

PHYSICAL CULTURE

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

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THE EDITOR'S VIEWPOINT

IN an article appearing in this issue, from the pen of John M. Maxwell, the reader will find some very startling information. The great wall of prudery that has so long screened the sins of society, though it seemed possessed of adamant qualities, may yet crumble and fade away. The real men and women of the future may be able not only to develop all the superior powers that should be their common possession,

A TERRIBLE BLOW AT PRUDERY but they may be able to protect themselves from criminal results of prudery like the disease that Mayor Niven decided should be classed and treated as a menace to the public health.

Diseases of this sort are many times more contagious than small pox, or any of the so-called dangerous diseases. They are perhaps a hundred times more prevalent, but has there been any effort on the part of society to protect the general public from the virulent poison with which the complaint is associated? Silently and secretly this monstrous plague has worked its murderous ends, fully and completely protected by the perversion and degeneracy that has come down to us because of prudery. Truly, as Mr. Maxwell says, it is time for us to look for reform. It is time for us to insist in no uncertain tones that the victims of these complaints be isolated, or at least be compelled to maintain a personal quarantine, to such an extent as to avoid contaminating innocent people.

Many of our readers were no doubt interested in the experience of "Typhoid Mary." Here is a girl conceded to be always in possession of vigorous health, but who, according to medical authorities, for some unknown reason, seemed to develop within her own body the germ of typhoid fever. Consequently—so the authorities (?) maintained—she became a source of contamination or contagion, and as a result an order was issued that she be isolated. But have you ever heard anything about isolating victims of diseases—many times more foul and destructive to human life—that can be found in every community by the hundreds? Even when these diseases are in their most active form there seems to be absolutely no effort to protect innocent people from contamination, and these foul human birds of prey pass on the poison of the vilest of all human diseases unmolested, while "Typhoid Mary," a mere suspect, is isolated.

Mr. Maxwell has promised to write us a series of articles with a view of giving us more details on this very important subject, in which he is intensely interested. The Health Circular of the Indiana State Board of Health, referred to editorially in a recent issue, was written by Mr. Maxwell. He therefore deals not in theory alone; he knows whereof he speaks; he has the facts at hand.

The diseases that are being aimed at by Mayor Niven have caused more weakness, more degeneracy, more suffering and more deaths than consumption, cancer, and a half dozen more of the so-called serious maladies. Prudery has, however, hidden these terrible complaints. The victims silently bear their burdens and in many cases become the victims of quacks who literally sap their life blood—not only physically, but financially as well. The average medical regime for treating these complaints might reasonably be termed monstrous in character. In thousands of cases medical methods bring about complications and actually create diseases that are in many instances far more serious in character and far more difficult to cure than the complaint that they were originally treating. In other words, the very drugs that are used to divert or eliminate the symptoms of these foul diseases produce chronic ailments so serious in nature as to sometimes be absolutely incurable. Diseases like sclerosis of the spine, locomotor ataxia, paralysis and paresis, are in nearly all cases caused by the drug treatment used in an endeavor to remedy these terrible complaints. If there were no other known methods of remedying these ailments, then there might be some excuse for making use of the destructive drugs referred to, but when natural drugless methods provide remedies that easily and quickly cure these complaints, the criminal carelessness and ignorance manifested by those who pretend a knowledge of the proper treatment and care of such cases can hardly be arranged to drastically.

There is absolutely no need of the use of drugs of any kind in the treatment of these complaints. There is no need of the complications that are caused by the use of drugs, and medical men who continue to treat these complaints by drugging and doping, when they can easily learn of safer and surer and more valuable methods, should be compelled to change their practices by law.

One might say, however, that all the suffering and sorrow, ruin and death that comes in the train of these terrible ailments have been caused by prudery, for if a plain discussion on these important subjects were to occur, not only would one avoid contagion, but there would be laws which would isolate the object of contagion if it were necessary for public protection. I think my readers will join me in congratulating Mayor Niven. He is a brave man. He deserves commendation of every man and woman seeking the higher civilization that must come with a better and stronger and truer manhood and womanhood.

STYLE and prudery have much for which to answer. They have been the cause of a vast deal of misery and physical decrepitude and decay. The conventional garb of the women of civilized lands is not supposed to indicate in the slightest manner that woman is possessed of a pair of legs. She is supposed to make every effort to hide this physical formation. It does not matter how much her physical comfort may be interfered with—if it be difficult or almost impossible to walk or run—she must suffer because of the lack of this exercise, for is it not the style? Has not conventionality dictated by prudery demanded that woman must hide her legs? If everybody knew that a woman had two legs some terrible misfortune might result, and consequently womanhood and motherhood has degenerated until the sublime joys that should come with perfect home life are rarely secured with any degree of permanence by modern women.

The Eskimo women, as you will note from some illustrations appearing in this issue, are not ashamed of the fact that they are possessed of two legs. They actually stand up and have their pictures taken in a bifurcated costume without the faintest sign of a blush.

Why in heaven's name is it necessary for women to impede their every movement, to restrict their physical growth, and to materially lessen their capacity for mother-

hood, simply because a combination of human geese, who have lived in the past, maintain that the "style" demands the wearing of skirts. Why cannot the women of this land rise up *en masse* and demand a sensible costume—demand a dress that will enable them to enjoy full and complete womanhood in every sense of the word? The physical and moral standard of the race, I am fully convinced, would then be raised from twenty-five to fifty per cent. as a result. If the costume which now impedes the development of strength and health so necessary to woman was materially changed with a view of remedying its evil influences, there would no longer be occasion for the term "weaker sex."

If a man should be compelled to wear the costume worn by the ordinary girl, and his movements and desire for physical activity were handicapped by this costume as is usual with the female sex, his physical strength would be on a par with the average woman. In other words there is no excuse for the weakness of women outside of their environment—which is influenced largely by the costume they wear. When you interfere with the desire for physical activity, you lessen physical growth and the possibilities for physical strength. When you take away strength from the human body you are taking away the possibilities for its complete development, and a woman is not a woman in every sense of the word unless she is completely developed. These poor miserable complaining creatures who have for years distorted their bodies and stifled every desire for physical activity are not women. They are simply perverted and diverted specimens of their sex. They have none of the true, strong instincts that come to the superbly developed woman. You might just as well say that the foot of the Chinese woman that has been squeezed and distorted for years is a superb representation of the human foot, as to say the average woman, grown up under conventional environment, is a superb specimen of her sex. If I were an American woman I would envy the savages that have grown up free and wild without the dictates of namby-pamby goody-goodies and purient prudes to influence their mental, moral and physical development.

Remember, I am not ranting against the accrued results of civilization in their entirety. Civilization has accomplished many very good things, but it has also brought about many conditions that might rightly be termed "rotten" to the core, and when style must dictate at the expense of health and strength of the individual—when style steps in and destroys the womanhood that is so essential to human happiness and to the sacredness of home life—when style brings about degeneracy, ruin, desolation, and when it even ultimately endangers national progress and even national existence, then style, encouraged by prudery and brainless fops, has gone beyond its limitations and decent people with vigor of mind and strength of character should rise up and assert themselves and cease to be the slaves of such degeneracy.

The Eskimo women in their cold barren country, to a large extent have not the warmth and beauties found in our clime, but are nevertheless to be congratulated. At least they can walk. They do not need to have every step impeded by swinging, clinging garments, and from that standpoint at least they are much superior to our own race.

I cannot say that I especially admire the style of the costume worn by our friends of the frozen North; it could no doubt be improved upon very greatly. I would hardly suggest a costume of this kind for our own women. I am simply calling attention to the results that have accrued and are still accruing because of the trailing skirt and various other articles of female wearing apparel that materially interfere with the development of complete womanhood, and I sincerely hope the day will come when there will be the strength of mind and the purity of purpose necessary to eliminate absolutely and forever this blood-stained and crime soaked raiment that has been considered so essential for the past few centuries. You may call these strong words, but if we were to figure the actual cost in human life and human blood that has resulted from this impediment to the growth of womankind, it would represent a slaughter that would be a hundred times greater than has ever come to humanity from war or strife, famine or flood, since history began.

THE various problems that are presented to one during life—so far as the disposal of one's time and opportunities are concerned—are weighed as to their reward-producing possibilities; in other words, the question that offers itself to many is, what will be the reward of a certain prescribed course of activity? In selecting a career the rewards offered are always carefully scanned. You might make the same statement of the various things in life that influence our actions. We naturally ask the question, does it pay? Do the results warrant the effort? Now, these remarks very appropriately

**THE GREATEST
REWARD FOR
THE LEAST
EFFORT**

apply to the subject upon which I wish to digress.

Whenever you call the attention of your friends to the rewards that come to you because of the time and attention that you give to health building, you will often be told that you pay too much attention to such matters; that if you gave little or no attention to your health; that if you worried less about the food you ate, and the necessity of exercising, you would accomplish a great deal more in life; that you are actually wasting your time troubling yourself with these matters, which they consider of minor importance. I am of the opinion that it would be a splendid plan to call the attention of all those who criticize you in this manner to the inclination of the average individual to secure the greatest reward for the least effort.

To be sure we cannot all guide our lives along the same groove. There is a vast variation in human characters, but one and all are seeking the greatest rewards for the least and best-directed efforts, and you can base your arguments in favor of physical culture propaganda on that particular foundation. In other words you exercise, you study the needs of your stomach, you give attention regularly to body building because it pays. It pays splendid dividends—physically, morally and mentally. You are a better man, you are a stronger woman, your instincts are more delicately acute, your mind and body is not doped with a vast accumulation of poisons, which in many instances really make one irresponsible. I have known men who would boast of their temperate habits, whose entire lives were befuddled intellectually benumbed morally, and weakened physically simply because of their gross eating habits. They were perpetually drunk, although they never tasted a drop of alcohol. As Edison, "the wizard" says, they were "food drunk." Now, what would it have been worth to such men if their minds could have been cleared and their bodies strengthened through the practice of health-getting as taught by even a smattering of the theories that we so emphatically advocate? They would have been able to have added years to their lives and life to their years; they would have been literally transformed; their individuality and their character would have been changed; they would have had an opportunity to have developed the powers and talents with which they were probably originally endowed.

The average physical culturist stands on his own foundation. He is usually a strong-minded, well set up specimen of manhood. As a rule he does not need much encouragement; he is able to fight his own battles, and the more ridicule and contempt he meets, the more determined he becomes as far as his own theories of life are concerned. Therefore it is perhaps needless for me to say, do not mind the criticisms of the unfriendly and the unthinking masses—narrow, prejudiced characters whose minds are closed against anything new or unusual, could hardly be influenced even by a mental cyclone. Their minds have been made up to conform to a certain set rule, and they have been steeped in alcoholic or dietetic gluttony in many instances so

During the month of February, the editor will deliver two important lectures at the Bernarr Macfadden Healthatorium, 42nd Street and Grand Boulevard, Chicago, Ill. The first of these lectures will be given on February 16th, at 3 P.M., and will discuss "A Delicate Subject for Women." Women only will be admitted to this lecture. On February 18th, at 8 P.M., a lecture on "Manhood," will be given to an audience of men exclusively. Reserved seats are now on sale for both lectures, and all readers who are able to do so are cordially invited to attend them.

long that they are beyond hope. Do not waste time by trying to convert men or women of this type. Search for fertile soil and remember it is wise in many instances to wait until the soil is capable of bearing fruit. For instance, if you should sow wheat in the middle of winter, your efforts would no doubt be useless, and it is the same way with the theories that we earnestly advocate. Refrain from spreading the good news until the truth can at least be partially recognized. When your theories are met with jeers of unbelief, when you are ridiculed for the effort you may make to secure superb manhood, you will be casting pearls before swine if you attempt to spread the good word. Wait until you find those who are seeking light, for it is only when one seeks light that he can recognize it. In many instances, when one is actually looking for a definite object he appreciates it far more when it is discovered after a search, than if it were to be placed in his hands at a time when he has no need for it. The same rule applies to physical culture's truths. When they are seriously needed, when one's life can be made brighter and happier and more contented in every way by the changes that can be brought about through following our suggestions, and there is a recognition of the possibilities of such a need, then the fertile field is ready for sowing, and one can depend upon reaping a rich harvest in the form of appreciation of any efforts you may make with a view of creating interest in physical improvement.

You will find so-called learned men who will poke fun at vegetarians, who will call us dietetic faddists, who look upon us as fools for eating raw food, but such men are simply the product of ignorance and prejudice. They are unwilling to investigate, and their learning is in all cases simply a veneer that hides a character that is influenced more by ignorance and superstition than by real knowledge.

If you continue following the policy of securing the greatest rewards for the least efforts, then physical culture will be a large influence in your life. You will be compelled under such circumstances to give some attention to the food you eat; you will keep your body clean and strong and pure with regular active use. You may not go to what many term extremes; you may not find it necessary to take ice baths in winter, or try to endure the frigidness of winter with summer apparel, but you will guide your life in accordance with the dictates of the intelligent knowledge of physical culture that has come to you from a reasoning process that seeks to secure the greatest reward for the least efforts.

The physical culture propaganda is growing because it is giving rewards that are satisfying in character. It will continue to grow for the same reason, and the time is not far distant when the man who fails to recognize the value of a clean, strong body will be considered as great a fool as he who dopes mind and body and soul with the poison of alcoholic liquors and fumes of foul-smelling tobacco.

IN this issue I am presenting the first installment of a new series of charts for remedying physical defects and improving undeveloped parts of the body, and I am satisfied the reader will find it of special interest and value. This series will provide detailed instructions as to the exercises essential for developing certain parts of the body. You can therefore pick out your defects and proceed to remedy them. The articles will be published in approximately the following order:—

**OUR NEW SERIES
OF SUPPLEMENTS**

- (1) Straightening Round Shoulders (In this issue.)
- (2) Exercises for Chest Development.

Address all mail intended for the Editorial Department to BERNARR MACFADDEN, the Bernarr Macfadden Healthatorium, 42nd Street and Grand Boulevard, Chicago, Ill.

All orders for subscriptions and premiums, and all correspondence of any ordinary business nature, should be addressed to PHYSICAL CULTURE PUBLISHING COMPANY, Flatiron Building, New York City.

- (3) Building a Powerful Stomach.
- (4) Developing the Upper Arms.
- (5) Strengthening a Weak Back.
- (6) Rounding and Developing the Hips.
- (7) Exercises for Developing the Shoulders.
- (8) Strengthening the Muscles of the Upper Legs.
- (9) How to Develop the Calves.
- (10) How to Acquire a Powerful Grip.
- (11) Developing the Muscles of the Neck.

THE subscription price of PHYSICAL CULTURE is now \$1.50 yearly. I believe we are making the publication fully worth this price. It will be worth many times this price to those who really need the information we are giving month by month.

There are many enthusiastic physical culturists, however, who are desirous of assisting us to extend our influence, and for the benefit of such friends I am presenting a wonderfully liberal special offer.

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In the current issue of PHYSICAL CULTURE appears the first installment of a series of wonderfully instructive exercises, in which will be given the fullest possible description of methods for remedying of physical defects of many descriptions.

If you desire you may insert in the coupon herewith the names of those whom you wish entered on our subscription list in accordance with this offer. However, it is not necessary to use coupon, should you find it necessary to write us at greater length regarding your orders. If you wish to take advantage of this offer, it is advisable that you act at once, as we may be unable to hold it open long.

Bernarr Macfadden

During the coming year PHYSICAL CULTURE will offer its readers a greater quantity, and a better quality, of useful and instructive reading than it has ever furnished in the past—and that is saying much. Each issue will contain more than a hundred pages of interesting discussions of every possible aspect of health

Straightening Round Shoulders

SIMPLE EXERCISES WHICH ARE CERTAIN TO MATERIALLY ASSIST IN REMEDYING THIS UNSIGHTLY DEFECT

By Bernarr Macfadden

IN previous issues I have presented exercises that are to a certain extent valuable in treating the physical defect discussed in this article, but in the supplement which accompanies this issue various exercises are presented that have for their particular purpose the remedying of this deformity.

Round shoulders are a very common physical shortcoming. The inclination of the average man and woman of to-day is to gradually become round shouldered. As one advances in years there is always a slight tendency to develop slowly but surely the stoop that comes with old age. In fact this failure to hold one's self erect is one of the signs of age, and one might also say it is one of the causes of old age. As I have frequently stated, a straight spine is absolutely essential to the proper performance of the vital functions of the body. The muscles and ligaments should hold the spine firm and erect. When the spine is held erect the organs are maintained in their proper position, and when in proper position they are naturally better able to carry on their functions.

There are two frequently observed phases of round shoulders. One is the actual rounding of the shoulders themselves, and the other is the appearance of a sort of a hump in the back just below the neck. The last mentioned deformity is caused largely by the malformation of the upper part of the cervical portion of the vertebra, or that part which forms the neck and is directly attached to the skull. This condition brings the neck far forward, and though the development of the shoulders and back may be unusually good, this defect will appear unsightly.

Now, where the defect is caused by the malformation of the shoulders themselves, those exercises which are inclined to bring into active use the muscles of the

back between the shoulders, will in nearly all cases pull the shoulders back into proper position, provided that they are as vigorous as they should be. This vigor can be developed by following the exercises outlined in this lesson.

I am also illustrating some special exercises for forcing the neck backwards when round shoulders have been caused by the malformation of the upper part of the vertebra. Naturally these exercises are important even where the defect is not of this particular nature, but round shoulders which are caused largely by the malformation of the upper part of the spine and neck, naturally make it advisable to give a great deal of attention to exercises for the neck.

The proper position to assume when one is walking or sitting is with the shoulders far back and down. I admit in many instances it is difficult to maintain this position—in fact, ordinary occupations, and the chairs we sit in and the beds we sleep in, are all somewhat inclined to induce round shoulders. It is our duty, however, to resist these influences by every possible means, and the exercises presented in this issue will materially assist in accomplishing this, as they will greatly strengthen the muscles which hold the shoulders back in the position which should normally be maintained.

EXERCISE A is clearly shown by illustrations 1 and 2. You will notice the hands are firmly held one within the other. In illustration 1 the elbow of the right arm is held to the height of the shoulder and pulled back far as possible, the left arm resisting the movement. The same exercise is then to be taken with the left arm, raising the elbow to the height of the shoulder, then pulling back far as possible, the right arm resisting the movement. This exercise very vigorously uses the muscles of the

back between the shoulders, and should be continued, bringing the right arm back far as possible, then the left arm back, in each case resisting motion with the other arm, until there is a decided feeling of fatigue in the muscles that are being used.

EXERCISE B is shown in illustrations 3 and 5. To a certain extent these exercises use similar muscles to those brought into active use by the previous exercise. In 3 you will note that the right hand is pressed firmly over the back of the left hand against the lower abdomen. Beginning with the position shown in illustration 5, with shoulders far forward, shoulders should be brought back as far as possible, at the same time bringing the arms back and pressing vigorously against the abdominal region. This position should be maintained for a brief moment while you try to bring the shoulders still farther back. This is a very appropriate movement for deep breathing exercises. Draw in a deep, full inhalation as shoulders go backward, expanding fully in abdominal region, while pressing vigorously against this expansion with the strength of the arms as illustrated.

EXERCISE C is shown in illustration 4. This exercise is intended to materially assist in improving the neck when the round shoulders are caused largely by the forward position of the neck. Turn the head far to the right as shown in illustration and then with the head held as far back as possible while in this position, bring the chin down with a jerk, keeping the head as far back as you can during the entire movement. If you will take this exercise properly you will note the forcing-back process of the movement along the upper part of the spinal column. After you feel slightly tired, turn the head to the left and repeat the exercise.

