does good, honest wrestling."

George Bothner, however, is not quite of the same opinion as is the authority just cited. He said:

"I do not see how you can draw a parallel between Jiu-Jitsu and our wrestling, for there is quite as much difference between them as there is between wrestling and boxing. The very elements of the two sports are different. For instance, the first thing that our wrestlers do is to get a hold on each other; whereas in Jiu-Jitsu you bend your energies to keeping your opponent away from you. In wrestling, the object is to get your antagonist on his back; in Jiu-Jitsu, to get him on his face, so that he cannot see what you are going to do to him next. In Jiu-Jitsu you plan to use but little strength; in wrestling, every muscle is called on to the utmost.

"Wrestling is a sport pure and simple. Jiu-Jitsu is intended to disable or kill a man. So you will see by this, that it would be as unfair to the Jiu-Jitsuan as to the wrestler to attempt to draw a comparison between them in any way, shape or form.

"I agree with Mr. Leonard, however, when he says that the very core of Jiu-Jitsu consists in taking your man unexpectedly, and, consequently, at a disadvantage. I do not, however, quite agree with him when he alleges that the husky and untrained man will get the better of the smaller Jiu-Jitsuan, provided that the former is not disabled in the first place. But I believe that if one of our wrestlers was put face to face with a Jiu-Jitsu expert, the object of each being to get the other in a position where further resistance would be useless, the Jiu-Jitsu man would get the worst of it.

"One of the many things not understood about Jiu-Jitsu is that it includes the art of meeting an unexpected movement on the part of your opponent. I mean by this that if you open an attack with an attempt to get a certain Jiu-Jitsu hold, and the other man prevents you from so doing, and replies with a counter movement, Jiu-Jitsu shows you how to meet such movement. But the books and pictures that I have seen regarding the subject seem to suggest that your antagonist is quite willing to stand still and let you get your hold upon him. I am, however, confident that Jiu-Jitsu can teach us a lot that we never dreamed of in the way of putting a man out of action, if that is what one wishes. I have studied, and I know somewhat of Jiu-Jitsu, and through it know holds and throws that would certainly kill a man if they were used without mercy. As showing the danger of putting these into practice without due care, I may say that not so long since I was illustrating one of them to a friend with the assistance of a third man. Before I realized it, my supposed antagonist was insensible, and we had hard work to bring him around. I should not wonder if the growing popularity of Jiu-Jitsu results in our present method of wrestling being somewhat affected by it. I mean in this way—that there may be grafted on to the sport some legitimate Jiu-Jitsu tricks or movements that will make the sport even more interesting than it now is. I also think that a knowledge of Jiu-Jitsu is most valuable to a professional wrestler.

"What will do Jiu-Jitsu much harm are the stupid statements that are made about it. Anyone hearing the assertions of certain people who are interested in Jiu-Jitsu books and so-called Jiu-Jitsu colleges, would be led to believe that it is a supernatural art or invention, and not one of man's making. Some of the yarns about what a Jiu-Jitsuan can do with a touch of his fingers make me tired. On the whole, I do not believe that it will ever be as popular as wrestling, because in this country we do not like trickery in sports any more than in business life. Jiu-Jitsu is simply a long string of clever tricks. For this reason I hardly think it will get a permanent hold on the liking

of the public; that, too, in spite of the fact that it has its good points, as I have already said."

John Picning, better known as "Butcher Boy," has no sympathy with Jiu Jitsu. He says:

"If I stand quite still and let you break my arm, the job will be an easy one for you. For all practical purposes, Jiu-Jitsu calls for that sort of thing. In other words, if you can be caught off your guard, or are so weak that you cannot defend yourself, the Jiu-Jitsuan will get in his fine work on you. But I defy a Jiu-Jitsu expert to ever get the best of a man who has got even a moderate knowledge of our method of wrestling, and is on the look out for an attack. Or, I will put it more strongly. I would put my money all the time on the strong man who can neither box nor wrestle, if he was up against a comparatively weaker Jiu-Jitsu man. I have had some experience with this Japanese sport in a practical way, and it seems to me that the whole thing rests with the Jiu-Jitsuan being able to get a hold upon you when you are not looking, so to speak. If he fails in so doing, you have got him, if you have any strength at all. I am not prejudiced one way or the other, but in the case of a free-to-all fight, in which Jiu-Jitsuans were on one side, and husky Bowery boys, with no science at all, on the other, I am pretty sure the latter would get the best of it. Jiu-Jitsu reminds me of a man with a foil going up against a man with a broadsword. Work with the foil is very pretty, and admits of a lot of skill, but I think that one swipe of the broadsword would put the man with the foil out of business. I fancy the present popularity of Jiu-Jitsu in this country is partly the result of our favoring Japan in the present war, and partly because of the efforts of some people who desire to make money out of it. It isn't in it in any way with real wrestling."

Max Muller, according to his intimate friends, believes that in the case of a personal encounter, the Jiu-Jitsu man would fare badly if his antagonist were a trained wrestler. Mr. Muller bases his belief on the fact that he has studied Jiu-Jitsu at close range. He also says

that, considered as a sport, there is nothing in it to recommend it to the public unless a good many of its principles are radically changed.