EXERCISE D is shown in illustrations 6 and 8. It is meant to vigorously use the muscles of the back between the shoulders in a manner slightly different from that which has been previously presented. Hold the tightly clenched hands close together on a level with your shoulders, far forward, as shown in illustration 6. Now bring the hands back-

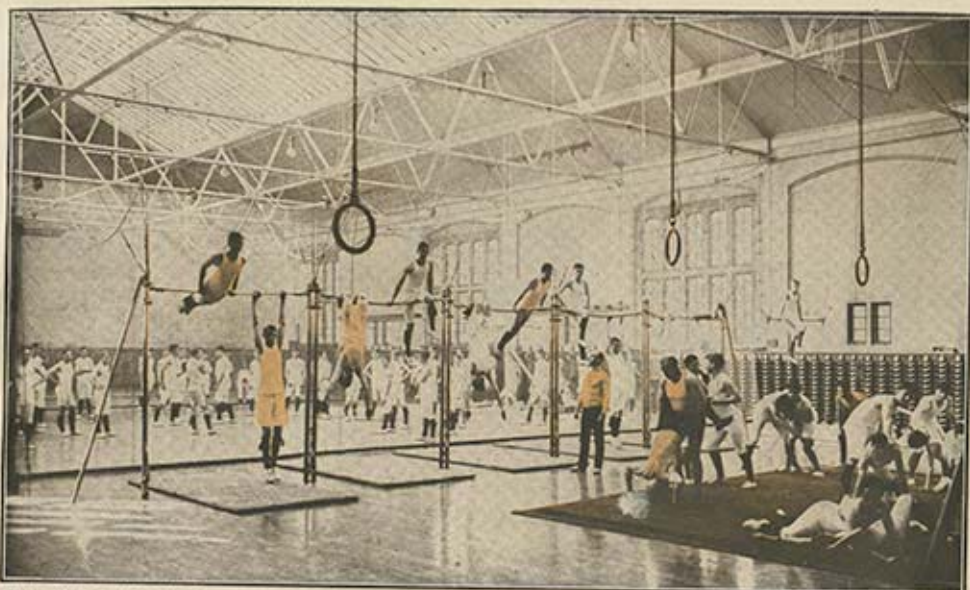
ward, elbows straight, with a quick strong swing, assuming position as shown in illustration 8. Bring the hands to former position and repeat until there is a decided feeling of fatigue resulting from the exercise.

Deep breathing can also be taken with this exercise to considerable advantage. In fact, it is a good plan in some instances to vary the exercises, bringing the arms back slowly and drawing in a deep breath as the arms go backward and exhaling as they go forward, or the deep inhalation can be taken and three or four movements made while the breath is retained.

EXERCISE E is shown in illustration 7. This is another movement especially designed to assist in forcing the spine back in proper position, where the defect has been largely caused by the improper position of the neck. Bring the head and shoulders far back as in illustration, then bring the chin down with a quick snap. You will clearly observe that this exercise will force the upper part of the spine backward to a considerable extent. Repeat the exercise until there is a decided feeling of fatigue. In fact, if the defect is especially noticeable it would be a good plan to take exercises C and E at frequent intervals, during the day after one becomes accustomed to the movements. A change in the position of the spinal column of a surprising nature will be made if these suggestions are followed.

No matter how perfectly one may be formed, nor how much suppleness or grace one may possess, unless the body is carried in proper position, with shoulders well back and the line from the beginning of the neck to the waist almost straight, concaved in a very slight curve, one will not bear evidence of possessing a superior physique.

The next supplement and description that will be presented will give full details for the development of the chest. A strong, well rounded chest is absolutely essential, not only for proper appearance, but for proper vital activity. I assure the reader the suggestions to be made in the next installment for this particular purpose will bring about very gratifying results.



Photograph, Boston Photo News Co.

Gymnasium scene, University of Pennsylvania. In this institution, special efforts are put forth to furnish each student the particular course of physical training best suited to his individual needs.

Moral Life in Our Colleges

By Professor Frederic S. Goodrich, A. M.

AN EDUCATOR POSSESSING KNOWLEDGE AND EXPERIENCE
THAT MIGHT REASONABLY BE TERMED WORLD-WIDE,
GIVES US SOME INSIDE FACTS REGARDING COLLEGE LIFE

Here is the first article of a series that I believe will be of absorbing interest. The author holds an enviable position in the college world. He is a lecturer of considerable renown, and the reader can depend upon the accuracy of his statements—Bernarr Macfadden.

THERE is a growing conviction on the part of some that popular education is a failure. They declare that from the kindergarten to the Graduate Schools popular education is defective. Are they right? In a paper read some years ago before the Brooklyn Institute of Arts and Sciences, President Eliot, of Harvard University, said, "The failures of universal education are due to imperfect training in the public schools." Was he correct?

President Woodrow Wilson, of Princeton University, says that study in

Eastern institutions of learning "seems to be out of fashion, but the counter influences now afoot are likely to render it imperative, and counteract the fashion. Student activities have become so many, and so highly organized that the tendency of modern college life is to draw the energy away from study, and concentrate it upon other things innocent enough in themselves, but not of the essence of college discipline."

A series of articles will be published in **PHYSICAL CULTURE** in a conscientious endeavor to discover the truth. We



Photograph, Underwood & Underwood, N. Y.

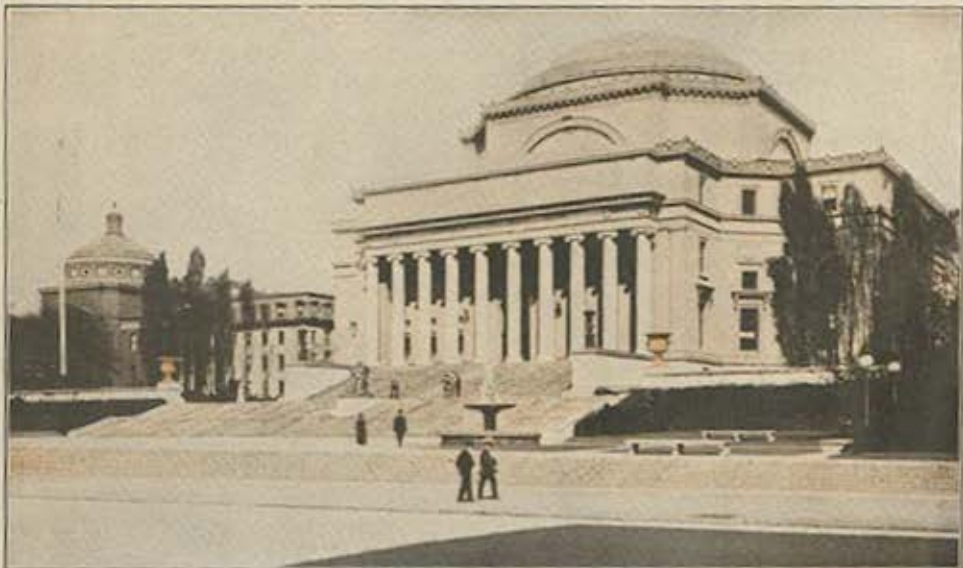
Leland Stanford University, Palo Alto, California.

have no special case to plead. We want the truth. So do many others. Parents send a boy to college and find that he comes back a roué. Parents send a modest, pure, sweet girl to college, and she comes back coarse and brazen. But this is not always the case by any means.

It has been said by a prominent educator that one in forty of those that go to college becomes prominently successful. What becomes of the thirty-nine?

Foreign countries are also meeting with difficulties in regard to moral life and scholarship in "institutions of learning."

Reports on the operation of the Rhodes scholarship plan state that Americans at Oxford excel in athletics, but are deficient in scholarship. A Rhodes scholar at Oxford writes: "I judge that your impression of the prevalence of drinking at Oxford is correct. Englishmen all drink, and drink a great



Library Building, Columbia University, New York City.

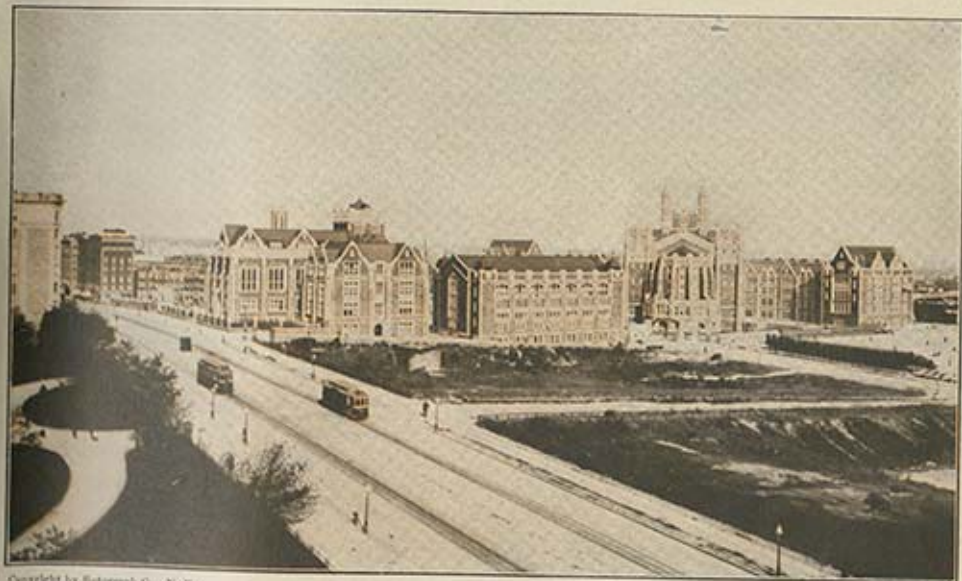
deal, nor is the national habit 'honored in the breach' at Oxford. However, most of the American students who go there are strong-minded fellows of temperate habits, and are little influenced by the environment. I think the test encountered in going there is morally a touchstone to true worth, and no fellow who is sane and sound succumbs to the loose atmosphere of the place."

It has been said of the students in German Universities that after graduation one third die of bad habits contracted while in college; one third die from the results of close study, and the

head so that the scalp fell open, necessitating the taking of sixty-seven stitches. He himself was wounded in the arm.

In Berlin I have noticed the advertisements of the *Kinderbrauerei* (Children's Brewery). The cards showed a picture of a rosy cheeked boy drinking a big glass of beer. There were beer glasses in his lap.

I told a friend of this. He said, "You need not go to Germany for your illustrations. In the theological seminary where I was a student, several students were expelled for drunkenness." Within forty-eight hours I was on the grounds of the



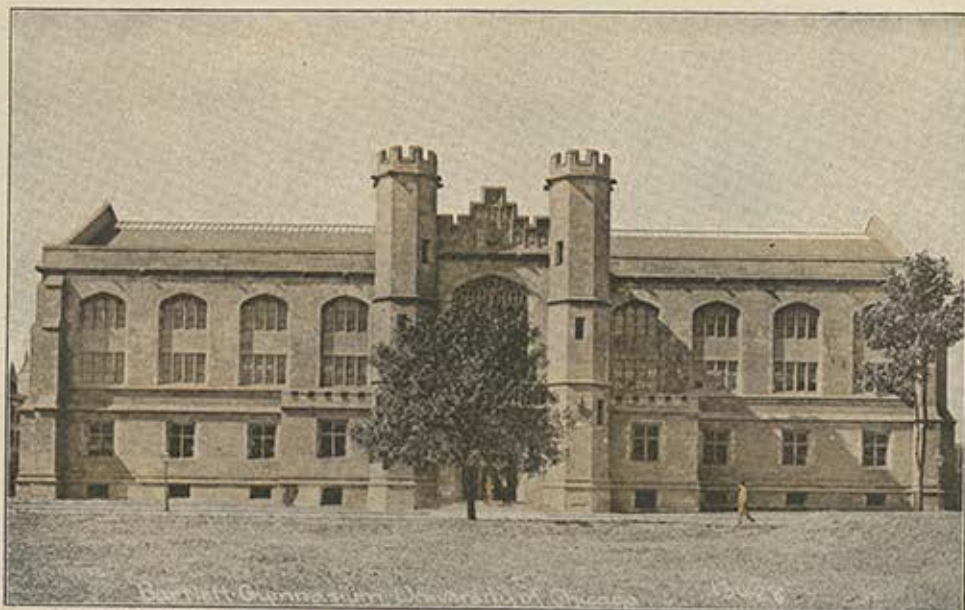
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General View, College of the City of New York.

other third rule Europe. In 1892 the German papers reported that the Kaiser made a speech at Carlsruhe, where he was presiding over the revels, in which he urged the students to join a beer-drinking club or a duelling club, as in that way they would get the best training for their future lives. In the University of Berlin a student of theology came into a class room to hear a lecture on theology. He had a cut on his arm. A friend of mine asked him how he received it. He described a scene in a *Bier-lokal* with *Damen-bedienung*, where he challenged a man to a duel. They fought until he succeeded in cutting his opponent across the

seminary named. It is one of the most prominent theological seminaries of America. At dinner I said to a member of the faculty, "Do you ever have any cases of discipline?" "Oh, yes, a few months ago we had to turn out half-a-dozen young men for intemperance and immorality."

Many leading universities are situated where saloons flourish and vice is rampant. I have visited a State University where the evidences of social vice were so flagrant as to be unmistakable, and so vile as to be indescribable in these pages. Some universities become largely rich men's clubs, and some fraternity houses



One of the best things in any institution of learning is a well-equipped gymnasium.

are meeting places of vice. But not all of them.

There are two sides to this question. We want to get both. These articles will call out information on both sides. We have already received letters upon the subject. One is as follows:

"TO THE EDITOR OF PHYSICAL CULTURE:

"I note that you propose to disclose the moral conditions in our colleges. I also note that you endorse football. If you were in Ithaca and could see the celebrations of victory, in which often the contestants participate, football would not seem to you, as it now seems, to lead to clean, strong, moral living. Lust has a free rein and the saloons are drunk dry. A true account would be unfit to print."

In a university town where saloons fatten on collegians, a student reports that during the recent celebration of a football victory the saloons were so crowded with students, that some waited two hours for a drink. One of the members of the Faculty had a cellar full of beer bottles. Another is intemperate. A student went to consult a professor there about his work. He found his table so covered with cigarette stubs that he was disgusted, and decided to enrol in

a different department. Good for the student. But how about the professor?

A conservative business man of that city was asked: "What do you think about intemperance among the students?" He replied, "The reports exaggerate the conditions." I asked, "How many students do you think drink intoxicating liquors?" He replied, "Not over half. Of those who drink at all, not over five per cent. drink to excess."

I visited a "frat. house" in a Church University. The tables were littered with cigarettes and pipes. To that university came a ruddy young man from the State of New York. He was a promising lad. He decided to "see life." He had been a church member but he cut himself adrift from the salutary influence of the church, and plunged into vice so deeply that a friend of mine wrote to his father about it. Soon his father came. My friend met him at the station. As he left the train, the father said, "O my God, I wish I was dead. If my boy could suffer as much for an hour as his mother and I have suffered for twenty-four, he'd be a better boy."

A questionnaire has been sent to a number of institutions, reading like this:

"Will you kindly tell me whether, in

your opinion, athletics at your institution are demoralizing to character? What can you say of morality in general in your student body, aside from the question of athletics? What can you say of the scholarship and the habits of study of the student body?

"If you request it, I shall make no use, either of your name or the name of your institution?"

Some of the replies throw light on the question. The originals are on file.

From Columbia University comes this reply:

"I believe athletics, properly supervised, and very generally indulged in, to be *highly* beneficial to morals."

J. MYERS."

From Harvard University, one writes:

"Athletics here concern only the college for all practical purposes. I believe it is the consensus of opinion,—as it is my opinion,—that athletics here in the college are on the whole conducive to self-control and development of good moral character. I can give you no general impression of the morality of the student body aside from the question of athletics. There are a great many types of men and a great many groups of men in the University. Among some of these the

standard of morality is high, among others it is low. I think the Harvard student body is neither discouragingly immoral nor remarkably upright. The same remarks would apply to the scholarship of the University and in just the same way so far as the college is concerned. Within the professional schools which contain about half of the University's enrollment, the standard of scholarship is unusually high, and the men have highly developed habits of study."

From New York University, John Mace writes:

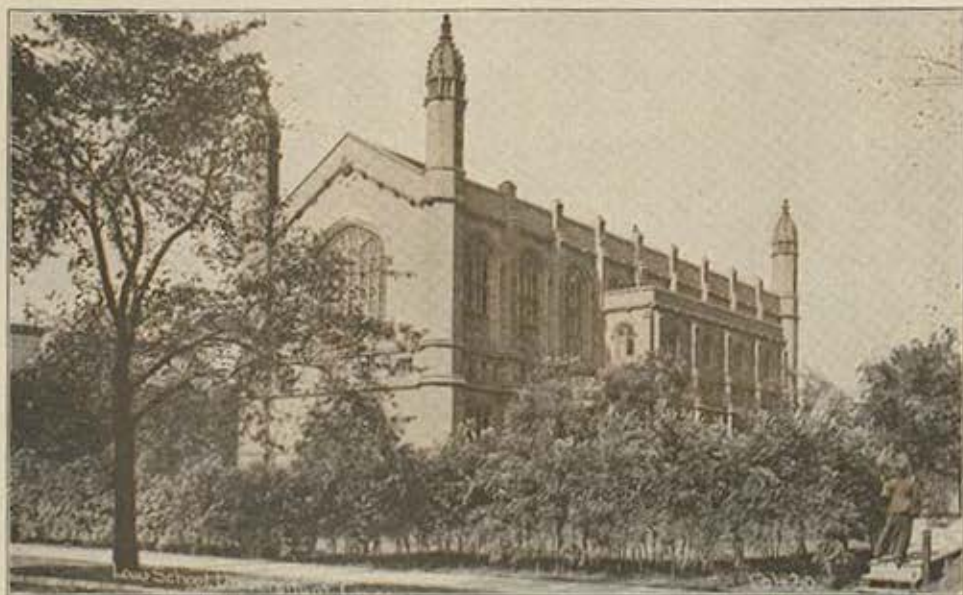
"I take pleasure in writing you on these questions of vital interest to the collegiate well-wishers of to-day:

"1. Athletics as conducted at N. Y. U., with a salaried athletic director, a competent coaching system, a faculty-alumni advisory committee, with the spirit of 'clean sport or no sport,' with the rules as to amateurism rigidly enforced, with a high standard of scholarship absolutely required for participation in contests of intercollegiate character—athletics are not demoralizing to character, but conducive to the development of the very finest type.

"2. The moral life of American colleges should not be judged by New York



A unique building, in which university students eat, smoke, and attend religious services.



The study of law is so fearfully taxing that many law students resort to stimulants. This Law Building is provided with smoking room.

University. We are centered here in a very hot-bed of sin, with avenues of vice open on every hand, with women of shame openly asking for business, with the saion organized as probably no-

where else in America. So we who love righteousness have to battle earnestly all the time. The moral condition of the college is, however, in general, good. We have Bible classes in the various frater-



The study of anatomy, although grossly perverted by immoral medical students and mercenary surgeons, is a very important branch of science.

nity houses and a lot of men engaged in Christian work and social service."

Thos. S. Evans, secretary of the Christian Association of the University of Pennsylvania, writes:

"Three members of this year's football team are active in our Association work and we have representatives on all the teams. We also had a Bible class in the Training House. In general I would say that the morality of the student body is at least up to the average of a community outside the University. The scholarship of the University is pretty

there is more or less betting on athletics, which, of course, is not a good thing; but if the athletics were not there to bet upon, the men would bet on somebody else's athletics, or on something else. On the other hand, the place of athletics in helping to overcome some of the serious temptations that come to young men in sedentary occupations is very important. Moreover, if athletics are conducted in the proper spirit they are a distinct aid in the development of such qualities as loyalty, chivalry, and a high grade of manliness. I am glad to be able to say



Photograph, Underwood & Underwood, N. Y.

Scene on the campus of Princeton University.

well known. Of course, there is considerable variety in a student body of over five thousand."

From Northwestern University, one writes:

"I am very glad to be able to say, quite heartily and sincerely, that I do not think that athletics in Northwestern University are demoralizing to character. On the contrary, I think that they are a distinct aid in the development of character. There is no question but that in every college or university

that I believe that the athletics at Northwestern University are upon this plane. I can give concrete testimony to this fact—that I have been in the gymnasium and in the field-house, and have been struck with the fact that there was far less profanity to be heard among the men who constitute our athletic teams, than I have heard in the average Y. M. C. A. gymnasium. The men who make up our teams are upon the whole a clean, manly, honorable set of fellows. They are all of them *bona fide* students, and

they play the game fairly and do not indulge in dirty play. I do not happen to be a Northwestern man myself, and therefore can speak all the more freely.

"With reference to your second question concerning the general standard of morality in our student body. On the whole Northwestern University is fortunate in this respect. I do not mean to say that there is no immorality here; there is, and too much of it; for any of it is too much. But I can say that on the whole I have rarely found a body of men in college who are freer from the grosser immoralities, than are the men here. The chief evils that do exist are, first, self-abuse; second, illicit relations with women. As to the former, of course, it is difficult to state just how prevalent it is, but it is my impression that the percentage will run just about the same in almost any college, as this is an evil over which local conditions have not so much control. As to the second, I know that it is less prevalent than in most colleges with which I have had the opportunity to be at all intimately acquainted. It is to be remembered now that I am speaking of the Evanston departments of Northwestern University, not of our professional schools, which are in the city, and concerning which I

have not much intimate knowledge.

"Another immorality which I regret to say is quite prevalent is the practice of 'cribbing' in examinations. I think that the institution is possibly to blame in that there is no definite honor system in vogue, and yet there is what might be called a sort of an attempt to one on the part of some of the members of the Faculty.

"With reference to the matter of scholarship, I think that the standard is pretty high. I have seen some comparisons recently that lead me to think that Northwestern will compare very favorably with other institutions in this respect."

What is the purpose of a college course? Booze, betting, immorality? Physical development, honesty, purity, intellectuality?

Millions of dollars have been put into college buildings, and endowments. Millions are spent for running expenses. Young people are relieved for a time from the labors of life in order to prepare for the future usefulness. What is there to show for it? Much every way.

Why is the subject so important? Because it is true, as Gladstone said, that "as go the universities and colleges, so go the nations."



Photograph, Underwood & Underwood, N. Y.

University Hall, University of Michigan.

Beauty Culture for the Hair

HOW THE HAIR MAY BE STRENGTHENED
AND HOW IT MAY BE BEAUTIFIED

By Madame Teru

The author of the following contribution—who is a beauty specialist catering to a large practice in America's greatest city—freely and unreservedly describes to the reader the methods of treating the hair followed by the members of her profession. The photographs we are reproducing were made expressly for this article, and the chief steps in a full treatment of the hair, as given by expert hair-dressers, are illustrated in their proper order in the following pages.—Bernarr Macfadden.

THE purpose of this article is to give to the reader reliable information on a subject that is of vast importance to both men and women, and owing to the extreme, and I may say unhealthy, manner of dressing the hair which has prevailed of late, it is not untimely.

Now that there is a rumor of simpler coiffures, a serious problem confronts our women. The wearing of pads or "rats," as they are commonly called, together with pounds of false hair and various pins and combs, have played havoc with woman's crowning glory. From all sides women are bemoaning the loss of their locks. Heads which but a short time ago boasted the possession of thick, lustrous growths of hair, are today barely covered with a ragged straggly fringe. Madam looks into the mirror, turns away with a sigh and—piles

on more false hair, which only tends to aggravate the trouble.

I know that it is almost impossible to follow the present mode of hairdressing without some artificial help, and my practice in a large city has taught me how useless it would be to tell women not to use the unhealthy articles I have mentioned.

A few words of explanation, however,

may be of use to women by showing them just how the constant use of false hair and pads injures the scalp. Like the rest of the body the scalp requires air; a condition which the wearing of heavy, unsanitary pads prevents. The steady weight and pressure causes the scalp to become unnaturally overheated; keeping the roots of the hair in a continual sweat-bath, causing them to veritably "rot," just as would a plant if continually soaked.



In this photograph is shown the exaggerated mode of dressing the hair just now in vogue. To attain this effect all sorts of puffs, rolls and other appliances are resorted to. Some of these substitutes for a healthy growth of hair weigh from one to two pounds, and their bulk often exceeds that of the natural hair of the wearer. Needless to say, they bring ruin to the hair of many women.

PHYSICAL CULTURE

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

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THE EDITOR'S VIEWPOINT

IN an article appearing in this issue, from the pen of John M. Maxwell, the reader will find some very startling information. The great wall of prudery that has so long screened the sins of society, though it seemed possessed of adamant qualities, may yet crumble and fade away. The real men and women of the future may be able not only to develop all the superior powers that should be their common possession,

A TERRIBLE BLOW AT PRUDERY but they may be able to protect themselves from criminal results of prudery like the disease that Mayor Niven decided should be classed and treated as a menace to the public health.

Diseases of this sort are many times more contagious than small pox, or any of the so-called dangerous diseases. They are perhaps a hundred times more prevalent, but has there been any effort on the part of society to protect the general public from the virulent poison with which the complaint is associated? Silently and secretly this monstrous plague has worked its murderous ends, fully and completely protected by the perversion and degeneracy that has come down to us because of prudery. Truly, as Mr. Maxwell says, it is time for us to look for reform. It is time for us to insist in no uncertain tones that the victims of these complaints be isolated, or at least be compelled to maintain a personal quarantine, to such an extent as to avoid contaminating innocent people.

Many of our readers were no doubt interested in the experience of "Typhoid Mary." Here is a girl conceded to be always in possession of vigorous health, but who, according to medical authorities, for some unknown reason, seemed to develop within her own body the germ of typhoid fever. Consequently—so the authorities (?) maintained—she became a source of contamination or contagion, and as a result an order was issued that she be isolated. But have you ever heard anything about isolating victims of diseases—many times more foul and destructive to human life—that can be found in every community by the hundreds? Even when these diseases are in their most active form there seems to be absolutely no effort to protect innocent people from contamination, and these foul human birds of prey pass on the poison of the vilest of all human diseases unmolested, while "Typhoid Mary," a mere suspect, is isolated.

Mr. Maxwell has promised to write us a series of articles with a view of giving us more details on this very important subject, in which he is intensely interested. The Health Circular of the Indiana State Board of Health, referred to editorially in a recent issue, was written by Mr. Maxwell. He therefore deals not in theory alone; he knows whereof he speaks; he has the facts at hand.

The diseases that are being aimed at by Mayor Niven have caused more weakness, more degeneracy, more suffering and more deaths than consumption, cancer, and a half dozen more of the so-called serious maladies. Prudery has, however, hidden these terrible complaints. The victims silently bear their burdens and in many cases become the victims of quacks who literally sap their life blood—not only physically, but financially as well. The average medical regime for treating these complaints might reasonably be termed monstrous in character. In thousands of cases medical methods bring about complications and actually create diseases that are in many instances far more serious in character and far more difficult to cure than the complaint that they were originally treating. In other words, the very drugs that are used to divert or eliminate the symptoms of these foul diseases produce chronic ailments so serious in nature as to sometimes be absolutely incurable. Diseases like sclerosis of the spine, locomotor ataxia, paralysis and paresis, are in nearly all cases caused by the drug treatment used in an endeavor to remedy these terrible complaints. If there were no other known methods of remedying these ailments, then there might be some excuse for making use of the destructive drugs referred to, but when natural drugless methods provide remedies that easily and quickly cure these complaints, the criminal carelessness and ignorance manifested by those who pretend a knowledge of the proper treatment and care of such cases can hardly be arranged to drastically.

There is absolutely no need of the use of drugs of any kind in the treatment of these complaints. There is no need of the complications that are caused by the use of drugs, and medical men who continue to treat these complaints by drugging and doping, when they can easily learn of safer and surer and more valuable methods, should be compelled to change their practices by law.

One might say, however, that all the suffering and sorrow, ruin and death that comes in the train of these terrible ailments have been caused by prudery, for if a plain discussion on these important subjects were to occur, not only would one avoid contagion, but there would be laws which would isolate the object of contagion if it were necessary for public protection. I think my readers will join me in congratulating Mayor Niven. He is a brave man. He deserves commendation of every man and woman seeking the higher civilization that must come with a better and stronger and truer manhood and womanhood.

STYLE and prudery have much for which to answer. They have been the cause of a vast deal of misery and physical decrepitude and decay. The conventional garb of the women of civilized lands is not supposed to indicate in the slightest manner that woman is possessed of a pair of legs. She is supposed to make every effort to hide this physical formation. It does not matter how much her physical comfort may be interfered with—if it be difficult or almost impossible to walk or run—she must suffer because of the lack of this exercise, for is it not the style? Has not conventionality dictated by prudery demanded that woman must hide her legs? If everybody knew that a woman had two legs some terrible misfortune might result, and consequently womanhood and motherhood has degenerated until the sublime joys that should come with perfect home life are rarely secured with any degree of permanence by modern women.

The Eskimo women, as you will note from some illustrations appearing in this issue, are not ashamed of the fact that they are possessed of two legs. They actually stand up and have their pictures taken in a bifurcated costume without the faintest sign of a blush.

Why in heaven's name is it necessary for women to impede their every movement, to restrict their physical growth, and to materially lessen their capacity for mother-

hood, simply because a combination of human geese, who have lived in the past, maintain that the "style" demands the wearing of skirts. Why cannot the women of this land rise up *en masse* and demand a sensible costume—demand a dress that will enable them to enjoy full and complete womanhood in every sense of the word? The physical and moral standard of the race, I am fully convinced, would then be raised from twenty-five to fifty per cent. as a result. If the costume which now impedes the development of strength and health so necessary to woman was materially changed with a view of remedying its evil influences, there would no longer be occasion for the term "weaker sex."

If a man should be compelled to wear the costume worn by the ordinary girl, and his movements and desire for physical activity were handicapped by this costume as is usual with the female sex, his physical strength would be on a par with the average woman. In other words there is no excuse for the weakness of women outside of their environment—which is influenced largely by the costume they wear. When you interfere with the desire for physical activity, you lessen physical growth and the possibilities for physical strength. When you take away strength from the human body you are taking away the possibilities for its complete development, and a woman is not a woman in every sense of the word unless she is completely developed. These poor miserable complaining creatures who have for years distorted their bodies and stifled every desire for physical activity are not women. They are simply perverted and diverted specimens of their sex. They have none of the true, strong instincts that come to the superbly developed woman. You might just as well say that the foot of the Chinese woman that has been squeezed and distorted for years is a superb representation of the human foot, as to say the average woman, grown up under conventional environment, is a superb specimen of her sex. If I were an American woman I would envy the savages that have grown up free and wild without the dictates of namby-pamby goody-goodies and purient prudes to influence their mental, moral and physical development.

Remember, I am not ranting against the accrued results of civilization in their entirety. Civilization has accomplished many very good things, but it has also brought about many conditions that might rightly be termed "rotten" to the core, and when style must dictate at the expense of health and strength of the individual—when style steps in and destroys the womanhood that is so essential to human happiness and to the sacredness of home life—when style brings about degeneracy, ruin, desolation, and when it even ultimately endangers national progress and even national existence, then style, encouraged by prudery and brainless fops, has gone beyond its limitations and decent people with vigor of mind and strength of character should rise up and assert themselves and cease to be the slaves of such degeneracy.

The Eskimo women in their cold barren country, to a large extent have not the warmth and beauties found in our clime, but are nevertheless to be congratulated. At least they can walk. They do not need to have every step impeded by swinging, clinging garments, and from that standpoint at least they are much superior to our own race.

I cannot say that I especially admire the style of the costume worn by our friends of the frozen North; it could no doubt be improved upon very greatly. I would hardly suggest a costume of this kind for our own women. I am simply calling attention to the results that have accrued and are still accruing because of the trailing skirt and various other articles of female wearing apparel that materially interfere with the development of complete womanhood, and I sincerely hope the day will come when there will be the strength of mind and the purity of purpose necessary to eliminate absolutely and forever this blood-stained and crime soaked raiment that has been considered so essential for the past few centuries. You may call these strong words, but if we were to figure the actual cost in human life and human blood that has resulted from this impediment to the growth of womankind, it would represent a slaughter that would be a hundred times greater than has ever come to humanity from war or strife, famine or flood, since history began.

THE various problems that are presented to one during life—so far as the disposal of one's time and opportunities are concerned—are weighed as to their reward-producing possibilities; in other words, the question that offers itself to many is, what will be the reward of a certain prescribed course of activity? In selecting a career the rewards offered are always carefully scanned. You might make the same statement of the various things in life that influence our actions. We naturally ask the question, does it pay? Do the results warrant the effort? Now, these remarks very appropriately

**THE GREATEST
REWARD FOR
THE LEAST
EFFORT**

apply to the subject upon which I wish to digress.

Whenever you call the attention of your friends to the rewards that come to you because of the time and attention that you give to health building, you will often be told that you pay too much attention to such matters; that if you gave little or no attention to your health; that if you worried less about the food you ate, and the necessity of exercising, you would accomplish a great deal more in life; that you are actually wasting your time troubling yourself with these matters, which they consider of minor importance. I am of the opinion that it would be a splendid plan to call the attention of all those who criticize you in this manner to the inclination of the average individual to secure the greatest reward for the least effort.

To be sure we cannot all guide our lives along the same groove. There is a vast variation in human characters, but one and all are seeking the greatest rewards for the least and best-directed efforts, and you can base your arguments in favor of physical culture propaganda on that particular foundation. In other words you exercise, you study the needs of your stomach, you give attention regularly to body building because it pays. It pays splendid dividends—physically, morally and mentally. You are a better man, you are a stronger woman, your instincts are more delicately acute, your mind and body is not doped with a vast accumulation of poisons, which in many instances really make one irresponsible. I have known men who would boast of their temperate habits, whose entire lives were befuddled intellectually benumbed morally, and weakened physically simply because of their gross eating habits. They were perpetually drunk, although they never tasted a drop of alcohol. As Edison, "the wizard" says, they were "food drunk." Now, what would it have been worth to such men if their minds could have been cleared and their bodies strengthened through the practice of health-getting as taught by even a smattering of the theories that we so emphatically advocate? They would have been able to have added years to their lives and life to their years; they would have been literally transformed; their individuality and their character would have been changed; they would have had an opportunity to have developed the powers and talents with which they were probably originally endowed.

The average physical culturist stands on his own foundation. He is usually a strong-minded, well set up specimen of manhood. As a rule he does not need much encouragement; he is able to fight his own battles, and the more ridicule and contempt he meets, the more determined he becomes as far as his own theories of life are concerned. Therefore it is perhaps needless for me to say, do not mind the criticisms of the unfriendly and the unthinking masses—narrow, prejudiced characters whose minds are closed against anything new or unusual, could hardly be influenced even by a mental cyclone. Their minds have been made up to conform to a certain set rule, and they have been steeped in alcoholic or dietetic gluttony in many instances so

During the month of February, the editor will deliver two important lectures at the Bernarr Macfadden Healthatorium, 42nd Street and Grand Boulevard, Chicago, Ill. The first of these lectures will be given on February 16th, at 3 P.M., and will discuss "A Delicate Subject for Women." Women only will be admitted to this lecture. On February 18th, at 8 P.M., a lecture on "Manhood," will be given to an audience of men exclusively. Reserved seats are now on sale for both lectures, and all readers who are able to do so are cordially invited to attend them.

long that they are beyond hope. Do not waste time by trying to convert men or women of this type. Search for fertile soil and remember it is wise in many instances to wait until the soil is capable of bearing fruit. For instance, if you should sow wheat in the middle of winter, your efforts would no doubt be useless, and it is the same way with the theories that we earnestly advocate. Refrain from spreading the good news until the truth can at least be partially recognized. When your theories are met with jeers of unbelief, when you are ridiculed for the effort you may make to secure superb manhood, you will be casting pearls before swine if you attempt to spread the good word. Wait until you find those who are seeking light, for it is only when one seeks light that he can recognize it. In many instances, when one is actually looking for a definite object he appreciates it far more when it is discovered after a search, than if it were to be placed in his hands at a time when he has no need for it. The same rule applies to physical culture's truths. When they are seriously needed, when one's life can be made brighter and happier and more contented in every way by the changes that can be brought about through following our suggestions, and there is a recognition of the possibilities of such a need, then the fertile field is ready for sowing, and one can depend upon reaping a rich harvest in the form of appreciation of any efforts you may make with a view of creating interest in physical improvement.

You will find so-called learned men who will poke fun at vegetarians, who will call us dietetic faddists, who look upon us as fools for eating raw food, but such men are simply the product of ignorance and prejudice. They are unwilling to investigate, and their learning is in all cases simply a veneer that hides a character that is influenced more by ignorance and superstition than by real knowledge.

If you continue following the policy of securing the greatest rewards for the least efforts, then physical culture will be a large influence in your life. You will be compelled under such circumstances to give some attention to the food you eat; you will keep your body clean and strong and pure with regular active use. You may not go to what many term extremes; you may not find it necessary to take ice baths in winter, or try to endure the frigidness of winter with summer apparel, but you will guide your life in accordance with the dictates of the intelligent knowledge of physical culture that has come to you from a reasoning process that seeks to secure the greatest reward for the least efforts.

The physical culture propaganda is growing because it is giving rewards that are satisfying in character. It will continue to grow for the same reason, and the time is not far distant when the man who fails to recognize the value of a clean, strong body will be considered as great a fool as he who dopes mind and body and soul with the poison of alcoholic liquors and fumes of foul-smelling tobacco.

IN this issue I am presenting the first installment of a new series of charts for remedying physical defects and improving undeveloped parts of the body, and I am satisfied the reader will find it of special interest and value. This series will provide detailed instructions as to the exercises essential for developing certain parts of the body. You can therefore pick out your defects and proceed to remedy them. The articles will be published in approximately the following order:—

- (1) Straightening Round Shoulders (In this issue.)
- (2) Exercises for Chest Development.

Address all mail intended for the Editorial Department to BERNARR MACFADDEN, the Bernarr Macfadden Healthatorium, 42nd Street and Grand Boulevard, Chicago, Ill.

All orders for subscriptions and premiums, and all correspondence of any ordinary business nature, should be addressed to PHYSICAL CULTURE PUBLISHING COMPANY, Flatiron Building, New York City.

- (3) Building a Powerful Stomach.
- (4) Developing the Upper Arms.
- (5) Strengthening a Weak Back.
- (6) Rounding and Developing the Hips.
- (7) Exercises for Developing the Shoulders.
- (8) Strengthening the Muscles of the Upper Legs.
- (9) How to Develop the Calves.
- (10) How to Acquire a Powerful Grip.
- (11) Developing the Muscles of the Neck.

THE subscription price of PHYSICAL CULTURE is now \$1.50 yearly. I believe we are making the publication fully worth this price. It will be worth many times this price to those who really need the information we are giving month by month.

There are many enthusiastic physical culturists, however, who are desirous of assisting us to extend our influence, and for the benefit of such friends I am presenting a wonderfully liberal special offer.

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For a limited time we have arranged to present a subscription to PHYSICAL CULTURE without charge to every one who secures for us two subscribers at \$1.50 each. You should have no difficulty in persuading two of your friends that a subscription to PHYSICAL CULTURE will repay them for its cost a hundredfold. Send us \$3.00, and the names of two subscribers, and without further cost to you we will enter on our subscription list for the coming year your own name or any other name you desire.

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building. Plans have been perfected to publish in our pages contributions from the leading authorities on hygiene, exercise and diet.

In the current issue of PHYSICAL CULTURE appears the first installment of a series of wonderfully instructive exercises, in which will be given the fullest possible description of methods for remedying of physical defects of many descriptions.

If you desire you may insert in the coupon herewith the names of those whom you wish entered on our subscription list in accordance with this offer. However, it is not necessary to use coupon, should you find it necessary to write us at greater length regarding your orders. If you wish to take advantage of this offer, it is advisable that you act at once, as we may be unable to hold it open long.

During the coming year PHYSICAL CULTURE will offer its readers a greater quantity, and a better quality, of useful and instructive reading than it has ever furnished in the past—and that is saying much. Each issue will contain more than a hundred pages of interesting discussions of every possible aspect of health

Bernarr Macfadden

Straightening Round Shoulders

SIMPLE EXERCISES WHICH ARE CERTAIN TO MATERIALLY ASSIST IN REMEDYING THIS UNSIGHTLY DEFECT

By Bernarr Macfadden

IN previous issues I have presented exercises that are to a certain extent valuable in treating the physical defect discussed in this article, but in the supplement which accompanies this issue various exercises are presented that have for their particular purpose the remedying of this deformity.