Ernest Roeber made these remarks about the art: "Concerning Jiu-Jitsu, I have been up against a number of Japanese who claim to be experts, and I have yet to discover that their so-called art is as wonderful as they make it out to be. I am prepared every day of the week to back any of our wrestlers of prominence against any Jiu-Jitsu man in or out of this country, if such a match could be arranged on a fair basis. But I do not see how this could be done. I also wish to say that the people who make all kinds of fool claims for Jiu-Jitsu have axes to grind, and it is well for the public to look out for them. There is no question that a Jiu-Jitsu man, if he is any good at all, has a number of clever tricks up his sleeve, but the use of many of these would not be tolerated for an instant in any athletic contest held in this country. The public want clean sport, and not the craftiness and cruelty of Jiu-Jitsu. The popularity of wrestling is due to the fact that it furnishes an exhibition of skill combined with strength.

J. H. Hughes, the ex-amateur middle-weight champion wrestler, who has studied Jiu-Jitsu closely, is another who is of the opinion that a clever wrestler would always get the best of a Jiu-Jitsu expert, if it came to a question of putting a man *hors de combat*.

John Winter, the heavy-weight lifter and wrestler, was most emphatic in his remarks regarding Jiu-Jitsu. He said in part that there is not a Jiu-Jitsu man living whom a fair wrestler, or, for that matter, boxer, need be afraid to meet, if it were a question of one man or the other being put to sleep. He added: "I even go further than this, and say that if a Jiu-Jitsu man was to take a man like me by surprise, I would undertake to get the best of him for all that. I have gone into this matter pretty deeply, and have been up against so-called Japanese experts, and have never had any difficulty in overcoming them. Take my word for it, Jiu-Jitsu is very much overrated, and as a sport—to say nothing of attack and defense—it isn't in it with modern wrestling."

## DOES GRAFT CONTROL THE MERCANTILE AGENCIES?

A REMARKABLE AND TIMELY ARTICLE THAT TELLS SOME VERY PLAIN FACTS ABOUT THE INNER WORKINGS OF THOSE COMPANIES WHO PRETEND TO GIVE INSIDE INFORMATION ABOUT THE FINANCIAL STANDING OF INDIVIDUALS AND BUSINESS ORGANIZATIONS

By *F. Malcolm Roberts*

*Mr. Thomas W. Lawson, in his series of articles on "Frenzied Finance," has made some very startling disclosures. He holds in the financial world the same position that this magazine does in the physical culture world. In the instance of both man and magazine, vast good has been wrought by fearless denunciations of corrupt and criminal persons or institutions, which, entrenched behind lax laws and money power, bade defiance to both public opinion and human rights. Now, this article, though not strictly in accord with the physical culture trend of thought, is amply justified by the good that it will accomplish and will unquestionably be of very great interest to every business man, or to those who expect to be in business. Broadly speaking, every subject which affects the human mind or body for good or evil can be classed as a legitimate physical culture subject, and the injustice that many business men suffer because of the graft methods with which this article deals, must assuredly have considerable influence for evil upon the physical health of its victims. Those who have suffered from abuses of the character in question, and those who have inside information relative thereto which can be verified, are invited to communicate with us.—BERNARR MACFADDEN.*

THE power of money was never greater than it is to-day. It is the source of much dishonor from the highest and the lowest. The greed for money, the desire to get all you can, as quickly as you can, and in any way you can, is everywhere prevalent.

As a result of this universal and conscienceless greed, men have in a great number of cases become slaves to the dollar. It is the god of such. The attainment of wealth is the religion of the bulk of our population. It is the one and only object in life for these. All else sinks into obscurity, is inane, tasteless and undesirable in comparison with money.

Politics are rotten everywhere. Dishonor runs rampant in the veins of the nation. Every man is said to have his price. "Graft" is the ruling passion of our communities. Every individual is looking for all of his own share and much of the share of his neighbor. From the highest to the lowest the graft game is "worked" to the limit. Those in high positions may take tribute in the form of favors, but it is just graft, nevertheless.

The virus of these dishonorable methods is inoculating every sphere of human activity. Formerly it was for the most part, confined to politics. Now it has become a part of commerce, a portion of nearly every great business enterprise. It

is even creeping into professional life. Like a gangrenous sore, it is slowly eating away the character and the humanity of men.

To honest, conscientious men graft is a fearful handicap. It stands in the way of life's greatest and most satisfying successes. It blocks the progress of those who stand for justice and honor. It offers premiums to those who are willing to sell their integrity.

IT PAYS FOR DISHONOR. IT INVITES AND PAYS A READY PRICE FOR CRIME.

Every man in the business world comes face to face with this monster evil. His early teaching is always against the stultifying of his conscience toward which it leads him. He fights against the temptation for a long period, but in the majority of cases the graft influences that are brought to bear upon him are ultimately too strong to resist. The prize offered as a reward for the surrender of your individuality, your integrity and your conscience is too attractive, and you fall in due season.

A few struggle on, and refuse to set a price on themselves. They are not for sale. Where they are strong characters they sometimes achieve results that give them, if not world-wide fame, at least self-respect and the respect of their associates. But, as a rule, they are not heard from. They are free men; they go

through life fully possessed of themselves. There is no skeleton in their business or home closets. And no matter what may be their success, according to the world's standards, their lives have, nevertheless, reaped the richest of rewards, that of the consciousness of a life well and truly lived.

Outside of politics there is no sphere of human activity in which graft is so rife as among the so-called commercial agencies. And there is no sphere of human endeavor where it works so much harm, where it causes so much injustice and has so many victims. The struggling business man, doing his best to make both ends meet, often finds in these agencies an enemy that works to his disadvantage from every standpoint. He wonders why they do not treat him justly; why their reports in reference to his business standing and financial responsibility are not more accurate. Thousands of men ponder the question for many years before a great light breaks in upon them.

The explanation of the mystery becomes very plain when the victim at length realizes that graft has crept into business just as it has in every other sphere of human activity. When he understands this he takes up the matter as a rule, in a cold, keen, calculating way, and proceeds to be grafted as are his fellows. After that he will suffer no more until there is a change in the agency staff or until he feels that his rating should be raised a few thousand dollars.

We do not mean for a moment to arraign the officers in charge of the great commercial agencies. The writer firmly believes that they are honest, and that they are doing the best they can to secure honest reports.

**BUT THEY ARE ABSOLUTELY POWERLESS** to prevent their subordinates from grafting. Around, through, and among the hundreds, and, in some cases, thousands of employees of the agencies graft runs riot. Of course, there are honest men among these employees, men who are conscientiously performing the services for which they are paid, just as there are in other commercial enter-

prises. There are some parts of the country where merchants are reported by honest men. Justice is done in such instances. But for all that, it is an unquestionable fact that in the great majority of cases graft, in the form of favors, financial or otherwise, has much to do with financial ratings.

I remember hearing a story on one occasion from a young boy who was employed in the department which had charge of the books containing all the private reports. One day, while his duties were not pressing, he thought that he would look up the confidential report on a relative of his who was engaged in business in a small village some distance away. What was his amazement, upon reading the report, to find that this relative was reported as being a horse thief, and in every way a disreputable character. The lad knew his kinsman to be honest and respectable. The victim of the report had probably neglected to take steps to find favor in the eyes of the individual who had furnished the report to the agency.

I am now in touch with a gentleman, who for nearly twenty years has been on the "inside" in regard to the means and methods of commercial agencies. He has agreed to furnish this magazine with information relative to the subject, which, in its sphere, will be as interesting and as startling as that which has been made by Mr. Lawson in regard to Amalgamated and the Standard Oil conspiracy.

For reasons which will be obvious, it is impossible to publish the name of this gentleman, but, nevertheless, the editor of this magazine pledges himself that all the statements, incredible though they may seem, which will be given in this series of articles through the medium of our informant, are absolutely true in every particular. The verbal and documentary evidence, with which he has already furnished us, and which will form the basis of these articles, will, apart from all else, be of the utmost value to the storekeeper, the merchant or the manufacturer, who has had occasion to do business with commercial agencies.

# CONFESSIONS OF A PHYSICIAN

By *W. Weressajew*

*Some time ago, we mentioned editorially a book entitled, "Confessions of a Physician," written by a Russian doctor named W. Weressajew. This book contains some very interesting tales of the personal experiences of its author. From time to time we shall print translations of those parts of the book which contain matter that will be of special interest to our readers. It is to be hoped that some American physician of high standing will, in this connection, have the courage to occupy the place in the medical literature of this country that this physician has filled in the same type of the literature of Russia—BERNARR MACFADDEN.*

AT the extreme end of the city, in a miserable hut, lived a widow, a poor washerwoman, with three children. Two of these died in the hospital of scarlet fever. Shortly after their death, the last child, a thin, ugly boy of eight years, fell sick. The mother would under no consideration send him to the hospital and decided that he should be treated at home. In consequence of which she sent for me.

The boy had scarlet fever in a very severe form. He was very restless, his temperature was exceedingly high, and the beating of his pulse could hardly be felt. After I had examined the boy and told the mother that he could hardly recover, the woman fell on her feet before me. "Doctor, save him," she cried. "He is the last one left. I have reared him and he will be my support in old age. I will pay you as much as I can, and will wash for you for nothing all my life long!"

The life of the child hung as by a thread for a week. At last, his temperature sunk a little, the rash grew paler, and the patient began to get some relief. I now dared to hope for a favorable outcome of the case. This weakly, homely boy, with the cracked skin and pathetic look, I had learned to like. The happy mother thanked me in many and earnest words.

After several days a new fever arose, however, and the glands of the right lower jaw began to swell and become painful. The swelling became larger every day. As a whole, this did not indicate great danger. In the very worst event the glands would secrete pus and form an abscess. But for me such a complication would be extremely unpleasant, however. If an abscess forms, you have to cut it. The incision would have to be

made in the neck, a part of the body in which a large number of arteries and veins are found. What, then, if I should accidentally sever a large vein? Should I be able to cope with the flow of blood? Up to this time I had not had a single case in which I had had occasion to apply the knife to the living body. I had, it is true, seen the most complicated and difficult of operations, but now I was left to myself, and was, in consequence, afraid to operate on so simple a thing as an abscess.

In the opening stages of a glandular abscess, the application of a mercury salve usually works well. The abscess was very sensitive, and therefore I rubbed in the salve very tenderly, but thoroughly. On the following day the boy appeared better. He had stopped complaining, and his temperature was lower. He smiled when he saw me, and asked to eat. The glands were very much less painful.

Applying the salve the second time, I rubbed it in longer and more strongly than before. The mother meanwhile almost worshipped me, and expressed regret at not having called me to attend the two children now deceased, for surely in that event, she declared, both of them would have lived.