Round shoulders are a very common physical shortcoming. The inclination of the average man and woman of to-day is to gradually become round shouldered. As one advances in years there is always a slight tendency to develop slowly but surely the stoop that comes with old age. In fact this failure to hold one's self erect is one of the signs of age, and one might also say it is one of the causes of old age. As I have frequently stated, a straight spine is absolutely essential to the proper performance of the vital functions of the body. The muscles and ligaments should hold the spine firm and erect. When the spine is held erect the organs are maintained in their proper position, and when in proper position they are naturally better able to carry on their functions.

There are two frequently observed phases of round shoulders. One is the actual rounding of the shoulders themselves, and the other is the appearance of a sort of a hump in the back just below the neck. The last mentioned deformity is caused largely by the malformation of the upper part of the cervical portion of the vertebra, or that part which forms the neck and is directly attached to the skull. This condition brings the neck far forward, and though the development of the shoulders and back may be unusually good, this defect will appear unsightly.

Now, where the defect is caused by the malformation of the shoulders themselves, those exercises which are inclined to bring into active use the muscles of the

back between the shoulders, will in nearly all cases pull the shoulders back into proper position, provided that they are as vigorous as they should be. This vigor can be developed by following the exercises outlined in this lesson.

I am also illustrating some special exercises for forcing the neck backwards when round shoulders have been caused by the malformation of the upper part of the vertebra. Naturally these exercises are important even where the defect is not of this particular nature, but round shoulders which are caused largely by the malformation of the upper part of the spine and neck, naturally make it advisable to give a great deal of attention to exercises for the neck.

The proper position to assume when one is walking or sitting is with the shoulders far back and down. I admit in many instances it is difficult to maintain this position—in fact, ordinary occupations, and the chairs we sit in and the beds we sleep in, are all somewhat inclined to induce round shoulders. It is our duty, however, to resist these influences by every possible means, and the exercises presented in this issue will materially assist in accomplishing this, as they will greatly strengthen the muscles which hold the shoulders back in the position which should normally be maintained.

EXERCISE A is clearly shown by illustrations 1 and 2. You will notice the hands are firmly held one within the other. In illustration 1 the elbow of the right arm is held to the height of the shoulder and pulled back far as possible, the left arm resisting the movement. The same exercise is then to be taken with the left arm, raising the elbow to the height of the shoulder, then pulling back far as possible, the right arm resisting the movement. This exercise very vigorously uses the muscles of the

back between the shoulders, and should be continued, bringing the right arm back far as possible, then the left arm back, in each case resisting motion with the other arm, until there is a decided feeling of fatigue in the muscles that are being used.

EXERCISE B is shown in illustrations 3 and 5. To a certain extent these exercises use similar muscles to those brought into active use by the previous exercise. In 3 you will note that the right hand is pressed firmly over the back of the left hand against the lower abdomen. Beginning with the position shown in illustration 5, with shoulders far forward, shoulders should be brought back as far as possible, at the same time bringing the arms back and pressing vigorously against the abdominal region. This position should be maintained for a brief moment while you try to bring the shoulders still farther back. This is a very appropriate movement for deep breathing exercises. Draw in a deep, full inhalation as shoulders go backward, expanding fully in abdominal region, while pressing vigorously against this expansion with the strength of the arms as illustrated.

EXERCISE C is shown in illustration 4. This exercise is intended to materially assist in improving the neck when the round shoulders are caused largely by the forward position of the neck. Turn the head far to the right as shown in illustration and then with the head held as far back as possible while in this position, bring the chin down with a jerk, keeping the head as far back as you can during the entire movement. If you will take this exercise properly you will note the forcing-back process of the movement along the upper part of the spinal column. After you feel slightly tired, turn the head to the left and repeat the exercise.

EXERCISE D is shown in illustrations 6 and 8. It is meant to vigorously use the muscles of the back between the shoulders in a manner slightly different from that which has been previously presented. Hold the tightly clenched hands close together on a level with your shoulders, far forward, as shown in illustration 6. Now bring the hands back-

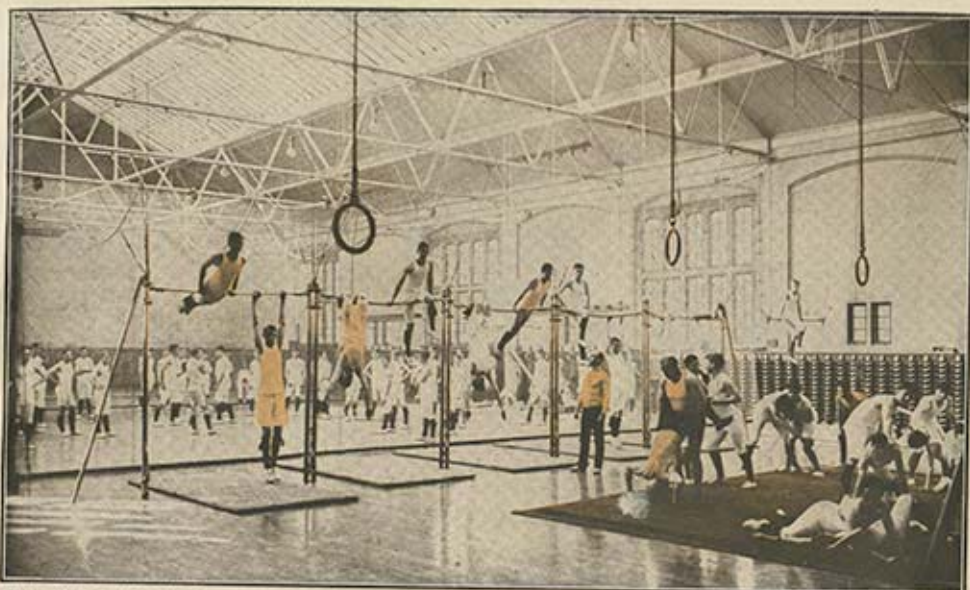
ward, elbows straight, with a quick strong swing, assuming position as shown in illustration 8. Bring the hands to former position and repeat until there is a decided feeling of fatigue resulting from the exercise.

Deep breathing can also be taken with this exercise to considerable advantage. In fact, it is a good plan in some instances to vary the exercises, bringing the arms back slowly and drawing in a deep breath as the arms go backward and exhaling as they go forward, or the deep inhalation can be taken and three or four movements made while the breath is retained.

EXERCISE E is shown in illustration 7. This is another movement especially designed to assist in forcing the spine back in proper position, where the defect has been largely caused by the improper position of the neck. Bring the head and shoulders far back as in illustration, then bring the chin down with a quick snap. You will clearly observe that this exercise will force the upper part of the spine backward to a considerable extent. Repeat the exercise until there is a decided feeling of fatigue. In fact, if the defect is especially noticeable it would be a good plan to take exercises C and E at frequent intervals, during the day after one becomes accustomed to the movements. A change in the position of the spinal column of a surprising nature will be made if these suggestions are followed.

No matter how perfectly one may be formed, nor how much suppleness or grace one may possess, unless the body is carried in proper position, with shoulders well back and the line from the beginning of the neck to the waist almost straight, concaved in a very slight curve, one will not bear evidence of possessing a superior physique.

The next supplement and description that will be presented will give full details for the development of the chest. A strong, well rounded chest is absolutely essential, not only for proper appearance, but for proper vital activity. I assure the reader the suggestions to be made in the next installment for this particular purpose will bring about very gratifying results.



Photograph, Boston Photo News Co.

Gymnasium scene, University of Pennsylvania. In this institution, special efforts are put forth to furnish each student the particular course of physical training best suited to his individual needs.

Moral Life in Our Colleges

By Professor Frederic S. Goodrich, A. M.

AN EDUCATOR POSSESSING KNOWLEDGE AND EXPERIENCE
THAT MIGHT REASONABLY BE TERMED WORLD-WIDE,
GIVES US SOME INSIDE FACTS REGARDING COLLEGE LIFE

Here is the first article of a series that I believe will be of absorbing interest. The author holds an enviable position in the college world. He is a lecturer of considerable renown, and the reader can depend upon the accuracy of his statements—Bernarr Macfadden.

THERE is a growing conviction on the part of some that popular education is a failure. They declare that from the kindergarten to the Graduate Schools popular education is defective. Are they right? In a paper read some years ago before the Brooklyn Institute of Arts and Sciences, President Eliot, of Harvard University, said, "The failures of universal education are due to imperfect training in the public schools." Was he correct?

President Woodrow Wilson, of Princeton University, says that study in

Eastern institutions of learning "seems to be out of fashion, but the counter influences now afoot are likely to render it imperative, and counteract the fashion. Student activities have become so many, and so highly organized that the tendency of modern college life is to draw the energy away from study, and concentrate it upon other things innocent enough in themselves, but not of the essence of college discipline."

A series of articles will be published in **PHYSICAL CULTURE** in a conscientious endeavor to discover the truth. We



Photograph, Underwood & Underwood, N. Y.

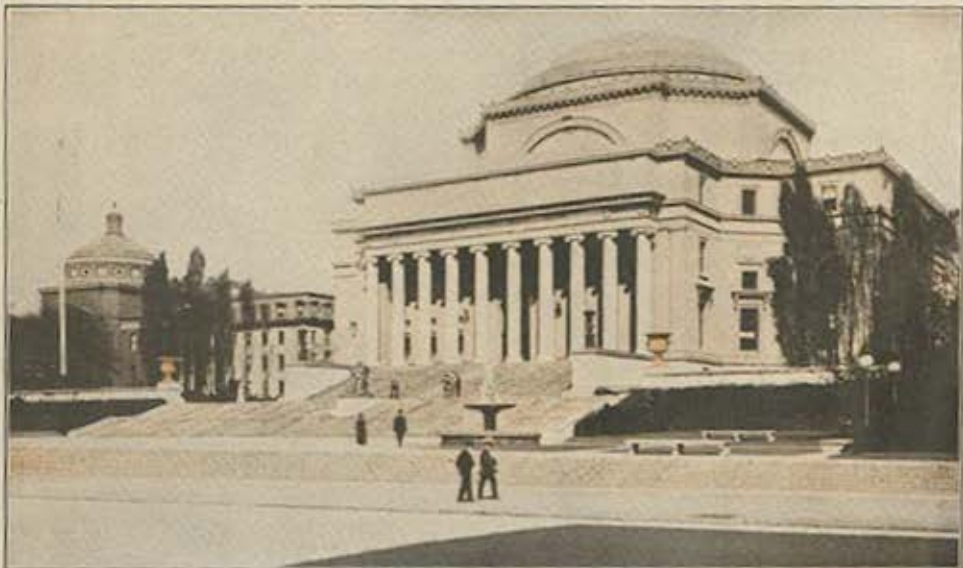
Leland Stanford University, Palo Alto, California.

have no special case to plead. We want the truth. So do many others. Parents send a boy to college and find that he comes back a roué. Parents send a modest, pure, sweet girl to college, and she comes back coarse and brazen. But this is not always the case by any means.

It has been said by a prominent educator that one in forty of those that go to college becomes prominently successful. What becomes of the thirty-nine?

Foreign countries are also meeting with difficulties in regard to moral life and scholarship in "institutions of learning."

Reports on the operation of the Rhodes scholarship plan state that Americans at Oxford excel in athletics, but are deficient in scholarship. A Rhodes scholar at Oxford writes: "I judge that your impression of the prevalence of drinking at Oxford is correct. Englishmen all drink, and drink a great



Library Building, Columbia University, New York City.

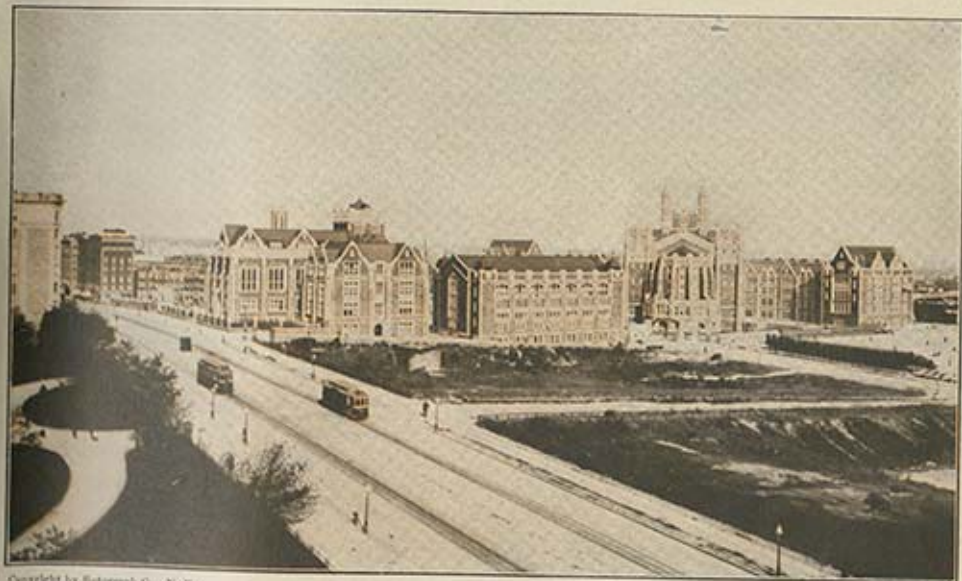
deal, nor is the national habit 'honored in the breach' at Oxford. However, most of the American students who go there are strong-minded fellows of temperate habits, and are little influenced by the environment. I think the test encountered in going there is morally a touchstone to true worth, and no fellow who is sane and sound succumbs to the loose atmosphere of the place."

It has been said of the students in German Universities that after graduation one third die of bad habits contracted while in college; one third die from the results of close study, and the

head so that the scalp fell open, necessitating the taking of sixty-seven stitches. He himself was wounded in the arm.

In Berlin I have noticed the advertisements of the *Kinderbrauerei* (Children's Brewery). The cards showed a picture of a rosy cheeked boy drinking a big glass of beer. There were beer glasses in his lap.

I told a friend of this. He said, "You need not go to Germany for your illustrations. In the theological seminary where I was a student, several students were expelled for drunkenness." Within forty-eight hours I was on the grounds of the



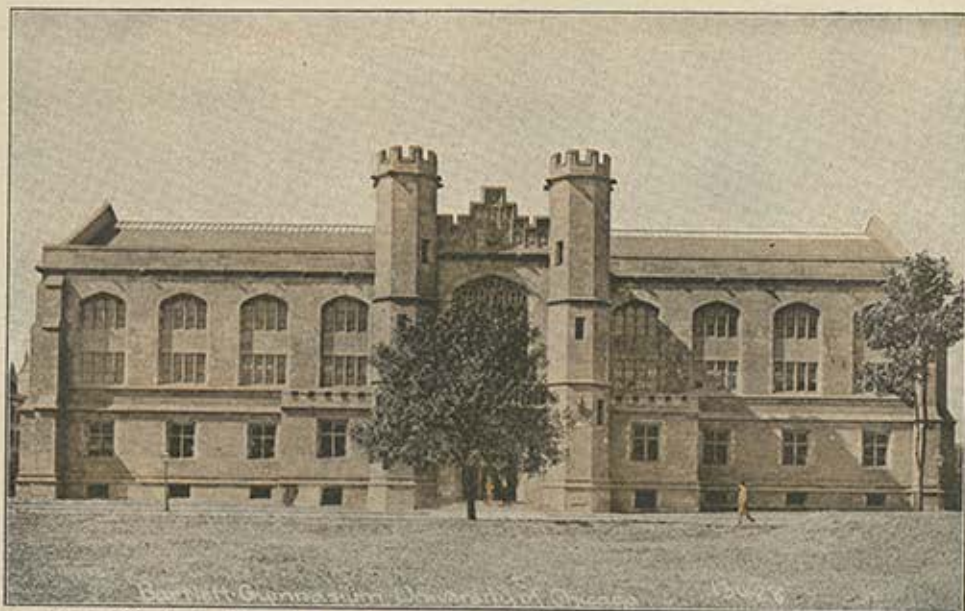
Copyright by Photograph Co., N. Y.

General View, College of the City of New York.

other third rule Europe. In 1892 the German papers reported that the Kaiser made a speech at Carlsruhe, where he was presiding over the revels, in which he urged the students to join a beer-drinking club or a duelling club, as in that way they would get the best training for their future lives. In the University of Berlin a student of theology came into a class room to hear a lecture on theology. He had a cut on his arm. A friend of mine asked him how he received it. He described a scene in a *Bier-lokal* with *Damen-bedienung*, where he challenged a man to a duel. They fought until he succeeded in cutting his opponent across the

seminary named. It is one of the most prominent theological seminaries of America. At dinner I said to a member of the faculty, "Do you ever have any cases of discipline?" "Oh, yes, a few months ago we had to turn out half-a-dozen young men for intemperance and immorality."

Many leading universities are situated where saloons flourish and vice is rampant. I have visited a State University where the evidences of social vice were so flagrant as to be unmistakable, and so vile as to be indescribable in these pages. Some universities become largely rich men's clubs, and some fraternity houses



One of the best things in any institution of learning is a well-equipped gymnasium.

are meeting places of vice. But not all of them.

There are two sides to this question. We want to get both. These articles will call out information on both sides. We have already received letters upon the subject. One is as follows:

"TO THE EDITOR OF PHYSICAL CULTURE:

"I note that you propose to disclose the moral conditions in our colleges. I also note that you endorse football. If you were in Ithaca and could see the celebrations of victory, in which often the contestants participate, football would not seem to you, as it now seems, to lead to clean, strong, moral living. Lust has a free rein and the saloons are drunk dry. A true account would be unfit to print."

In a university town where saloons fatten on collegians, a student reports that during the recent celebration of a football victory the saloons were so crowded with students, that some waited two hours for a drink. One of the members of the Faculty had a cellar full of beer bottles. Another is intemperate. A student went to consult a professor there about his work. He found his table so covered with cigarette stubs that he was disgusted, and decided to enrol in

a different department. Good for the student. But how about the professor?

A conservative business man of that city was asked: "What do you think about intemperance among the students?" He replied, "The reports exaggerate the conditions." I asked, "How many students do you think drink intoxicating liquors?" He replied, "Not over half. Of those who drink at all, not over five per cent. drink to excess."

I visited a "frat. house" in a Church University. The tables were littered with cigarettes and pipes. To that university came a ruddy young man from the State of New York. He was a promising lad. He decided to "see life." He had been a church member but he cut himself adrift from the salutary influence of the church, and plunged into vice so deeply that a friend of mine wrote to his father about it. Soon his father came. My friend met him at the station. As he left the train, the father said, "O my God, I wish I was dead. If my boy could suffer as much for an hour as his mother and I have suffered for twenty-four, he'd be a better boy."

A questionnaire has been sent to a number of institutions, reading like this:

"Will you kindly tell me whether, in

your opinion, athletics at your institution are demoralizing to character? What can you say of morality in general in your student body, aside from the question of athletics? What can you say of the scholarship and the habits of study of the student body?

"If you request it, I shall make no use, either of your name or the name of your institution?"

Some of the replies throw light on the question. The originals are on file.

From Columbia University comes this reply:

"I believe athletics, properly supervised, and very generally indulged in, to be *highly* beneficial to morals."

J. MYERS."

From Harvard University, one writes:

"Athletics here concern only the college for all practical purposes. I believe it is the consensus of opinion,—as it is my opinion,—that athletics here in the college are on the whole conducive to self-control and development of good moral character. I can give you no general impression of the morality of the student body aside from the question of athletics. There are a great many types of men and a great many groups of men in the University. Among some of these the

standard of morality is high, among others it is low. I think the Harvard student body is neither discouragingly immoral nor remarkably upright. The same remarks would apply to the scholarship of the University and in just the same way so far as the college is concerned. Within the professional schools which contain about half of the University's enrollment, the standard of scholarship is unusually high, and the men have highly developed habits of study."

From New York University, John Mace writes:

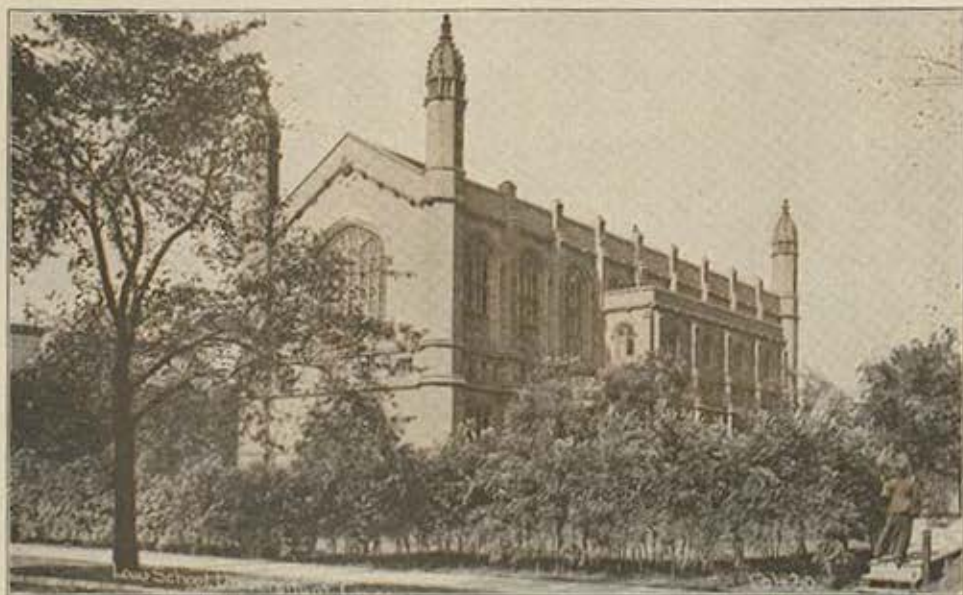
"I take pleasure in writing you on these questions of vital interest to the collegiate well-wishers of to-day:

"1. Athletics as conducted at N. Y. U., with a salaried athletic director, a competent coaching system, a faculty-alumni advisory committee, with the spirit of 'clean sport or no sport,' with the rules as to amateurism rigidly enforced, with a high standard of scholarship absolutely required for participation in contests of intercollegiate character—athletics are not demoralizing to character, but conducive to the development of the very finest type.

"2. The moral life of American colleges should not be judged by New York



A unique building, in which university students eat, smoke, and attend religious services.



The study of law is so fearfully taxing that many law students resort to stimulants. This Law Building is provided with smoking room.

University. We are centered here in a very hot-bed of sin, with avenues of vice open on every hand, with women of shame openly asking for business, with the saion organized as probably no-

where else in America. So we who love righteousness have to battle earnestly all the time. The moral condition of the college is, however, in general, good. We have Bible classes in the various frater-



The study of anatomy, although grossly perverted by immoral medical students and mercenary surgeons, is a very important branch of science.

nity houses and a lot of men engaged in Christian work and social service."

Thos. S. Evans, secretary of the Christian Association of the University of Pennsylvania, writes:

"Three members of this year's football team are active in our Association work and we have representatives on all the teams. We also had a Bible class in the Training House. In general I would say that the morality of the student body is at least up to the average of a community outside the University. The scholarship of the University is pretty

there is more or less betting on athletics, which, of course, is not a good thing; but if the athletics were not there to bet upon, the men would bet on somebody else's athletics, or on something else. On the other hand, the place of athletics in helping to overcome some of the serious temptations that come to young men in sedentary occupations is very important. Moreover, if athletics are conducted in the proper spirit they are a distinct aid in the development of such qualities as loyalty, chivalry, and a high grade of manliness. I am glad to be able to say



Photograph, Underwood & Underwood, N. Y.

Scene on the campus of Princeton University.

well known. Of course, there is considerable variety in a student body of over five thousand."

From Northwestern University, one writes:

"I am very glad to be able to say, quite heartily and sincerely, that I do not think that athletics in Northwestern University are demoralizing to character. On the contrary, I think that they are a distinct aid in the development of character. There is no question but that in every college or university

that I believe that the athletics at Northwestern University are upon this plane. I can give concrete testimony to this fact—that I have been in the gymnasium and in the field-house, and have been struck with the fact that there was far less profanity to be heard among the men who constitute our athletic teams, than I have heard in the average Y. M. C. A. gymnasium. The men who make up our teams are upon the whole a clean, manly, honorable set of fellows. They are all of them *bona fide* students, and

they play the game fairly and do not indulge in dirty play. I do not happen to be a Northwestern man myself, and therefore can speak all the more freely.

"With reference to your second question concerning the general standard of morality in our student body. On the whole Northwestern University is fortunate in this respect. I do not mean to say that there is no immorality here; there is, and too much of it; for any of it is too much. But I can say that on the whole I have rarely found a body of men in college who are freer from the grosser immoralities, than are the men here. The chief evils that do exist are, first, self-abuse; second, illicit relations with women. As to the former, of course, it is difficult to state just how prevalent it is, but it is my impression that the percentage will run just about the same in almost any college, as this is an evil over which local conditions have not so much control. As to the second, I know that it is less prevalent than in most colleges with which I have had the opportunity to be at all intimately acquainted. It is to be remembered now that I am speaking of the Evanston departments of Northwestern University, not of our professional schools, which are in the city, and concerning which I

have not much intimate knowledge.

"Another immorality which I regret to say is quite prevalent is the practice of 'cribbing' in examinations. I think that the institution is possibly to blame in that there is no definite honor system in vogue, and yet there is what might be called a sort of an attempt to one on the part of some of the members of the Faculty.

"With reference to the matter of scholarship, I think that the standard is pretty high. I have seen some comparisons recently that lead me to think that Northwestern will compare very favorably with other institutions in this respect."

What is the purpose of a college course? Booze, betting, immorality? Physical development, honesty, purity, intellectuality?

Millions of dollars have been put into college buildings, and endowments. Millions are spent for running expenses. Young people are relieved for a time from the labors of life in order to prepare for the future usefulness. What is there to show for it? Much every way.

Why is the subject so important? Because it is true, as Gladstone said, that "as go the universities and colleges, so go the nations."



Photograph, Underwood & Underwood, N. Y.

University Hall, University of Michigan.

Beauty Culture for the Hair

HOW THE HAIR MAY BE STRENGTHENED
AND HOW IT MAY BE BEAUTIFIED

By Madame Teru

The author of the following contribution—who is a beauty specialist catering to a large practice in America's greatest city—freely and unreservedly describes to the reader the methods of treating the hair followed by the members of her profession. The photographs we are reproducing were made expressly for this article, and the chief steps in a full treatment of the hair, as given by expert hair-dressers, are illustrated in their proper order in the following pages.—Bernarr Macfadden.

THE purpose of this article is to give to the reader reliable information on a subject that is of vast importance to both men and women, and owing to the extreme, and I may say unhealthy, manner of dressing the hair which has prevailed of late, it is not untimely.

Now that there is a rumor of simpler coiffures, a serious problem confronts our women. The wearing of pads or "rats," as they are commonly called, together with pounds of false hair and various pins and combs, have played havoc with woman's crowning glory. From all sides women are bemoaning the loss of their locks. Heads which but a short time ago boasted the possession of thick, lustrous growths of hair, are today barely covered with a ragged straggly fringe. Madam looks into the mirror, turns away with a sigh and—piles

on more false hair, which only tends to aggravate the trouble.

I know that it is almost impossible to follow the present mode of hairdressing without some artificial help, and my practice in a large city has taught me how useless it would be to tell women not to use the unhealthy articles I have mentioned.

A few words of explanation, however,

may be of use to women by showing them just how the constant use of false hair and pads injures the scalp. Like the rest of the body the scalp requires air; a condition which the wearing of heavy, unsanitary pads prevents. The steady weight and pressure causes the scalp to become unnaturally overheated; keeping the roots of the hair in a continual sweat-bath, causing them to veritably "rot," just as would a plant if continually soaked.



In this photograph is shown the exaggerated mode of dressing the hair just now in vogue. To attain this effect all sorts of puffs, rolls and other appliances are resorted to. Some of these substitutes for a healthy growth of hair weigh from one to two pounds, and their bulk often exceeds that of the natural hair of the wearer. Needless to say, they bring ruin to the hair of many women.



The hair should be rested in this manner at frequent intervals. By separating the strands of the hair with the fingers, and allowing it to hang freely in this position, much benefit may be acquired.

Still, if a woman will take the trouble to occasionally rest her head, she can by simple means greatly control the above mentioned evil. The hair should be let down whenever possible and a soothing, cooling lotion applied to the hot, and sometimes itching, scalp. Much has been said, and truly, of the beneficial results of brushing, but with the present weakened state of most women's hair, care should be taken not to make the strokes too vigorous. The old method of fifty to one hundred strokes before retiring would prove too drastic a treatment; therefore every woman must determine for herself just how vigorous the treatment should be.

And here let me disclose the professional's method of combing and brushing the hair. The fine tooth comb is an abomination, and should only be used when fine dirt, or parasites or their eggs make it necessary, and even then other means are preferable.

Always begin combing the hair about an inch or so from the bottom (not from the roots down, as the uninformed generally do), at the same time holding the

strand you are combing close to the scalp so as to avoid pulling the hair out by the roots; this will prove particularly helpful for hair that is inclined to snarl and prevent it from breaking. A few trials will convince my readers of the correctness of this method, for by it the amount of hair pulled out will be greatly lessened. On the other hand brush the hair from the roots down, as the purpose of brushing is to stimulate the action of the scalp. In the general use of the brush it should be pressed down on the hair only hard enough to keep it smooth and to remove any dirt or dandruff that may lie on the surface. But when the hair is scanty and the scalp needs to be stimulated, a soft brush should be used with enough pressure to give a moderate sensation if warmth to the skin.

Where the hair falls out in handfuls and the scalp itches, a disease exists which may be due to dandruff; or if one has worn false hair, it is likely that the dye has been absorbed by the pores of the scalp, thus causing a poisoned state. To remedy this the scalp should be given a gentle shampoo without soap (as the use of soap would prove irritating), using instead the yolk of an egg beaten in two gills of lime water. This should be rubbed all over the head, and the head



To properly comb the hair it should be treated in the manner here shown. The portion of hair being combed should be held firmly by the fingers close to the scalp, and the comb should first be applied near the end of the hair, and gradually worked toward the scalp.

then rinsed in plain warm water and lastly sprayed with cold water to contract the pores. I would advise, however, that the general health be looked after where the scalp is in such a condition as local treatment would be a very slow process.

With the hair, as with everything else, it must be remembered that one can not lay too great stress on the old saying that "an ounce of prevention is worth a pound of cure," and good results are not obtained from drugs, but from cleanliness and intelligent care. Most people do not think of taking the same care of their hair that they do of the body, and it is only when dandruff whitens the coat collar, and when dressing the hair becomes a hard task, that men and women realize they have neglected their hair. It is true that some people are the fortunate possessors of hair of such vigorous strength and growth that it thrives in spite of neglect, but this is not true of the majority. And when one considers how little trouble it takes to care for the hair when in good condition, one is surprised that so few realize the folly of not doing so.

Water, a pure soap, massage and perhaps an oil, used in time, are better than all the celebrated hair tonics, the advertisements of which may be seen in periodicals and newspapers. Even when the latter do prove beneficial, it is chiefly because their use demands a certain amount of attention which the user did not otherwise bestow on his or her hair. There are, however, some simple remedies that help to keep the hair in condition, but these are all known to the profession and no secret made of them.

As I have said before, it is not very difficult to care for the hair when it is healthy, and I will here try to state the

simplest means of attending to it, which may be practised at home and without great expense; again reminding my readers that a stitch in time saves nine.

To begin with, most of us know that in washing the head the object is not so much the cleansing of the hair itself as the scalp; and this is best done by spreading apart the fingers and rubbing the head with a little force, using, however, only the finger tips and not the nails as they might scratch and injure the scalp.

Nearly all the liquid shampoos sold are too powerful, especially for frequent use; and though they do remove dirt and grease and form a beautiful lather, they go still further and sometimes injure the structure of the hair, removing too much of the natural oil, and causing the hair to become dry and brittle. I prefer a pure soap and water, and sometimes a little borax, the action of which is not as harmful as potash, ammonia or other combinations generally sold.

The greatest possible care should be taken in choosing a soap to be used in washing the hair. Soaps containing

impure or otherwise objectionable ingredients, and soaps in which a large percentage of alkali is found, are dear at any price, however low it may seem at first glance. The use of a good pure tar soap may be highly recommended.

The water should be comfortably warm, and soft water should be used whenever possible. Hard water can be softened by boiling or by adding a little soda, though I do not care for either of the above, as boiling makes the water flat by robbing it of its free oxygen, and soda does not act favorably on the skin. A soft, absorbent towel should be used to rub the hair dry. To avoid entanglement, the hair should be taken up in



Frequent brushing of the hair is essential to maintain its luxuriance and lustre. As a rule, the hair should be brushed thoroughly after it is combed.



The application of an oil or tonic, possessed of proper qualities, at the roots of the hair will often be found of benefit. The oil should be applied as close to the scalp as possible, and a small bristle brush is usually employed by hair-dressers for this purpose.

strands and rubbed with the towel from the roots to the ends.

The intervals at which the head should be washed differs according to the nature of the head; surroundings also make a difference, and for those whose work keeps them in dusty places or whose heads are very oily, twice a week may not be too often, though for most people, once a week and even twice a month proves sufficient. But unless one is following some special treatment which so requires, more than two weeks should not pass without shampooing the head.

If the hair is kept clean there is no need of wetting it every day, as some men do, and I am averse to the barber "sopping" the hair so as to make it smooth and shining, as the liquids used are sometimes injurious.

Where the hair is very dry a little oil (such as olive, cocoanut or sweet oil) may be used to advantage, as it assists the natural oil, secreted by the sebaceous glands to keep the hair glossy and soft. In such cases, however, the scalp, and not the hair should be treated. This can be best accomplished by dipping the finger tips in oil and rubbing the scalp gently, first parting the hair so that the skin can be reached, and so avoiding the unsightly greasy appearance not in-

frequently observed in the hair of some persons.

The benefits derived from exercise have been proven time and again in the pages of this magazine, and to exercise the scalp we resort to massage. The excellent results obtained from massage are well known to physicians; and is a treatment resorted to by those too weak to exercise. Indeed, athletes, before and after a contest are always rubbed down. The purpose of massage is to bring the blood to a certain part and accelerate the circulation; and as the blood is the great builder and "toner-up," the reader can readily see how important it is that there be free a circulation of blood to the scalp. At the same time that massage brings the blood to the scalp, it also loosens it, thereby enabling the blood to reach it easily. The reader has no doubt, frequently observed that those who possess good heads of hair have very loose scalps, while the scalp of the bald-headed man is as tight as the skin of a drum. The rolling, kneading and pinching of the scalp brings about electricity. It is a little difficult to do this for one's self at first, but with practice and patience, in a short time, one can treat one's scalp with satisfaction. Begin at the front of the head and alternately knead and pinch the skin from thirty to forty times; then move the fingers back an inch or so and



Massage of the scalp is universally included in treatments for the hair. Despite the many methods and materials that beauty doctors persuade their patrons to regard as essential, they can not gainsay that the scalp must be kept soft and elastic to insure a healthy growth of hair. The scalp should be thoroughly kneaded by the tips of the fingers at every possible opportunity.

repeat; do this until the crown of the head is reached. Then begin at the back of the head and work upward (one hand on each side) till the fingers meet at the crown. Then with the second and third fingers go over the whole head with a tapping movement; "patter of rain drops" I call it. In this way the whole head is exercised. In going over the surface of the scalp care should be taken not to strain or pull the hair too much, though gentle pulling will not injure; on the contrary, hair that comes out at the slightest touch is dead and would fall out a day or so later, and its remaining there only interferes with the growth of the new hair.

Before concluding this I will also give a few simple formulas that I have used, and with which I have obtained very excellent results. The use of simple remedies for the hair was known to the ancients, and in a play by one of the most famous of the modern dramatists, we find Cleopatra giving Cæsar a formula for a remedy to cure baldness;

a little scene which furnishes most excellent comedy.

I must warn the reader against the indiscriminate use of hair tonics and remedies, for an opposite effect from that desired frequently results from such practice. The following formulas have, as stated before, given the writer much satisfaction, and needless to say are absolutely non-injurious.

Where the hair is dry and brittle the following will prove beneficial: Take equal parts of lanolin (an oil extracted from the wool of sheep), glycerine and rose water, put in bottle and shake till thoroughly mixed. This should be rubbed well into both hair and scalp.

Those troubled with greasy hair will find the following, a shampoo liquor most pleasing: Bicarbonate of soda, one quarter ounce; borax, one half ounce; cologne water, one fluid ounce; alcohol, one fluid ounce; distilled water, three quarters of a pint. Mix and shake well in a bottle till the salts are dissolved; if necessary, filter.

The Washington Marriage Law

TO THE EDITOR:

In a recent issue of *PHYSICAL CULTURE* is published a letter on Washington Marriage Laws, by "B. McC."

Anyone reading the letter may at once conclude that the writer was ill-informed with facts regarding the marriage laws of our State.

We have no such thing as compulsory physical examination before a "physician of repute,"—that feature having been revised by the last legislature—but every candidate must fill out a form comprising comparatively the same questions, and *affirm* the same before a person qualified by statute to administer oaths.

Physicians have never, to my knowledge, charged, or, as the writer of that letter puts it—"soaked," any candidate at figures as quoted by the writer.

I dare say, some of the leading physicians of Spokane, realizing the virtue of the law, examined candidates *free* of charge, while some others, however, charged the regular price for physical examination, which is five dollars.

The price for the marriage certificates was three dollars, which fee was apportioned to the clerk of courts and auditor for making the same a matter of record, and the price under the revised statutes is two dollars. The

minister's fee for officiating is exactly the same as it has been for ages—you know what that is.

The writer has been told by physicians that if fathers, mothers and sweethearts knew what some of these "lookings over" revealed they would hide their faces in shame, from the prides of their hearts, and not blame them for wanting to cross the State line in order to escape the "operation" of the law.

That business men have never lost a cent as a direct result of this law is an established fact, and the only "sting" the law inflicted was to ones who crossed the State line and there was a reason—which the physician could have explained.

God grant that they all might leave to stay, for the man or woman who is not honest enough to have his or her sweetheart, father, mother brother or sister know he is clean, cannot reasonably be honest in business; and as honesty is not bought with dollars and cents, it would be 100% profit to the business man if they all left and clean ones took their places.

Observation has proven that the only ones who kicked at the law were those who were ashamed to have the effects of their past lives revealed to their friends, or such as were physically unfit for the marriage relation, but did not understand why.

Dayton, Wash.

S. ZENO VARNES.

Details of the Prosecution of the Editor

A BRIEF HISTORY OF THE "CASE" WHICH HAD FOR ITS PURPOSE THE RAILROADING OF THE EDITOR TO THE PENITENTIARY—MORE DRASTIC PERVERSION OF LAW WOULD BE DIFFICULT TO FIND

MERELY to announce to my readers and friends that I have been freed from the sentence of imprisonment which was the result of a prosecution against me by the United States authorities on account of a story in the *PHYSICAL CULTURE* magazine, and to attempt as strongly as I could to thank them for the help and encouragement that they have given me in the vicissitudes of that reckless and ridiculous proceeding held in the name of law and justice, was all that I intended doing in this article, but when I thought over the infamy of the whole thing and realized again the deep interest that has been taken by thousands of my readers, who have written to me letters of friendship and encouragement from all parts of the world, I decided that I owed it to them to make a statement, in order that they may decide for themselves whether or not they had misplaced their confidence in me.

As I look back over the experience, I can think of it only as a dreadful mistake—a mistake that branded me as a criminal, placed me before the world as a creature beneath respect, nearly ruined me financially, and all but deprived me of my liberty, by placing me in the penitentiary for two years. The mistake—I should say the series of mistakes—were the worse because they are attributable to a peculiar quality of ignorance on the part of the authorities, as I shall make clear.

A number of years ago, after I became a successful exponent of the marvels of physical culture, and its many kindred subjects, I was naturally led into a study of various phases of the question and to the study of the cause of various diseases that undermine the public health, and I concluded that to the ignorance on the part of young people on matters of sex were attributable more physical disorders and suffering than any other one condition. Having successfully fought

against intemperance, gluttony, corsets, drugs and other evils, I stated in my magazine that I intended to wage a war against the prudishness of parents who dodged the duty of properly educating their children on subjects of which they should be properly informed.

Please note that my writings are also read throughout England, and a considerable time after I began to spread this reform the Bishop of London took up the same subject, and organized a society in England with the same object, and considerable attention was given to the subject by other magazines in this country, notably *The Ladies' Home Journal*.