When I went to see my patient on the following day, I found a complete change in him. The boy lay upon his back, his head was on one side, and he moaned incessantly. Above the first abscess were indications of another large abscess. The temperature of the boy was still very high, and his right elbow joint was swollen, and so painful that one could hardly be allowed to touch it. The mother, although very uneasy, looked upon me with confidence and hope. I left the house as one stunned. The matter was clear. My applications of the mercurial salve

had driven the pus out of the glands and had spread it all over the entire body. In consequence of which there had developed in the boy a general pyæmia, from which there was no salvation. The whole day long I roamed about the streets aimlessly, feeling nothing but the torturings of despair and remorse. There was impressed on my consciousness the thought, "You know that you have killed a human being!" There was no deceiving of one's self under the circumstances. The terrible truth could not have been more plain if I had cut the child's throat.

The patient lived ten days longer. With every day new abscesses formed on the joints, on the liver, and on the kidneys. The patient was tortured incessantly, and the only thing I could do was to give him morphine. I visited the boy several times a day. Though in agony, there always greeted me the martyr eyes of the child, which looked forth from a dark, emaciated countenance. His teeth were exposed, and gnashed against each other. He moaned weakly, but incessantly. The mother had mournfully come to the conclusion that there was no more hope for her boy.

One evening when I entered the hut of the washerwoman, I found my patient, that had been, laid out upon the table dead. Everything was at an end.

With an uneasy, tense, painful curiosity I approached the corpse. The declining sun illuminated the waxen, emaciated countenance of the boy. He lay there, the brows lowered as if thinking intently, and I, his murderer, looked down upon him. The childless mother sobbed in a dark corner. Upon the naked walls of the miserable hut hung dusty cobwebs. From the dirty, cold walls there streamed forth a haze of dampness. It was so cold, it was so barren. The crying of the mother bore upon my heart heavily. I approached her and tried to comfort her, but uselessly, and after half an hour I prepared to leave. The washerwoman suddenly thought of something. Kissing, the poor soul rummaged around in a chest and handed me a three rouble note.

"Take it, Doctor," she said between sobs, "for your trouble. The Holy Virgin bless you for all time." I rejected the money and lingered with her in the half-dark room. "God did not wish it so," I murmured, as I avoided the look of the afflicted one. "His holy will is done. He knows better," answered the washerwoman, and her lips trembled with repressed emotion. "A thousand thanks, Doctor, because you interested yourself so much in the boy," and she fell crying at my feet and kissed my hand, as she repeatedly thanked me for my goodness and friendliness.

#### THERE IS TONIC IN HUMOR

##### SUCCESSFUL IN TRADE

Green—What are you doing now?

Brown—Running a grocery.

Green—Making a success of it?

Brown—Well, yes—in a small weigh.

—*Clipped.*

##### DIDN'T WANT MUCH

Ragged Rube—I don't care to ask ye for alms, fair lady. No, I merely seeks de aid of yer skillful needle. May I rely on yer assistance?"

Housewife—Certainly, my poor man. What can I do for you with my needle?

Ragged Rube—I has here a button, mum, and I hopes ye will be kind enough to sew a shirt on it for me."

##### A PERFECTLY TRUTHFUL ANSWER

Customer—Have you "Beauty and Health"?

Newsdealer—Madam, I am a Physical Culture crank, consequently have the best of health, as for beauty—judge for yourself.

##### JUST HIS IMAGINATION

"Julia," her father called from the head of the stairs.

"Yes, father."

"Did I hear a smack down there just now?"

"If you did you're a wonder. I've been listening for one all evening, but without results."—*Chicago Ledger.*



# THE MENTAL REALM

MENTAL SUNSHINE, HOPE, OPTIMISM, KINDNESS, MENTAL  
POWER AND SUCCESS

## SUPERSTITION

### *Product of Ignorance*

Superstition was conceived in the womb of ignorance! It sucked at its breasts; it thrived; it fattened and grew until it became a horrific monster before which the races of man cowered and cringed, and to which they yielded their allegiance. For ages it has tyrannized over the minds of men. It has placed men in mental servitude; it has held down their thought force; it has held them in their own dark prisons. Men have been afraid to think, to deny, to remove themselves, to shake loose from those conditions that have stood in their way.

Scattered all through the world are devotional symbols, emblems, altars and massive stones that represent man's allegiance to superstition. Druid temples, pyramids, sacred mounts and colossal idols are massive reminders of the creative energy and sweat that man yielded as an insurance against the ill-will of the deified powers that it represented.

### *Superstition a Powerful Instrument*

Superstition has paralyzed religious progress, social progress and scientific progress. It has been an instrument in the hands of charlatans, mountebanks and mystics through all ages. It has been a power in the hands of priest and healer, kings and false prophets. It is an instrument and a power to-day in the hands of thousands of frauds and crafty men. Superstition is a potent means whereby the classes conserve their carefully reared fabrics. The masses are ruled by these interests and are not conscious of it. They are kept childlike; they are kept submissive; they are kept patient in the face of flagrant wrongs because of carefully fostered superstition. Wealth prates about the sacred right of private property, politicians about the dangers of changing the

existing machinery of government, and so each vested interest fosters education that will teach the masses to reverence existing conditions, harmful as they may be.

The repression, slavehood and degradation of woman through the past ages was caused by the superstitious belief that she existed as a chattel, a slave, a plaything of man. And man, in his own interest, carefully fostered and retained this belief, embodying it even in his religion.

### *Childish Minds Educated Into Superstition*

The minds of babes are poisoned by irresponsible mothers and nurses. Stories are told to children that stamp themselves more deeply into the nervous organism than any incident in after life. Their childish misdeeds are punished by miserable recourse to the power of fear. God, darkness, beast or witch are called into service to cower the young minds into behavior. It may be safely asserted that the multitude of weak-minded among us who shrink from the subject of the supernatural and unknown, were made so in the manner above described.