Among other methods of bringing to the attention of parents the dangers that awaited the children owing to ignorance, the medium of a series of stories that would point the moral appealed to me as the most effective. Such a story was submitted to me. I examined it, and ordered it published. The story was not a literary creation, but it effectively treated the experience of a lad who was sent to boarding school, who was given too much money for his good, and was proceeding along the very line I desired to discourage; amongst his experiences an entanglement with an immoral girl was alluded to, in language no word of which was objectionable, and the story on its face showed it was without any object other than to suggest the terrible possibilities of such a life as the lad in question had been thrust into. After three instalments of the story had been published, somebody, somewhere, for some motive not altogether unknown, but which can not at present be divulged, for lack of positive proof, complained to the Postoffice Department that the story was immoral; that the complainant and the authorities should have overlooked the intention of the story as stated in the head note, and throughout its pages, and that they could have for an instant com-

pared it to the thousands of rotten novels that flow through the mails unchallenged, was remarkable, but that was only the beginning of an action which will appear all the more remarkable because committed by the courts in the name of the Law.

Following the complaint by the Post-office Department I was indicted for "sending through the mails literature which was obscene, lewd and lascivious." This law has produced a great many varying opinions by the United States Courts throughout the country, because few of them seem to be at all certain as to what comes within these terms. Naturally what would be obscene to one person pursuant to his education, surroundings and experience, would not be to another. However, before my indictment it had been definitely settled that what the law meant, regardless of what it said, was that no one should send through the mails any literature which was calculated to encourage immorality by means of suggesting such thoughts. My attorneys so advised me, and certainly by applying this test to the story, it did not seem possible that any sane person could say I was guilty, for the simple reason that it was evident on the slightest examination of the story that to the contrary of encouraging immorality, it had the exactly opposite effect, as was intended. In time my case was brought on to trial, my attorneys advised me that no defense was necessary, that they would call the attention of the Court to the decisions governing the case, and that there would be the end; they prepared a complete memorandum for the Judge's convenience, and handed it to him, in accordance with the usual practice. I was not put on the stand, and was told that no word of explanation or defense was required, for the reason that the article in question was not within the statute. The United States Attorney attacked me with great bitterness, and as the case progressed I plainly saw that I was misunderstood and asked to be put on the stand and allowed to explain. The advisability of this was soon apparent for the Judge not only declined to charge the jury that the law was as my attorneys had stated, *but he refused to*

even read the paper, which plainly set forth the law as interpreted by learned judges, and proceeded very forcibly to charge the jury that anything that was "vile, filthy or disgusting" was against the law to mail, and he then made it entirely plain that he considered the story within all three of the conditions named and the jury of course had no alternative but to find me guilty, which they did WITHOUT EVER EXAMINING THE ARTICLE. A number of them afterwards stated that their verdict was based on what they understood that the Court directed. WAS I PROPERLY AND LEGALLY CONVICTED? and was the story within the class prohibited by the law?

I submit that such was not the case, for the reason that the Judge erred when he told the jury that if the story were "vile, filthy or disgusting" I was guilty, because the upper courts have repeatedly held to the contrary; for example, in the Males case a most profane and disgusting note was sent to a woman, and Males was indicted, but the court held that as awful as the matter was it did not tend to incite immoral thoughts—there are a number of such cases. My story contained no disgusting or improper word, it was opposed to immorality in every way, and yet under the instructions of the Judge the jury naturally found me guilty, which would not have happened had the Judge examined the cases cited in the memorandum, WHICH HE REFUSED TO EVEN READ. I do not blame the Judge, he is a man of great ability and of deep human interest, but he had no opportunity of finding out the true facts concerning me, and the object of the story; my attorneys did not put me on the stand, and the Judge gained the erroneous idea that I was engaged in the business of selling improper and dangerous literature and proceeded accordingly.

At this point the situation grew extremely serious, for the Judge pronounced his sentence, which was that I pay a fine of \$2,000 and go to the penitentiary for two years at hard labor, the heaviest sentence ever pronounced in such a case, even though men had been

found guilty of pandering to the worst forms of vice by means of rotten literature and pictures. This sentence was a terrific blow to my business interests. I found myself called upon to use all my savings in what for a time seemed a vain attempt to stop the flood of misfortunes that followed my conviction.

I employed other counsel and appealed my case to the Circuit Court of Appeals, firm in the belief that the error committed by the Court below would be instantly corrected by the higher Court—all I wanted and sought was a fair trial, nothing else.

At this period of the proceedings, I employed as special counsel, a man of experience and a firm believer in physical culture, whose grasp and presentation of the injustice that had been done me, was complete, but the argument of the case before the Circuit Court of Appeals, in Philadelphia resulted in a farce, the description of which would be amusing but for the fact that my liberty was at stake. Do not think, dear reader, that in describing the action of the Court that you are going to be drawn into an explanation of an abstruse legal proposition, or to some differences as to general theories on the psychology of modesty, on the contrary I am going to present to you an example of blunt stupidity which was more than a mere denial of justice, and which is so plain that any child could readily appreciate the grossness of the error. The province of this Court was to examine the proceedings and determine whether or not any error had been committed by the Court below, this was simple enough, for the lower Court had, as above stated, declined to examine the memorandum showing what the Law was in such cases, and had undertaken to establish a new and original rule, absolutely the opposite of what the higher courts had established. The different decisions were presented in parallel columns, and were perfectly plain, immediately upon examination, yet in its written opinion this Court declared that the lower Court had committed no error.

But this was mild compared to other features of this Court's action, as will appear by the following illustrations:

During the argument, Judge Gray, one of the three justices sitting (whom my counsel has told me "is recognized as one of the leading jurists of the country"), in an angry tone and with every evidence of suppressed indignation, interrupted the argument of my counsel and demanded an explanation of the "nude figures that appeared on the cover of one of the PHYSICAL CULTURE magazines;" my counsel was astounded by the demand and the manner in which it was made, but recovering himself quickly he examined the cover that had caused this judicial eruption, and replied that the design was essentially Grecian, that the Greeks had been more proficient than any other nation in the world in the study of physical culture, and that the artist who had designed this appropriate cover had included sketches of three Greek statues known to school children throughout the civilized world, viz., Venus de Milo, The Discus-Thrower and the Flying Mercury, adding that if the learned justice could possibly find these statues to be obscene, he would under the law have first to find that I had published them for the purpose of encouraging immorality, before I could be held for having permitted their publication.

It was perfectly certain that the appeal was against me, from that time on, the "learned justices" were quite satisfied that any man who would publish a picture of these famous Greek statues should go to the penitentiary, without further to do about it, and when they wrote their opinion justifying this view, they found that the proceedings below had been entirely correct, that certain things in the magazine (presumably the illustrations of Greek statues), showed the magazine to be improper, and now comes the final blow—that it was evident that my purpose in publishing the magazine was "TO CATER TO A PRURIENT TASTE." Merciful heavens, here was a high court of justice, whose deliberations were supposed to be founded on common sense, learning and justice, solemnly deciding that I, Bernarr Macfadden, who had labored so long in the cause of humanity, and whose record is known to hundreds of thousands, was

publishing the magazine by which he sought to reach the people, for no higher motive than to try to make money by selling improper literature, and illustrations. And you, dear readers, were found to be persons of "prurient tastes" to whom I was catering.

At the moment I read this I thought of the thousands of letters I had received from friends all over the world, whom I had never seen, and which contained statements of their belief in my principles, and of the good they had received from them, and then the grim humor of the situation struck me and instead of feeling sorry for myself over the situation in which I found myself, I could only pity those who in the name of justice were sending me to prison for two years on any such a ridiculous pretext. For years I had been opposing prudishness, holding that it engendered ignorance, and prevented the teaching of truth, and here I was in the grasp of the very enemy which I was fighting. Certainly, if a judge can be such a prude as to object to pictures or replicas of Greek statues, the evils of prudishness which permits children to grow up in ignorance of things, which for their protection they should know, is too plain to require illustration. Incidentally, I might mention that I was not indicted for anything except the serial story, "Growing to Manhood in Civilized (?) Society," yet the written opinion of the Court shows that they sought to sustain my wrongful conviction by consideration of outside matters. The gross injustice of this is plain, when it is realized that the original charge referred only to the story and my attorneys considered nothing else, and no defense could be offered to anything else.

The next effort was to try to get the Supreme Court of the United States to consider the inexcusable errors of the lower courts, which had resulted in my conviction, contrary to every precedent through ignorance, prudishness and prejudice, but it appears that this Court was without the right to interfere for some technical reasons, and I was forced to resort to petitioning the President to consider my case. My counsel advised me that this step would require the full

consideration of the whole case by the Attorney-General and by the President, and that inasmuch as both were numbered among the leading lawyers of the country that I base my petition not on any request for mercy, but primarily on the fact that I was not guilty. This was done—I did not ask for pardon on the grounds that there existed any extenuating circumstances, but I asked to be relieved of a conviction that was contrary to the law, and based on ignorance, and my counsel presented briefs on these points, as though the case were being tried in a higher court, which in effect and in fact it was. First the case came before a special attorney in the Department of Justice, who is an expert on these questions, he compared the proceedings in my case to the authorities and reported to the Attorney-General. My counsel then reviewed the case with Mr. Wickersham, the Attorney-General, who examined the article and stated that it was not within the Act.

This was the point that my attorneys tried to present to the trial Judge and which he refused to even consider, the Attorney-General being familiar with the law had no difficulty in applying it at once, to an article which opposed immorality, instead of encouraging it, and the result was that the Pardon Attorney, the Attorney-General and the President cancelled my sentence to imprisonment, but, probably in deference to the trial Judge who requested it, required that I pay a fine and the costs of the case.

The petition for pardon speaks for itself. It is as follows, and asks not for mercy to a guilty man, but for justice to one that is not guilty, but who has been persecuted through ignorance.

PETITION FOR PARDON.

Your petitioner, Bernarr Macfadden, respectfully represents: That I am a citizen of the United States, formerly a resident of the State of New Jersey, and now a resident of the State of Michigan. I am forty years of age, was born in Missouri, and have been variously occupied as a farm hand, printer, student, instructor, lecturer, editor and publisher. In November, 1907, I was convicted for sending through the mails an article which was charged to be contrary to Section 3893 of the United States Revised Statutes, and was sentenced to pay a fine of \$2,000 and to a

term of two years' imprisonment in the New Jersey State Prison at hard labor.

This application is based on the primary fact that I am not guilty; in making this statement I do not intend to reflect on the Courts or on any official, but I submit that the law under which I was indicted is so drawn as to permit it to be applied in such a case as mine, whereas the matter published by me is not of the class that the statute seeks to prevent, for the following reasons:

ORIGIN OF THEORY OF ARTICLE.

For over twenty years I have been engaged in studying, teaching, lecturing and writing on the subject of Physical Culture. I am not a theorist. From a delicate boy I developed myself by my own ideas as to diet and hygiene to a degree of physical strength generally regarded as extraordinary.

My study of the science of physical culture led me to the study of the reciprocating relations of the mental and physical beings, and ultimately as my experience and observation increased I was struck with the large percentage of weakness and disease attributable directly to immorality.

A careful study of the facts demonstrated that most of the immorality sprang from a complete lack of proper knowledge of the body; in its turn I found upon close study of the subject that this ignorance was largely due to the fact that parents refrained from educating their children rationally and morally. I determined to devote my energy to this subject and began the publication of a number of articles along this line in the magazine of which I was editor, condemning the prudishness of parents.

One method that was suggested for impressing upon parents the dangers of their lack of frankness was an article that would treat the experiences of a misguided boy, at first hand. The article is hereto attached; the faults of the boy are pointed out; gambling, drinking, lying, and an immoral venture is touched upon illustrating the result of his environment, for all of which his parents are blamed.

The editorial page, and also various passages in the story state truthfully its object. A perusal of the article demonstrates that to the contrary of "depraving the morals by exciting sensual desires" (Dunlop vs. U. S.), it raises morals by disgusting the reader with the consequences of sensuality and lasciviousness.

I authorized the publication of the article, believing it would quicken the consciences of many parents and help me in my work; the object of which is identical with the movement instituted in England by the Bishop of London, and commented upon in a magazine article hereto attached.

In April, 1907, I was indicted for having sent said article through the mails. I consulted counsel, who assured me that the article did not come within the Act, relating to obscene mail matter, and that my acquittal would be directed. At the trial the Judge gained the idea that my defense was disingenuous. My

counsel refused my suggestion that I take the stand. The Judge declined to examine the requests to charge, which my counsel had stated would cause acquittal, and the jury after an absence of three minutes, within which they could consider neither the article nor its object, returned a verdict of guilty.

My desire has been (and now is, if it is possible), to obtain a re-hearing on a writ of error. The case went to the Circuit Court of Appeals (Third Circuit), which confirmed the judgment by a *per curiam* opinion that disregarded the principle of *intention*, established in decisions in similar cases, and rested their conclusion on a fragment of a decision, applicable only to an indictment based on the publication of pictures, the obscene character of which the Supreme Court found "was instantly disclosed by their inspection," (Rosen vs. U. S.) a decision which it is respectfully submitted cannot apply to my case.

My real object and intention in publishing the article have been disregarded by the District Court and the Circuit Court of Appeals, but the former Attorney-General, in a letter to my counsel said that my "intentions" would be considered through this application.

The Supreme Court denied a writ of certiorari, for the reason, I am informed, that the case was not within the grounds for such remedy.

The Circuit Court of Appeals found as a fact that I was engaged in pandering to lewd tastes under a disguised object, and refer to matters not within the indictment, or the bill of particulars, and therefore not treated in my defense. This injustice to me is obvious, and is explained only by the emotional approval of the Statute in question by the Courts. I submit that the letters (see Exhibit), received from the regular readers of the magazine controvert the theory that the article in question "catered to" or "incited a prurient taste." There was no evidence before the Court as to the effect of the article or of my object in publishing it.

(Signed) (BERNARR MACPADDEN.)

My fight against prudishness was conducted because I believed, and now do, that it stood in the way of an intelligent understanding of things that should be known and avoided, but my own case illustrates how far-reaching is that ignorance born of prudishness, for the prudes that became so exorcised over the Greek statues permitted that class of ignorance to brand me as a criminal. There is excuse for prudishness in some people; their ignorance is a misfortune, like many others, but when we find it on the bench of one of the high Courts, blinding common sense and justice, the fight against it takes another meaning.

Soon after my indictment I prophesied that the State Governments would

eventually take up the work I was doing, when they began to realize as I did the growth of disease and the consequent necessity of frankness instead of prudish dodging, and it is with great satisfaction that I point to the magnificent work being done by the State Board of Health, of Indiana and of similar boards in New York State, but it is disgraceful to think that the eminent doctors and public benefactors who are doing this work are subject to the same persecution I have received by ignorant officers of the law, for indeed one of them, a prominent physician in New York State has been indicted.

There are thousands of illustrations of the inconsistency of the Law in the matter of suppressing indecency—let me point but one: There has been produced all over the United States (and in many foreign countries), an opera entitled *Madame Butterfly*, in which not only do lewdness and immorality appear, but in a manner that is a direct insult to the United States Navy. Why do the prudish and over zealous authorities not attack plays, operas and books that have no purpose, other than to disseminate for profit lewdness and rottenness, instead of works that are plainly a part of a great effort to stop the very misery that comes from ignorance? Justice Gray and those who share his opinions are directed to the art galleries and to the homes of the educated throughout the world, where they will find the nude in painting and sculpture to an extent that would soon shock them into insensibility or into common sense beyond the point that would lead an eminent judge to consent to send a man to the penitentiary for two years and fine him \$2,000, partly because he published illustrations of famous Greek statues on a cover of a magazine devoted to physical culture.

In this unjust and ridiculous prosecution one of the most conspicuous pieces of guesswork without foundation, was the assumption on the part of the Court of Appeals, that I was engaged in selling nasty literature to people of such low taste as would buy it; the record contained nothing whatever on which this theory could be rested, it was a pure guess, which was proven to be incorrect

by the thousands of letters received from people all over the world, of education and refinement, who had read *PHYSICAL CULTURE* for from one to ten years, and who commended the work I was doing; several hundred of these letters were from the Y. M. C. A. secretaries and from ministers.

Had it not been for the wisdom and justice of the United States Attorney, in New Jersey, I would have been obliged to go to the penitentiary pending the consideration of my pardon; as I cannot assume that he did for me what he would not have done for anyone else so situated, my appreciation takes the form of being grateful in finding a prosecuting attorney with a sense of justice that went beyond the persecution to which I had been subject. This unfortunate case almost wrecked my business, almost involved me in a loss of about all I had, and has seriously interfered with the work I was trying to do. The experience has been of some value in opening my eyes to the injustices which are done in the name of Law; in illustrating the extent of ignorance that is due to prudishness, and in proving to me the great value of caring for one's health, for I am sure that had I not continued the régime which I always follow my health would have been shattered by this case.

The great value to me of my experience, above given, is the evidence I have received of the friendship of thousands of my readers, whose kind words of encouragement were of untold value to me during my fight for freedom, and will be a great help in the task before me of again getting into a position that will enable me to proceed with the work that I am trying to carry out.

I venture to say that I have not a reader who does not know of some sad case, where a young girl or boy has suffered through the failure of parents to frankly warn them of dangers into which they fell and which caused years of misery; if any are so fortunate as to know of no such cases, yet have any doubt that such are the cause of diseases that are undermining the public health, ask a physician, or a member of any board of health of an average sized

town, what class of disease they have the most difficulty in fighting.

Am I going on with the work? Can anyone who ever read *PHYSICAL CULTURE* doubt it? The ignorance which judicially determined that my object in life is to write rotteness in order to sell it to indecent people, and that therefore I should be held as a criminal does not affect me, save to show how monumental is prudishness, and how ignorant, prejudiced and unfair can be a court that blushes with rage because the cover of *PHYSICAL CULTURE* contained illustrations of three famous Greek statues. I assure my readers that it shall be my purpose in life to go on with the work I have been doing, and in which they have joined me, in the full confidence that every one of the judges, and United

States authorities who have had any part in my prosecution would feel proud to have—as indeed I do—the letters which have poured in upon me, containing not only sympathy and comfort, but evidence that I had been of real benefit to thousands who profited by my teachings.

Well can I turn from my enemies, libelers, and those who in the name of the law and justice have persecuted me, and caused me the loss of the capital with which I was carrying out my work and pass them by without ill-feeling, or revengeful thoughts. Someone must always suffer before the great truth will prevail, I happened to be the one, and if it will assist the cause for which my readers and I stand, by bringing it to the attention and thought of others, I am satisfied.

In Defense of the Germ Theory

TO THE EDITOR:

Mary Mallon does appear to have been treated very unjustly as her case is presented in a recent number of *PHYSICAL CULTURE* by Arlington Wells. I fear, though, he was either poorly informed or personally biased.

Miss Mallon is a celebrated character among bacteriologists who have studied her case with great care. She has been associated with not two outbreaks of typhoid, but at least five, and several deaths from this disease have occurred in families where she was employed.

Mr. Wells is evidently not well informed on bacteriology. He speaks of "the ridiculous theory that she bred typhoid germs." The typhoid bacillus is an intestinal parasite, and under the ideal conditions of temperature, moisture and food supply found there a single bacillus will have several million descendants in forty-eight hours. Supposing a few millions of them are excreted every twenty-four hours, there are many more remaining to keep on multiplying and a person can well be what Mr. Wells considers so amusing, "a continuous performance bacillus propagator."

The infection of other people by Miss Mallon can easily be explained notwithstanding Mr. Wells to the contrary, and in spite of her sanitary surroundings and personal cleanliness.

Everyone knows that the closet of a modern bath-room very frequently does not flush clean. House flies are recognized to be most efficient agents in spreading infection. A single fly going from the bath room to the kitchen or dining room could walk across the butter or take a bath in the milk pitcher and effectually infect the whole family, and the habits of flies in this respect need no comment.

The cook herself has numerous opportuni-

ties for spreading the infection. Simply washing the hands with soap and water will not make them germ-free. Nothing short of an antiseptic solution will do this. The intelligent reader can easily understand how Miss Mallon's hands could become infected while in the bath room.

The fact that she has never had typhoid would seem to the lay reader to effectually dispose of the whole case against her, and also of the germ theory of disease, especially after the statement by Mr. Wells that "certain germs are invariably associated with certain diseases and that the presence of the former will assuredly cause the latter."

No such statement was ever made by a bacteriologist. They do assert that no one has the disease without the presence of the bacteria, but the latter alone do not necessarily produce the disease. That will depend on two factors, the magnitude of the infection and the physical condition of the victim. A person in robust health, whose vital resistance is high can throw off any ordinary infection, and this is Mary Mallon's condition as described.

Moreover the human organism when invaded by pathogenic bacteria soon succumbs or else develops an immunity against this specific one, so they become perfectly harmless to that particular individual, though deadly to anyone not rendered so immune.

In view of these facts where is the "outrage?" Mary Mallon is a menace to society, and while she has committed no crime, the welfare of society demands that she be kept under restraint and the interests of society are higher than those of the individual.

Brooksley, Alberta.

R. H. SAVERY.

The Raw Food Table

By Upton Sinclair

The reader will find some very interesting material in this installment. Mr. Sinclair's command of the English language makes his recital particularly readable. After many experiments he believes that he has solved the dietetic problem, and his description of his experience will enable others to solve their troubles in a similar way if they care to make the attempt.—Bernarr Macfadden.

I READ in a recent news despatch that Lady Warwick has joined forces with the "raw-fooders." Lady Warwick, it may be remembered, is the English countess who created a sensation a few years ago by joining the Social-Democratic Federation. I had the pleasure of meeting her in New York during her trip to this country; at that time she was not even a vegetarian, and was quite alarmed at my dietetic experiments. She told a friend of mine that the world was too much for me, and that she feared I would not last very long.

I don't blame her for thinking that; those were the days when I wore what my friends were accustomed to describe as a "spiritual" expression; that is to say, I was suffering from constipation and chronic mal-nutrition, and I was haggard, and what we are accustomed with our perverted views to consider "romantic-looking." Lady Warwick would be surprised if she were to see me now-a-days—I have no longer any poetic attributes left.

The countess gives her menu. She eats no breakfast; but we must not forget that she lives in England, and this still leaves her three meals a day. Her dinner menu sounds alarming to me. It contains:

"Celery or romaine, flaked cereals with cream, and a dish consisting of raw grated peanuts, raw ground green peas, fresh and tender, mixed with chopped dates and figs, chopped raw onion and raw rolled wheat, well blended with orange and lemon juice, olive oil and raw egg. A sauce made of thick, sweet cream, a little honey and some powdered Brazil nut meat improves the taste of this last dish."

Now, of course, if one has been so fortunate as to inherit an English castle,

and has then turned Socialist, and given up "Society," one may have a good many faithful retainers on one's hands, with no way of keeping them occupied—and I suppose they might as well be engaged in mixing peanuts and green peas, with olive oil and raw egg and honey, as doing anything else. But for my part, living in a rented cottage, one of the chief joys of the raw food way of life is that I don't have to mix anything, and don't have any soiled dishes, and so can dispense with "retainers."

Also I have found in my experience that one can just as easily overeat on deliciously concocted raw food dishes as on cooked things. Olive oil and honey are as highly concentrated foods as any that were ever served at a banquet; and it is my opinion that the white of egg was meant to make chickens out of, and cream to make fat for calves. Once upon a time "when our ancestors walked in the moon-light, holding each other's tails," they swung themselves up into trees and hunted for their food; and they never found rolled wheat nor grated peanuts in those trees, nor did they find a dozen different kinds of food in one tree, nor even in one grove of trees. And those were the days when the assimilative organs and the tooth structure of man were tried out and perfected; we have inherited these things practically without change. And when you want to know what is a proper diet for you to live on, all you have to ask yourself is whether your tree-climbing ancestors would have had it. So you will take to opening your own Brazil nuts and powdering them with your own teeth; you will find that this provides you with a pleasant diversion at meal-times, and makes it necessary for you to eat slowly. You will also find that this

natural chopping and grinding and grating of your food is developing the muscles of your jaws, and bringing in a stream of good nourishing blood; so that when you pay your annual visit to the dentist, you will no longer need to have the deficiencies of your teeth supplied by amalgam and cement and gold. In the always well-chosen words of Elbert Hubbard: "The dentist comes in with civilization and the mush and milk diet."

I began my food-reform experimenting as an ardent disciple of Horace Fletcher. I religiously "chewed" my mush and milk, and also my soup and my ice-cream sodas. But as time went on I came to realize the artificiality of all this.

It is a part of the artificiality of the civilization in which we find ourselves. Everything is done for us; and all we have to do is to let ourselves be transported here and there, and take our pleasures as they are brought to us. Even those of us who have to work are confined to one little routine task—we add up columns of figures all day, or we paste on labels in a canning-factory; and then we get into a trolley car and are carried home, and sit down and eat a meal which ten thousand other people have had a hand in getting ready; and when we want to be amused we ride out and watch some men who have been hired to play base-ball for us!

I remember a discussion of "athletics" by Bernard Shaw. He said: "I can't do any useful manual work—if I go and offer to help load a steamship, I am taking the bread out of the mouth of some poor navvy. And so I have to shut myself in my room and pull at rubber-straps for exercise!"

I long ago broke away from this artificiality, so far as my own life is concerned. At Helicon Hall there were some dead trees that had to be removed, and I cut them down and chopped them up. The newspaper men used to gather round and describe me with my grey flannel shirt and my ax; they all took it for granted that it was a pose—apparently none of them could conceive that I wore a flannel shirt because it was comfortable, and chopped the trees be-

cause I liked to chop. In the same way I don't want my food chewed in a factory, I want to do it myself; and not because I'm anxious to imitate the monkeys, but because I enjoy chewing. I have suggested the raw food idea in several families, and seen them turn away their servants; and now the whole household pitches in and helps with the serving of the food—the guests as well—and it is exactly as much fun as a candy-pull. In the same way I want to attend to my own furnace and to my own bed-room; and if I had to live in a city, I would surely get out into the suburbs somewhere, and raise my own salad vegetables, and have my kindling wood delivered in the shape of logs.

I realize, of course, that I was fortunate in being able to live a free life, after I had found out what it is. Not everyone can afford to be considered a lunatic. We have the pressure of social conventions upon us—we like to please our friends, and we don't like to be less lavish than they. We want to entertain the Smithers at dinner, and to make an impression upon them; and it is still worse when it comes time for the Smithers to invite *us* to dinner. We all know the type of hostess who plans for a week to serve a delicious repast for you; and the horrified look that comes over her face when you decline even one or two of her dishes! I remember quite recently how I was caught unawares and trapped to a luncheon by one of these enemies of the human race—a charming lady who had made a specialty of collecting cook-books and trying the recipes on her friends. She was yellow and feeble, all but bed-ridden at forty-five; and she had killed her poor husband several years before. The *piece de resistance* of her luncheon was a wonderful kind of sponge cake which melted in your mouth; and the refusing to eat that sponge cake, or to let my little boy eat it, was one of the most painful experiences of my life.

I once had the privilege of reading a number of letters written to Horace Fletcher by a well known English novelist. One does not think of this novelist as being a highly emotional person, but in these letters he was positively

lyrical—he had become a Fletcherite, and it had made him all over. Afterwards I met a friend who knows him well, and he said: "Yes, it has helped his health, no doubt; but it has completely ruined him as a social human being. You are invited to his home, and a delicious dinner is put before you—soup and a chicken and what-not; and then your host sits opposite to you with three wisps of hay upon a plate, and he munches them all the time you are eating, and it makes you feel like such a glutton that you lose all your appetite." Well, that is one way of treating your guests; we have made up our mind in our family that we won't have guests whom we cannot treat better. I say, "Come to dinner, if you think you can stand a raw food repast." And immediately the guest wants to know all about it, and comes and tries it with interest, and goes away wishing that he had the nerve to do it himself. Or I say, "Why yes, I'll come to dinner with you, if you won't mind my squirrel-diet." And then the would-be hostess asks what I mean; and when I go there, I find a dish of fruit and nuts in front of me—and a whole tableful of folks wanting to be lectured to!

Really, it is not a difficult thing to carry out, when you have once taken the plunge. You have all the arguments on your side, and people are quick to see the sense of it. It is a fact that nine hundred and ninety-nine out of every one thousand people have something the matter with them, and nine hundred and ninety of them know it, and are secretly ashamed of it. You can talk in polite abstractions, and trust to them to make the applications. Not long ago I met an English girl, a big strapping athletic creature, with the brilliant complexion that Englishwomen have; and this girl ate five or six times every day—hearty meals of meat and vegetables and sweets. And my wife said to me, "I can't see how she does it—it seems to set at naught every idea we follow." I answered, "I wager you'd find out something wrong, if you got to know her well."

And sure enough, one day my wife came to me and said, "I've found out how Miss B. keeps alive. She told me to-

day that she had to take three or four 'blue mass' pills twice every week!" I had noticed that this young lady, for all her aristocratic air and her beautiful white teeth, had an offensive breath; and, although that dreadful fact was never hinted between us, I knew perfectly well that all the time she was questioning me about two meals a day and raw food and vegetarianism, her "blue mass" pills and her bad breath were what she was thinking about.

I would like to see somebody make a study of the prevalence in our civilization of this use of purgative and laxative drugs; the figures would be appalling, and I cannot think of any one thing that would show more clearly the conditions of disease and degeneracy that prevail among us. Last month I cited the fact that in the single city of Detroit there are manufactured nine billion pills a year. And the use of "mineral waters" is almost universal among our well-to-do classes. I took some pains to inquire among literary men, college students and professors, and people of that sort, and I found that practically every one depended upon such "remedies." And I could understand the use of them by such people, who lead sedentary lives. But happening last winter to be travelling on a steamship, I got to talking with several of the crew; they were speaking of the food that was served to them—rich and greasy food, the odor of which assailed my nostrils while I sat on deck munching my nuts and fruit; and I learned that not a sailor on that vessel but had a supply of pills and castor oil in his bag. I once took a canoe trip in the Canadian wilds, where the only habitation I encountered for six weeks was a Hudson Bay Company post. Here came Indians and hunters and forest-rangers—men living out-door lives, and close to Nature, if ever any men were. Their staple foods were meat and beans and white flour; and to my surprise I learned that that company store had a large stock of purgative drugs. (I was at pains to find out, because that was in my own carnivorous days, and the liberal supply I had taken in my own grip had been nearly exhausted.)

These are a few facts, picked up at

random. The reader of course understands that all the "springs" and "baths" in this country and Europe, to which our "high-livers" repair for their curative qualities, and which play such a part in the memoirs and novels of previous centuries, derive all their virtues from the presence in the water of mineral poisons, which, taken into the system in large enough quantities, irritate the bowels and kidneys and liver, and stimulate them to violent efforts, in the course of which the food wastes are ejected. But this is like the dilemma of the man who hires detectives to watch his servants, and then finds that he has to watch the detectives. The poisons will expel the food, but what will expel the poisons? The victim of the habit finds that he has to take larger and larger quantities of the drugs, until in the end the vital organs break down under the strain.

The writer had two elderly relatives. One of them was well-to-do, and lived in a house with several servants; she was stout and rosy, and everybody called her "a picture of health." She drank a large glass of a much-advertised water every morning of her life, and died at the age of sixty-five of degeneration of the heart. The other relative was left a destitute widow at the time of the Civil War, and thereafter lived very poorly, without a servant. As a boy I recollect that I did not care to visit her, because I never got any of the ginger cookies and "crullers" and hot waffles that I got at the other place. But this old lady, who was spare and little, lived to be ninety-six, and except that she be-

came blind in the last year, retained the use of her faculties till the end.

Of course, not all thin people are healthy; emaciation may be caused by over-eating or unwholesome eating—that is the kind of thinness that I had myself, when all my anxious friends were telling me that I was starving myself to death with my fool "food theories." But as a rule you will find that it is the lean people who live longest, and do most of the real work in the world. I recently came upon some figures that were given out by the life insurance companies, showing in detail the effect of underweight and overweight upon average longevity. The people who were ten per cent. under the average weight for their age had ten or fifteen per cent. longer lives than the average, while those who were over weight were correspondingly below the average for longevity. This was, of course the result of the tabulation of many thousands of cases; and there can be no getting away from such evidence as to the truth of the saying that we are all "digging our graves with our teeth."

I hope to live long enough to see the life insurance companies make up some statistics of the chances of longevity of the "raw fooders." In the meantime, I will ask this one question—"Did any one of the readers of this article ever hear of a person who lived on raw food exclusively, and who had *appendicitis* while following that way of life?" I ask the question seriously—I'd like to know if it has ever happened. But I ask without any fear of being swamped by the number of the replies.

Favors No-Breakfast Plan

TO THE EDITOR:

Since last April I have adopted the no-breakfast plan. It was a great effort to break off the old habit of taking breakfast. I used to imagine it an awful thing to go without breakfast. Besides forming this good habit I patiently take time to masticate every mouthful of food. Thus I take more real pleasure in eating than I did before. My vital organs are in better tone, and as a result, my blood is freer from poison, my brain is clearer, and my spirit is more vivacious. Formerly my brain was beclouded and made melancholy by

impure blood. I felt languid and spiritless, and the future seemed a dark heavy proposition to me. I look back and see that a simple cause produced its natural effect. I ate more than enough to sustain my being. Too much energy was expended in the assimilation of the food with which I overloaded my stomach. The energies of my body and brain were thus robbed and no wonder I felt despondent and languid. Life now looks brighter, and I am gaining in vital power and pulsating health.

J. W. B.

Guelph, Ont. Can.

The Man Who Dared

MAYOR WILLIAM R. NIVEN, OF BELLEFONTAINE, OHIO, DELIVERS A FEARFUL BLOW TO PRUDERY AND FORCES TWO OF THE MOST IMPORTANT QUESTIONS EVER RAISED IN MEDICAL JURISPRUDENCE

By John Milo Maxwell

Mr. Maxwell is a newspaper writer of twenty years' experience, having served in Chicago for a decade as a working reporter, and was distinguished by the Chicago Tribune, in being sent to Cuba as its Santiago war correspondent. Mr. Maxwell became interested in the question of venereal prophylaxis from observation of the destructive effects of sexual disease on the individual and race, and wrote a thirty-two page pamphlet, "Social Hygiene vs. the Sexua Plagues" which was adapted by the Indiana State Board of Health as its official document, the pamphlet being the first dealing with the sexual diseases ever issued by any State Board of Health. Almost every other State has now followed the action of Indiana. Mr. Maxwell also organized the Indiana Society of Social Hygiene. His article setting forth the remarkable developments in Bellefontaine, Ohio, shows that an immense change is pending in public opinion as to the sexual responsibility of the individual. Thousands of thoughtful men and women are thinking deeply as to the points brought out in Mr. Maxwell's story. What shall the answer be?—Bernarr Macfadden.

DOES the law hold power to take possession of the body of a person known or suspected to be suffering from a virulent venereal disease in order to prevent such person from infecting others, thereby inflicting great injury on other individuals and on the race?

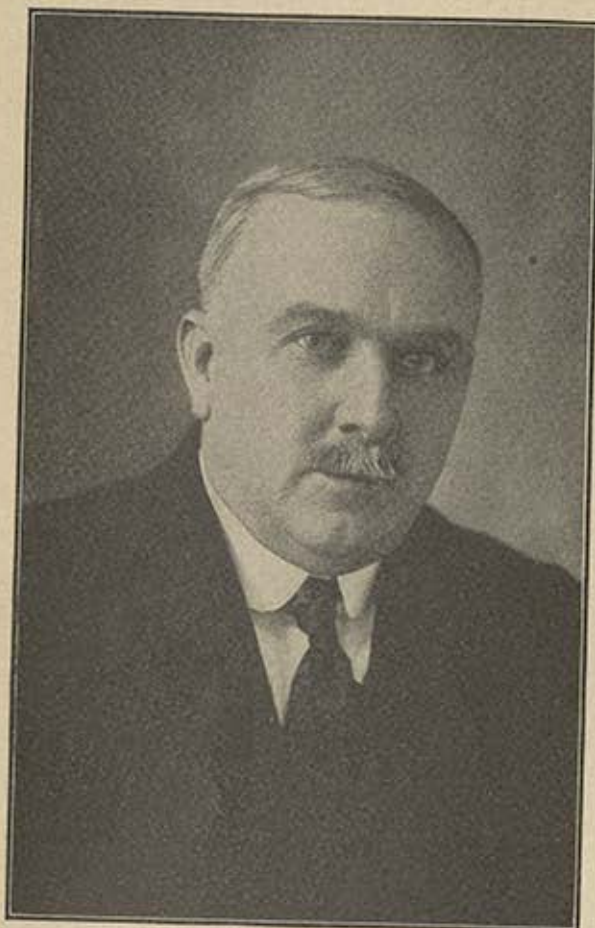
Does the law of the State of Ohio make it mandatory on physicians promptly to report all cases of venereal infection just as they report cases of small-pox, scarlet fever and diphtheria in accordance with the infectious and contagious disease statute of the State?

These are the two questions, tremendously far-reaching in their social import, that have been raised by Mayor William R. Niven, of Bellefontaine, Ohio. Mayor Niven takes the affirmative on both questions. The health board of his city takes the negative. A reputable physician of Bellefontaine has been brought into court and fined for failure to report a case of venereal infection, this being the first incident of the kind in the history of medical jurisprudence. No appeal has been taken. A female of loose character who was reputed to have infected sixteen young men of the city with blood taint has fled Bellefontaine with Mayor Niven earnestly striving for her isolation and the health authorities of the city and state indifferent and admitting or professing

a lack of power to act in the premises. Thus the matter stands—for a little while.

The disappearance of the infected woman who departed for a nearby town to continue her career of luring and poisoning young men and thus assisting in social disintegration, served as temporary solution of a most embarrassing *brouillerie*; for the Mayor and his Board were at the point of open rupture with a good deal of feeling being shown and some rather heated language being spoken on both sides. Yet, the real question, the vital question, the great question, as to society's right to defend itself against a walking plague reeking with acute venereal infection still remains unanswered. But Mayor Niven insists that the question must be answered; that society cannot afford to shirk the answer, and from the hundreds of letters the Mayor has received from every part of the country, it would seem that there are thousands of earnest men and women also who are thinking deeply on the question, and who are demanding an intelligent solution of a problem of such immense importance to the health of the nation.

Mayor Niven is not a sensationalist—in truth, he is just the opposite. He is a quiet and unassuming business man, president of the Farmers' Fence Company, of Bellefontaine. He is modest in



William R. Niven, Mayor of Bellefontaine, who as chief magistrate of the city caused the arrest and fine of a reputable physician for failure to report a case of venereal disease to the city Board of Health, as required by State Statute providing for the prompt reporting of all infectious or contagious diseases. This was the first and only case of the sort in the history of medical jurisprudence.

dress, dignified, firm, but gentle in conversation. He was born in Bellefontaine, and his forty-nine years of clean bachelor life there have rightfully earned him the esteem of the people of the city and justified their confidence in choosing him for chief magistrate. Mayor Niven did not raise the questions as to venereal prophylaxis because he sought newspaper notoriety or national celebrity, though he has gained both, but because he was confronted with a very grave problem and he had either to meet the

situation squarely or run from it, and being a man, he met it. He declares that when he took the oath of office, he swore to uphold the laws of the State and consequently it is incumbent on him to protect the lives and health of the citizens of his community in accordance with the laws as they seem plainly to read. So, it has come that Mayor Niven has raised questions that will never down as long as there are good men and women in this broad land who are seeking for a betterment of an almost intolerable condition—a condition that is blighting the lives of thousands of ignorant and careless young men, destroying the health of thousands of innocent and pure women and placing the stigmata of degeneracy on countless thousands yet to be born. But let the Mayor tell his story in his own way.

"When I took office," said the Mayor, "I learned things from the police records that I did not believe possible. Yet I came into the office believing that truth and publicity are better than secrecy and silence as to most matters, and I still hold that belief. I had conducted a mission in the west end of our city that was largely attended by the poorer classes, and I saw and learned much of every-day conditions of the average man. As a magistrate I have given considerable attention to young people and I have made a special study of children.