### *Superstitions Regarding the Supernatural*

We have accumulated a vast store of "signs, wonders and mysteries." We have based creeds upon them, we have based faiths upon them, and we have based philosophies upon them. Science has repeatedly torn the veil of these mysteries into shreds, and yet morbid humanity has cherished and clung to the tattered fragments. We have kept a record of nothing more than the experiences of diseased imaginations. We have listened to the tales of demented people until we ourselves have become affected. Almost all visions, spiritual phenomena and communions with the departed are the prod-

ucts of a sick mind. People who see ghosts, heaven and other supernatural phenomena, are suffering from brain exultation or brain depletion, and should visit a nerve specialist. Occult, mystic, spiritual and other moonshine movements that seem to be the rage at the present day, are led by some sick man who fastens his disease upon a host of weak-minded followers. Superstitious belief in these peculiar kinds of movements would be far more prevalent, if it were not for the protection society has established for itself in the form of asylums for the demented. Fortunately, these places contain thousands who would be divinely appointed Elijahs, visionists, and the leaders in movements having for their purpose the worship of fire and sun, were they not confined in padded cells.

#### *Superstition in Religion*

Superstition served a purpose in religion. Without it no religion could have been. Primitive man was ruled by fear. The veiled sun, the thunder, the eclipse, meteoric showers, spooks and visions kept him in the path of goodness. It is serving its purpose in the religions of to-day. It should serve until the masses have been cultured to grasp the higher, nobler religion that will ultimately supplant the religion of fear governing us to-day.

#### *Popular Moonshine*

There are thousands of households scattered throughout the land in which can be found a cheap edition of a dream book or "book of oracles." People still believe that the breaking of a looking-glass will bring ill luck; they are on the lookout for shooting stars, cross-eyed beggars, drafts and damp night air. They have a stock of omens that they connect with the whining of a dog, the screech of an owl at midnight, or the noise of a cricket in a lonely room. Graveyards are avoided at night; so are haunted houses, of which every neighborhood has a supply. Mothers believe in the whooping cough and measles superstition; that children get these diseases as a matter of course. They believe in brandy and saffron for children's fevers,

but not a drop of water. And these superstitions could be recited without end.

#### *Medical Moonshine*

All medical literature is moonshine. Every doctor who possesses a pet superstition sends it to some medical journal, or embodies it in some medical book. A few of the prominent delusions are: that microbes cause disease; that mosquitoes carry around in their proboscises the germs of yellow fever and malaria; that vaccination prevents smallpox; that anti-toxin cures diphtheria, and that disease, instead of being a friend, is an enemy that must be driven out by drugs.

#### *Serious Medical Superstitions*

The entire science of medicine is founded on a structure of superstition. Its healing art and its remedies are more barbarously superstitious than that of the ancient priest. The medicine man of the early tribes gave a harmless dose of some herb tea and then, by working upon the crude minds of the patient with wild dancing, yelling and beating of drum, he usually restored the sick man to health. But modern remedies poison and kill. They are barbarous, they are foolish, they are criminal. We find these standard remedies in medical books of a few centuries ago:

Bear's grease for bald head; toad powder for eruptions; dried caterpillars for ague. Saliva was a common ingredient of remedies. The blood of frogs and rats, powdered vermin, and livers of toads were used extensively. These superstitions in regard to healing remedies have passed; blood-letting has passed; blood drinking for consumption has passed; cod-liver oil has passed. In the same manner the disgusting use of vaccine, anti-toxin and serum remedies will pass away. With it also the use of drugs of any kind.

#### *Superstition Cannot Abide*

Because superstition will not and cannot abide in this country. Education is moving too fast. The great mass of people are becoming enlightened. And with enlightenment, superstition and credulity of every kind must pass away.

# QUESTION DEPARTMENT

By *Bernarr Macfadden*

Those interested in the articles which have appeared in the magazine during the past year, giving instructions for the treatment of various diseases, will be pleased to hear that we have adopted a new method of helping those in need of advice of this character.

We have prepared special home treatments for various diseases, giving full detailed instructions, with a daily régime. 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. For detailed particulars see advertisement.

Treatments for the following ailments are now ready. Others will be announced as issued:

Headache.	Appendicitis.	Pneumonia and	Nervous Exhaustion.	Locomotor Ataxia.	Bladder Disease.
Rheumatism.	Stomach Diseases	Pleurisy.	Sleeplessness.	Malaria.	Cancer.
Heart Disease.	Liver Complaint.	Feyers.	Skin Diseases.	Colds.	Insanity.
Constipation.	Coughs.	Gaining Weight.	Neuralgia.	Catarrh.	Ear Troubles.
Biliousness.	Consumption.	Epilepsy.	Reducing Weight.	Kidney Disease.	Spermatorrhœa.

## Outdoor Treatment for Consumption

Q. In taking the outdoor treatment for consumption, which is better, to remain out-of-doors after one begins to feel cold, or go inside and always be comfortably warm?

A. In taking the outdoor treatment for consumption, warmth of the body should always be maintained. As a rule, you can maintain warmth if you use enough covering. If it is impossible to keep warm under the circumstances it would be well for you to go inside until warmth is regained, or else exercise until the circulation has been accelerated as to bring about a feeling of comfort.

## Constipating Effect of Honey

Q. Kindly advise if honey has a constipating effect upon the bowels or not. I use it because it is a natural sweet, and I consider it much superior to sugar.

A. Honey as a food is much superior to sugar or any other sweet which goes through a cooking process. It is a very highly concentrated food, however, and very little should be used at a time. It should not have a constipating effect if not used too freely.

## Winter Bed Covering—Feather Beds Unhealthy

Q. 1. What would you advise for winter bed covering? 2. Is it advisable to sleep between woolen blankets? 3. Do you consider feather beds healthy?

A. 1. The best winter bed clothing probably consists of blankets, though one will sleep much more comfortably and satisfactorily between sheets. 2. The covering next over the sheet should be blankets, and if considerable covering is required one warm comforter can be used in addition. This is usually not necessary, however, unless you are accustomed to having your windows wide open. 3. Feather beds are decidedly unhealthful and should be avoided.

## Excessive Perspiration

Q. Is it good for one to perspire heavily while engaged in football or other very active sport, and how can such a tendency be overcome?

A. It is perfectly natural for you to perspire very freely when engaged in very active exercise, such as you mention. An exercise of this kind is about the best method of giving yourself a thorough internal bath and cleansing. Every part of the functional system is aroused to extreme activity and a vast amount of impurities is eliminated from the system in this manner.

## How Long Can Breath be Held?

Q. How long should a person with good lung capacity be able to hold his breath?

A. Some professional divers can hold their breath from three to five minutes. The ordinary individual will find it difficult to hold his breath from three-quarters of a minute to a minute. Some cannot hold their breath over thirty seconds. I would not advise any one to hold his breath as long as he possibly could, for it is practically an attempt to see how near one can come to suffocating himself without actually doing so. In fact, one can lose consciousness in this way. But practicing holding the breath moderately long will increase the lung capacity and ultimately enable one to hold his breath a much longer period without discomfort.

## Butter Not Necessary Article of Food

Q. Is butter a necessary article of food, and will eating much fat or grease stave off consumption?

A. Butter is not an absolutely necessary article of food, as the element furnished by this article is supplied sufficiently by the ordinary foods. The eating of butter is simply a habit, and one can very easily do without it if he makes the attempt. If it is apparently digested, however, and causes no functional disturbance, there should be no special need of avoiding it. I do not think the eating of fat and grease as you

mention will have a beneficial effect in the case of those suffering from consumption. Consumption is simply an attempt on the part of the functional organism to rid the body of a great amount of impure elements in the blood, the presence of which has been made possible because of deficient digestion. I would advise you to read my instructions for the cure of consumption.

### Mercury in the Blood

Q. Having used medicine containing mercury, sometime ago, I wish to ask how I can ascertain whether or not I still have some of this mercury in my system, and how can I tell whether or not my blood is in good condition?

A. If there was any appreciable amount of mercury still left in your system you would probably experience a decided metallic taste in your mouth, together with looseness of the teeth and swelling and soreness of the gums. If your general health is good, if there are no pimples or blotches on your skin, if you have no catarrh or colds and feel perfectly well, you may consider your blood in a satisfactory condition.

### Is Mid-Day Meal Advisable?

Q. Do you think it healthful for an office employee, having breakfast at eight and dinner at six, to have a light luncheon at noon, and of what should this consist?

A. I have continually advised the two-meal-per-day régime, though if you eat three light meals per day and are able to digest them, there is no particular reason why you should not continue this. If you take a light luncheon at noon and are able to work just as well in the afternoon as if you had fasted, would advise you to continue this habit. Many business men eat in the morning before going to work and then again in the evening, while at the same time there are many who eat their first meal at noon. Would advise you to follow out whatever dietetic régime agrees with you.

### Mental Torpidity

Q. What is a cure for mental incapacities, such as absent-mindedness, phlegmatic temperament, nervousness and general stupidity, all of which I have suffered for twelve years?

A. The trouble that you mention has both mental and physical causes. First of all, you should find some object in life, something to live and work for. In order to accomplish anything you must, first of all, build a vigorous physical organism. Develop every muscle until you are thrilled with the strength and vigor that come to every athlete. With this surplus nervous power you will have energy that you can divert in almost any channel. But all this requires determination first of all and the desire to do something during your life. You may not be able to accomplish much toward remedying

your trouble at once, but persistent endeavors will enable you to become a man from every standpoint.

### Difference Between Abdominal and Chest Breathing

Q. As a recent subscriber, I would ask why abdominal breathing is more important and gives more vitality than chest breathing? I have not seen this explained.

A. Abdominal or natural breathing gives more vitality than chest breathing, because more of the air-cells of the lungs are used, more oxygen comes in contact with the air-cells, and, as a natural result, more vitality is created. When you breathe deeply, or diaphragmatically, the air is brought down into the lowest part of the lungs. Every air-cell is given some work to do, while in shallow breathing only a part of the lungs is used.

### Is Rheumatism Caused by Exposure?

Q. Is it necessary to have the limbs and joints covered when running out-of-doors in cold weather? Some say it will cause rheumatism in after life.

A. It is not necessary to have any more covering on the body when running than is necessary to maintain warmth. Rheumatism, whenever it does appear, is caused by impure blood, which comes largely from defective digestion. Considering the cause of rheumatism, I hardly see how it can be brought on in after life because of exposing the joints in the manner you mention.

### Dust Entering Lungs

Q. How do the lungs free themselves of the dust they inhale every day?

A. The particles of dust that are inhaled every day by the lungs are taken up by the liquids of the body, finally becoming so disseminated in this liquid as to be absorbed and eliminated through the various organs of elimination.

### Cure for Tobacco Habit

Q. Kindly advise me what to do for a nervous wreck whose condition is mainly due to the use of tobacco. His hands tremble, his head shakes, and he is sleepless and melancholy.

A. There is only one remedy for the tobacco slave, and that is, to adopt a proper method of living, and naturally avoid the tobacco poison. The stronger and healthier his body becomes, through active exercise and a good wholesome diet, the less inclined will his system be to crave the poison. The adoption of a raw food diet has, in a great many instances, ridded persons of both the tobacco and liquor habit. A normal person with perfect health would have no desire for stimulants or narcotics.

# Editorial Department

**T**HE policy of this magazine will be directed, as it has been directed in the past, to the cultivation of a cleaner, purer and nobler manhood and womanhood. We will continue to stand unalterably opposed to

1. PRUDISHNESS
2. CORSETS
3. MUSCULAR INACTIVITY
4. GLUTTONY
5. DRUGS
6. ALCOHOL
7. TOBACCO

We are working and will continue to work for the complete annihilation of these evils which curse humanity in every civilized community.

## The Curse of Prudishness

*Has Cursed Millions While Yet in the Mother's Womb by Suppressing All Knowledge of Pre-natal Influence.*

**T**HE value of pre-natal influence cannot be questioned. Every scientist, every medical man, recognizes the fact that it is within the power of the mother to greatly improve the development of her child before birth. But because of prudishness, because of the mysterious secrecy which the morally diseased have placed around the subject of sex, the power of the mother to begin moulding a child immediately after conception is not realized. She knows nothing of pre-natal culture or pre-natal influence. She misses that most blessed of opportunities—the opportunity to impress her unborn babe with desirable physical or mental characteristics.

What an irredeemable loss this form of ignorance entails upon the world. Talented men and women are vastly needed in this age of ours. There are too many ciphers, too many nonentities among us. If the prude could only be annihilated, if his gross conception of the most divine emotions and instincts that influence human life could be improved out of existence, there would be no missing of opportunities of pre-natal culture to the end of the conceiving and development of superior human beings.

Then there would come into being a race like unto those which, so tradition tells us, were the fruit of the unions of angels and the daughters of men—magnificent humanly, God-like mentally, and in every way desirable.

But now thousands of men and women are marked mentally, morally and physically all through life, because of the ignorance of mothers in regard to the importance of pre-natal influences.

- (1) Has originated all impurity in connection with a clean human body, by creating and fostering indecent conceptions of it.
- (2) Has cursed millions while yet in the mother's womb by suppressing all knowledge of pre-natal influence.
- (3) Indelibly impresses the unfolding mind of a child with a depraved conception of the human body.
- (4) Makes lies and hypocrites of parents when explaining to children the divine mystery of human life.
- (5) Excites the prurient curiosity of children, and from vile companions they learn the divine truths of life most depravely distorted.
- (6) Promotes demoralizing habits that curtail the vital strength, and destroy the purity of the body.
- (7) So fosters the idea of the indecency of the human body that girls avoid knowledge of the simplest human functions.
- (8) Is almost the sole cause of the continued existence of the corset curse.
- (9) Through the natural attraction that is found in mystery, has caused the sex instinct of young men and women to be abnormally developed.
- (10) Has in many cases starved and crushed the female sex instinct and thereby womanhood and womanly health.
- (11) Has surrounded the most divine relations of human life with the vilest indecency.
- (12) Has caused men and women to look upon marriage as a field for the grossest excesses.
- (13) Has created a standard of marital duties that "dies up" love and makes of marriage a harrowing existence.
- (14) Is the principal cause of reversed love which leads to marital misery and ultimate divorce.
- (15) Has, by suppressing knowledge of sex, furnished houses of prostitution with thousands and perhaps millions of victims.
- (16) Is almost the sole cause of the sexual perversion which leads to weakness, promotes crime, fosters national physical decay and leads to permanent oblivion.

**T**HOMAS W. Lawson is the most unique character before the public to-day. He has the courage of a lion. He is attacking tremendous, fortified powers, and he has initiated a work of reform in the financial world that we have tried to perform and are continuing to perform in the healing world. I must admit, however, that he has an advantage over us. He has been on

*Find Us a Lawson in the  
Medical Trust*

the "inside." He has hobnobbed and schemed with the men whom he now justly spurns, for their practices in the financial world. He knows their inmost secrets. He is familiar with every detail of their elaborate and gigantic plans for diverting dollars into their coffers.

The medical world which to-day stands for the healing world with the average individual, is known to us only through the thousands upon thousands of letters which we have received from those who have suffered because of the practices of medical men.

We are not on the "inside." We have learned all we can as an outsider. We have received thousands of letters from physicians commending our cause and our methods. But, if we could only find a Lawson in the medical Trust, what a great work we would accomplish. If we could only find some physician whose reputation is above reproach, who is on the "inside," who knows every secret of the medical Trust, who will come out and talk plainly and honestly, who will expose the faults and hypocrisies that flourish so universally in the medical world, we would be able to perform a service for humanity that would be worth more in physical health and strength than the unearned millions of Wall Street plutocrats; that would do more to elevate men and women, than all the financial articles that have ever appeared in print.

We want some one who has the courage, the intelligence and the conscience, to come before the public and tell the truth about the medical Trust and about medical methods; and don't make any mistake—it will take the courage and manliness of a Lawson for a medical practitioner, whose record and reputation are beyond criticism, to stand forth and talk plainly on the subjects alluded to.

SUCH A MAN MUST BE BRAVE, for he will have a host of people snapping and snarling at him from every section of the country. Is there such a brave man in the medical world to-day, who stands high in his profession? Is there such a man who will tell the truth as he knows it and sees it and believes it? If there is, I would like to know where he can be found.

**T**HE leading nations of the world are at present giving a great deal of attention to arbitration. They realize that in permanent arbitration agreements lies the only means of practically eliminating the possibility of war. The bloody conflict in the Far East has no doubt had much to do with the effort which is now being made toward the establishing of universal and permanent peace. It has called attention in the most striking manner to the brutalities and horrors that

*Arbitration Will Make  
War Impossible*

are necessarily a part of civilized warfare so-called. Murder is a crime in every nation. War makes every fighting man a murderer, makes murder practically his only object. If it is possible, therefore, to eliminate warfare from the life of civilized

man, a vast deal will unquestionably have been gained in the advancement of the human race from every conceivable standpoint.

War occurs between two nations because of a disagreement as to the rights of each. There never was and will never be any other cause for war. How simple it is, therefore, to practically eliminate this barbarous and inhuman method of settling disputes which we call war. All that is needed in such instances is for each nation to have a treaty of arbitration with every other nation with which it is possible that a disagreement may arise.

As a rule, the soldiers who do the fighting know actually nothing of the cause that has made fighting necessary. The two armies in their fierce battles may therefore be compared to two fighting cats hung on a line with their tails tied together. The soldier is only needed when there is a disagreement between the representatives of his nation and those of another nation.

Let every possible effort be made by every man of influence toward the adoption of universal arbitration, and but a short time will elapse before there will be arbitration agreements between this nation and every other power of the earth with which there is even a remote possibility of dispute.

If you stand for peace use your influence for arbitration. If you do not believe in bloody wars, if you do not believe in converting thousands of men into inhuman murderers, stand for arbitration. Use your influence, no matter how small it may be, for arbitration. Aid in giving publicity to the fact that an arbitration agreement between this and every other nation will make war impossible.



**W**E are so accustomed to measuring everything from the financial standpoint that the title of this editorial may seem paradoxical. How can one be rich and still be poor?

There are different kinds of wealth. There is physical wealth, measured by the health and strength you possess, and there is financial wealth, measured by the size of your bank account. Physical wealth cannot be deposited in a bank, but you can spend it just as lavishly and as foolishly as you can financial wealth. You can keep on wasting it until, finally, further drafts upon it will be refused.

### *The Poor Rich*

In speaking of the "poor rich" I mean the millionaires whose physical wealth is of the lowest standard. You meet vast numbers of such persons in every large city. They ride about in carriages, behind spirited horses, they fly past you in automobiles. As a rule they are about as poor in mind as they are in body. Many of them pass their lives like a lightning express that rushes over the rails. As a rule they belong to the sheep family. They follow along in the ordinary, conventional rut. They ape those a little higher in the social world than themselves, and all the time they consider themselves "in the swim." Of course, they are naturally much inflated with their own importance. They are pompous, and dignified, and in some cases dictatorial. But their lives are frequently but pitiable existences. They eat and sleep, gorge themselves with all sorts of fancy foods and expensive wines. But they get about as much enjoyment out of life as the average worm that crawls and wriggles through the earth. All the intensity, exhilaration, and the intoxication of life's joys never reach them.

You may envy the fast horses that they drive, but never such miserable human specimens.

**STOP ENVYING THE RICH.** In the majority of cases they are to be pitied. Money can buy so little! Enough to eat and comfortable clothing! But happiness and peace of mind cannot be bought. And the rich know no more of the path to happiness than do the poor; they know no more of the possibilities of life from its most beautiful and most divine viewpoint.

Knowledge that leads to peace of mind, strength and health and the associated activities are worth more than all the riches in the world. They imbue you with a feeling of power. They thrill and bring to you the real satisfying joys of life. They bring at times an exhilaration that is actually intoxicating, and such an intoxication is a thousand times better than that dopy condition that comes from wines or champagne and other fancy beverages that the rich can indulge in with impunity, as far as their money is concerned.



**D**ON'T become the slave of the riding habit. Keep in mind the strength building influence of walking. Street railway companies are everywhere growing wealthy. The riding habit seems to be on the increase. Street cars are so handy. They take you everywhere and, as a result, walking is going out of fashion.

Acquire a habit of walking instead of riding, whenever time will permit. The street car companies are making enough money. Try and save a few of your nickels; and for every five cents you save in this manner you will, as a rule, be able to store up from ten to a thousand times its value in health.

#### *The Riding Habit*

If there were no street cars in all our large cities the physical standard of the people would increase twenty-five per cent. in less than ten years. Riding is growing altogether too cheap. It should be more expensive. Unless we can do something to counteract the steadily growing inclination to ride everywhere, many physical deficiencies will directly result from this riding habit.

*Bernarr Macfadden*

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The series of corset editorials, constituting twenty-one serious charges against the corset, can now be procured in pamphlet form. The pamphlet is neatly made up and suitably adapted for missionary work. It is illustrated throughout with appropriate drawings on the subject. Copies will be sent, postpaid, to any address the writer may designate, on receipt of 10 cents, cost of printing and mailing, or in larger quantities at a greatly reduced price.

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Owing to the increasing demand for space in the pages of the magazine we have been obliged to transfer the Correspondence Club to our Beauty and Health magazine, where the Club will be conducted hereafter.