"One day there came to my desk a circular issued by the Ohio State Board of Health by request of the Women's Christian Temperance Union, bearing the title 'The Cause and Prevention of Venereal Disease.' That circular starts off with the following paragraph:

"There has been a remarkable reduction in most countries in the contagious and infectious diseases. Smallpox, cholera and yellow fever, which carried off the people by hundreds and thousands have largely disappeared. Diphtheria, scarlet fever, typhoid fever and tuber-

culosis are coming more and more under control and bid fair eventually to be practically wiped out. These beneficent results have been largely brought about by health authorities supported by intelligent public opinion. There are, however, two widely prevalent venereal diseases, both contagious and infectious, that are causing untold human misery and great loss of life and nothing is being done to prevent them."

"The thought came to me, why not quarantine the destructive venereal disease? About a year ago I was asked to approve a license of a man who wished to exhibit an anatomical museum for the benefit of the young, showing the terrors of the venereal infections. While approving in a general way of the object of such an exhibit, I did not feel justified in issuing the permit for the reason that I felt that instruction dealing with the most sacred and noblest instinct of man should be on the highest moral basis and entirely free from financial taint. I brought the matter before the Bellefontaine Board of Health and suggested that instead of the museum exhibit that there be instituted a series of lectures in the higher grades of the public schools on matters of vital interest to the young. The members of the board approved the suggestion heartily and later a joint meeting of the Board of Health, the Board of Education and myself was held, at which the matter was gone into. All were enthusiastic on the advisability of the lectures and I thought that we now had a solution of the problem from its educational standpoint. But suddenly a chill fell upon the proposition. The plan when broached to the fathers and mothers of the city apparently met with a deep hostility, which was none the less powerful, if quiet. The members of the health and school boards became lukewarm—the proposition died a-bornin', so to speak. The mass of stubbornly opposing public sentiment, in my opinion, largely due to lack of correct information, could not be contended with successfully, and so nothing was done or has been done along educational lines in the public schools.

"While forced to admit a rebuff, I did not lose sight of the fact that the infections of immorality were still at work injuring some of the young people of our

city and I determined to find out if something could not be done along constructive lines for the control of these infections. The contagious disease statute of the State of Ohio is as follows:

"Revised statutes of Ohio, Sec. (1536-738.)

"DUTY OF PHYSICIANS. HOUSEOWNERS, ETC., TO GIVE NOTICE OF PREVALENCE OF INFECTIOUS DISEASES; DUTY OF BOARD THEREAFTER.

"Every physician or other person called to attend any person who is suffering from smallpox, cholera, plague, yellow fever, typhus, fever, diphtheria, membranous croup, scarlet fever, or typhoid fever, or ANY OTHER DISEASE DANGEROUS TO THE PUBLIC HEALTH, are required by the State Board of Health to be reported, shall report the same to the Health Officer within whose jurisdiction such person is found, giving in such report, the name, age, sex and color of the patient and the house or



Dr. C. S. Woods, Indianapolis, Ind. Official lecturer of the Indiana State Board of Health on "Social Hygiene." Dr. Woods has achieved a wide reputation by the excellence of his oratorical powers and his diplomatic handling of a difficult subject before mixed audiences.

place in which such person may be found; and in like manner it shall be the duty of the owner or agent of the owner of the building in which such person resides who has any of the diseases herein named or provided against on in which are the remains of a person having died of any such disease, and the head of the family, immediately after becoming aware of the fact, to give notice thereof to the Health Officer; and when complaint is made or a reasonable belief exists that an infectious or contagious disease prevails in any house or other locality, which has not been reported as hereinbefore required, the board shall cause such house or locality to be inspected by its health officer and on discovering that such infectious or contagious disease exists, the board may as it deems best, send such person so diseased to a quarantine hospital or other place provided for such person, or may restrain them or others exposed within such house or locality from intercourse with other persons and prohibit ingress or egress to and from such premises.

"PENALTY FOR VIOLATION OF THIS ACT.
(SEC. 1536-731.)

"Whoever violates any provision of this chapter, or any order or regulation of the Board of Health made in pursuance thereof, or obstructs or interferes with the execution of any such order, or wilfully or illegally omits to obey any such order, shall be fined in any sum not exceeding \$100.00, or imprisoned for any time not exceeding 90 days, or both; but no person shall be imprisoned under this section for the first offense, unless the affidavit upon which the prosecution is instituted contains the allegation that the offense is a second or repeated offense.

"In consideration of the clear phrasing of this statute, I asked the Board of Health if it was not mandatory on the part of physicians to report cases of venereal infection. The Board replied that the statute was never intended to cover the so-called social diseases. I pointed out that venereal infections were specifically named as both contagious and infectious in the official circular issued by the Secretary of the Ohio State Board of Health. The Board did not deny that the diseases were infectious but held that any attempt to report them would lead to the gravest social consequences in that many homes would be broken up should publicity be given to this class of diseases. Besides, the Board held, many of the infections were innocently acquired, and it would be a gross injustice to expose such unfortunates to public scorn. The Board also held that any physician who should

make the statement that a certain person was suffering from a venereal disorder laid himself open to suit for libel and slander, as it had been held in court decisions that it is slander to assert that another is suffering from a venereal disease. I pointed out to the Board that here rested a distinct opposition between the plain reading of the contagious disease statute of the State of Ohio and those statutes and legal decisions bearing on medical jurisprudence which hold inviolate the confidence of the patient to the physician, and I also pointed out that unless there is a straightening out of this legal tangle that it will be impossible for society ever to adopt constructive measures to protect itself from the social diseases. In a word, the contagious disease statute specifically provides that the physician shall do a thing he is specific-



Dr. John N. Hurty, Secretary Indiana State Board of Health, who officially issued the first pamphlet dealing with sexual hygiene ever published by any State Board of Health, also a man who dared.

ally prohibited from doing by other statutes. I think the Board was willing to admit that there is a clash between the health laws of to-day and the ancient legal decisions and assumptions that constitute the basis of medical-jurisprudence. Still, the Board insisted that physicians could not be compelled to report cases of venereal infection and that it would be useless to attempt to make them. I realized the possibility of social injury being inflicted by too technical an enforcement of the contagious disease statute in its application to the venereal infections, and made the Board this proposition: that the three physicians on the Board constitute a Committee to receive reports from doctors of cases of venereal infection, such reports to be entirely confidential and known only to members of the committee, the committee to recommend such action in individual cases as might be deemed necessary to protect the public from any person suffering from venereal infection who might not be willing to observe the necessities of personal prophylaxis. That is, an infected individual should be notified personally and secretly to maintain a strict quarantine and if it be found that either male or female was willfully violating the quarantine, then the health authorities should step in and enforce the quarantine to prevent a further spread of the infection. This last proposition met with no more favor than my other suggestions. Yet, I would not retreat from the position I had taken that the Ohio law demands the reporting of such cases. Thus the matter stood for some time.

"One day a young man came into my office and informed me that he was suffering from blood disease contracted from a woman of the town. The lad was poor and very ill and he was seeking aid to get to Hot Springs. I asked him who had been treating him, and he informed me that Dr. Oscar Ralston, a reputable physician, of Bellefontaine, had been looking after him for one month. I asked the Board of Health if this case had ever been reported. I was informed that it had not been reported and I determined to have an affidavit filed immediately against Dr. Ralston, charging him with violating the contagious dis-

ease statute of the State. The official transcript of the record from the criminal docket will best show the action taken in this case.

"Following is a transcript of the record:

"CRIMINAL DOCKET. S. PAGE 208. STATE OF OHIO, LOGAN COUNTY. THE CITY OF BELLEFONTAINE. BEFORE W. R. NIVEN, MAYOR OF SAID CITY IN SAID COUNTY.

"BE IT REMEMBERED, that on this 25th day of October, A.D., 1909 personally came Harry ———, who being duly sworn sayeth that from on or about the 6th day of July, 1909, at County aforesaid, one Oscar Ralston did treat Harry ——— for syphilis, said syphilis being a disease dangerous to public health and the said Oscar Ralston unlawfully failed and neglected to report the same to the Health Officer within whose jurisdiction said Harry ——— was found contrary to statute in such cases made and provided, etc.

"(Signed) Harry ———.

"Sworn to before me and signed in my presence this 25th day of October, 1909.

"(Seal) W. R. NIVEN, Mayor."

"Warrant issued for the defendant to E. L. Faulder, Chief of Police, who made return that on October 25th, 1909, he brought the body of said Oscar Ralston into court.

"On said October 25th, 1909, the defendant after having read to him the affidavit above set out, pleaded guilty to same. Thereupon on said day it was adjudged and ordered by said defendant Oscar Ralston pay a fine of \$10.00 and costs of the action taxed at \$4.10.

"On October 30th, I reported to the Board of Health the presence in the city of a woman of immoral character who to the best of my knowledge and belief was suffering from syphilis, a physician having made the statement in my presence that the woman had to his best knowledge infected sixteen young men of the city with the disease. I asked the Board what action should be taken in the premises. The Board at first declared that it was without authority in the premises, but on my insisting that something be done, Dr. J. H. Wilson, of the Board moved and was seconded by a civilian member, John Brown, that the Mayor be authorized to call the woman before him and confer with her and inform her of the steps that would be taken, should she persist in those immoral practices by which the opposite sex became infected with her disease.

"Of course, the Health officers of the State are the only persons authorized to

take possession of the bodies of those suffering with infectious or contagious disease, yet the Board put the matter of action up to me thus shielding itself behind the same old defense as to the actionable character of a physician or other person making the public charge or intimating that an individual is suffering from venereal infection. No member of the Board would take the first step, forcing upon me the necessity of not only assuming that the woman had the disease, but of perhaps flatly charging her with having it. However, I determined to go through with it and I ordered the Chief of Police to have the woman brought before me. Evidently, however, she had gotten wind of the proposed action against her and she suddenly left for other parts. Frankly, I do not know what I could have done with the woman even if she had been brought before me. I could only have turned her over to the Board of Health for final disposition. I have never been informed by any member of the Board what action it proposed to take in event of the woman being brought before it. Yet by the Board's concession that eventually the woman should be brought before it, to my mind the Board admitted its power in the premises and *per se* the validity of the statute which the Board declares does not apply to venereal diseases. Thus we were brought face to face with another *rexata questio* in an endeavor to make progress in the cause of venereal prophylaxis."

Dr. William Kaylor is President of the Bellefontaine Board of Health. Dr. Kaylor was asked: "What would you have done with the woman had she been brought before you?"

Dr. Kaylor replied: "Frankly, I do not know. Our proposition to the Mayor was a 'bluff.' In the first place the Board holds it to be entirely out of the question to attempt to make progress in the control of venereal diseases by means of legislation. The whole fabric of medical jurisprudence is founded on the proposition that the relationship between the physician and patient is secret and confidential. The Ohio statutes strongly insist on the inviolacy of the relation. The venereal diseases are con-

sidered shameful diseases, and it is an actionable offense for one to assert that another is suffering from such an infection. There will have to be an entirely overhauling of the laws bearing on medical secrecy and a reconstruction of our views on the subject of the social diseases before Boards of Health will ever feel justified in waging the active war on this class of diseases such as is waged on other diseases. The physician will have to be released from legal responsibility and given full protection of the law by special statutory enactment. The universality of venereal infection makes anything like an effective quarantine impossible, and hospitalization for this class of unfortunates is out of the question as far as present social machinery is concerned. There is no provision for such hospitalization, though I do believe that there should be an institution in every State, after the manner of the Lazarre Hospital of Paris, to which immoral, reckless people suffering from the venereal diseases in an acute stage could be sent and held until the period of active infection is passed. But even assuming that the woman had been brought before us? What could we have done with her? Where could we have sent her? An immoral, syphilitic female is not wanted in any of the regular hospitals and very likely none of them would have received this particular woman. It was only recently that it occurred in our city that a woman suffering from syphilis was sent to the County jail for some small offence, and the sheriff turned her out on the streets declaring that she was a menace, saying that if the State could not provide hospitalization for such people, that he did not propose that the County jail should be used for that purpose. Mayor Niven has opened up an exceedingly large question. We are all anxious that something be done to better conditions, but the chief trouble seems to be, no one knows what to do or where to start."

"That is just it, 'No one knows what to do or where to start,'" commented Mayor Niven in return, "But that a start has to be made, all will concede. I think every decent man and woman who has given the question any thought appreci-

ates the necessity of greater race purity which necessity when analyzed means more intelligent sexual control. But who will make the start? The medical profession? It has failed to do so up to the present. The clergy? It seems to have little power in the premises. The judiciary and the law? Neither seems to be greatly interested. The press and the magazine? They handle the subject gingerly, if at all and offer no solution. But until constructive measures are adopted for the suppression of the venereal infections, thousands of pure women and unborn babes must continue to be the innocent and helpless victims of them."

"But is there a solution to this problem?" Mayor Niven was asked.

"Enlightenment in my opinion will furnish an approximate solution," replied the Mayor, "but until there is wider public knowledge of the various phases of this mighty problem, we can make little advance. Yet by raising such questions as have been raised in our city, we help to clear away the mass of misinformation and misunderstanding that befores the question. It is the duty of all sincere men and women to continue the work of agitation and enlightenment until the false sentiment and prudery that now surrounds matters relating to sex have been stripped away. This is the first and most necessary work. When that work has been done thoroughly, then we shall begin to discern some signposts that will guide us along the way, and once having started on the right course, I am sure that society will be able to devise means of an ever increasingly effective character for its protection from the venereal plagues.

"I have decided views regarding the reform of this monstrous evil and believe that no city, at least no city of 15,000 or

less, should be satisfied unless lewd persons known to be exposing others to inoculation wilfully are quarantined or prevented from so doing by the board of health of the city.

"Ohio laws that created boards of health, and subsequent acts, have given such boards unlimited powers, and it is wholly within their province and in reality their sworn duty to act in all cases where the public health is in danger and a limit to which they can and must go is to be determined only by what is found necessary to protect the health of the public which is intrusted in their hands.

"Of course, I understand as to the matter of education that there is no training for children equal to that given in refined and Christian homes, and often the moral atmosphere in which a child is raised is deemed sufficient by its parents to give the child such a strength of character as will keep it clean without specific instruction, and indeed, this would be the ideal way, if safe. But in the homes of the careless or vicious, the child has no such safeguard, and often gets his information from depraved companions in a manner that makes the information a lure instead of a warning."

Thus the matter stands at Bellefontaine, but the end is not yet. There is talk of taking the case of Dr. Ralston to the Supreme Court of the State in order to get a final decision. Should the case be carried to the Supreme Court, and should the Court decide that cases of venereal diseases must be reported as are other infectious diseases, and should other states follow suit, the Ohio decision would be the most important in its ultimate effect on race evolution that has ever been rendered by any court in any land.

Upton Sinclair Promises Our Readers a Sensation

Upton Sinclair has in course of preparation a contribution of a most sensational character, which will appear in our pages in the near future.

Our readers will no doubt remember the excitement created by Upton Sinclair's famous book "The Jungle." As a result of this work there was a government investigation of conditions in the Chicago stockyards, and laws were passed establishing a much more rigid inspection of meat products. About a year after this, *The New York Herald* sent one of its editors to employ Mr. Sinclair to make a new investigation of conditions. Mr. Sinclair superintended the work, which was performed by *Herald* reporters, and the reports secured were sensational in the extreme. For reasons best known to itself, however, the *Herald* refused to publish them, nor was Mr. Sinclair able to induce any New York or Chicago newspaper to publish anything about the matter. We are sure that his account of this suppressed investigation will contain facts of remarkable interest to our readers.

The Dust Nuisance—How Shall We Deal With It?

By C H Johnson

The author of the following article gives us some details of the dust evil that will undoubtedly be found interesting. Beyond question, dust is in many instances the cause of consumption and other diseases, and it is pleasing to note there are some modern devices which offer a solution of this problem—Bernarr Macfadden.

ONE by one we are gradually solving all of the world-old problems of the race. Many of these problems it is true, are on a material and mechanical plane, but we need not therefore find any reason to scoff at their solution. For it is largely through man's ability to eliminate the material and practical difficulties of life that he has been able to devote his time and his energy to progress on an intellectual plane. All of our advances along mechanical lines, indeed, have the ultimate purpose of setting man free from various conditions which have bound him heretofore.

And in this general scheme of emancipation, man is not alone. Why should he be? He is only the least important, least beautiful and least useful member of the race, after all. Emancipated womanhood? Goodness yes! we are hearing of it on all sides these days, through open air speeches, women's clubs, articles and departments in magazines, and even the newspaper jokes which prove what a serious matter it really is. Woman has been a slave long enough; now for a measure of freedom!

But without doubt one of the very first elements of freedom desired by every woman is some relief from the burdens of household drudgery. House-keeping, through all the centuries an inseparable associate of home-keeping, has always been carried on in a more or less crude and clumsy fashion, for lack of proper conveniences. "Man works from sun to sun, but woman's work is never done!" So ran the old saw, and wives and mothers, patiently and faithfully struggling through the incessant drudgery of their homes, have suffered from bent and aching backs, stiffened limbs and

broken health, because there was "no other way."

However, while learned sociologists, ethnologists, anthropologists and other ologists of the fairer sex are writing learned theses and delivering eloquent and unanswerable orations upon the cause of woman's freedom, modern inventions will probably do more towards the emancipation of woman than any other one influence of the last century. It will not only simplify the problem of cleaning, but it will change a disagreeable task into one which is more or less of a pleasure. The work will be done in half the time, and it will be done thoroughly which has really never been possible by old time methods.

For the first time in the history of this sad old earth, the operation of cleaning may be characterized by sanity and sanitation. One of the most commendable of modern household appliances is the vacuum cleaner. It would be hard to say whether the possibility of cleaning by this up-to-date method will be more valuable because of its extreme convenience or on account of its sanitary influence. Certainly, both of these advantages should make it invaluable in every home. But even if one is not sufficiently up-to-date to appreciate its convenience, the claims of sanitation at least should make an irresistible appeal.

There is a hygienic and physiological basis for our prejudice against dust and dirt. Everybody hates dust instinctively. It might be sufficient that it offends the eye and is disagreeable to the touch, but it is positively unhealthful as well, especially indoors where the lack of sunshine and air currents permits it to accumulate and become dangerous. The fact that it is disagreeable to breathe

dust, or, in other words, that our instincts rebel against it, is sufficient to indicate that it is unhealthful. Germs of all kinds settle and accumulate with the dust, and many houses become in time veritable storage conveniences for both dust and germs. It is true that the danger of disease from this source depends chiefly upon the susceptibility of the individual, but recognizing that there is more or less susceptibility in some members of various families, an important means of disseminating disease is through the collection of germs in houses. So much so, that in many cases it is considered necessary to remove all old wall paper, and to place new paper upon the walls of an apartment or house, also fumigating, before it may be occupied by another family.

In addition to the accumulation of germs, however, a consideration which will probably not alarm those who are saturated with vitality and resistive power, there is the irritating influence of the dust itself. It is chiefly because of this that our instincts rebel so vigorously against its presence, for the delicate membranes of the nose, throat and eyes, as well as the bronchial tubes and lungs, are quick to recognize an enemy of this kind. It is a fact of common knowledge that the highest mortality from pulmonary tuberculosis is invariably found among those occupations wherein the workers have to contend against great quantities of dust. And dust in the home has the same influence as in the factory. It may not induce tuberculosis in all cases, but it may at least have a great deal to do with causing heavy colds, catarrhal conditions of the nose and throat, hay fever and the like, if not worse. There are many women who invariably suffer from spells of sneezing and more or less cold in the head after their regular weekly house-cleanings. They usually attribute these colds to the open windows incident to the cleaning, or perhaps to the washing of the windows. But they never think of the clouds of dust they have raised, and, in part, inhaled. The writer has it on good authority that over ninety per cent. of the people in our large cities suffer from nose and throat irritations, and this is not due

to climatic conditions, but to dust. Semi-annual house-cleanings are not sufficient. Weekly, even daily cleanings are necessary for truly hygienic conditions.

When a room has not been cleaned for a long time, it has a musty and disagreeable odor. "Where does all the dust come from?" we ask. It comes from everywhere, yes, literally, everywhere. But that does not matter. The matter is here, and we do not want it. But even when the room has been cleaned by the good old-fashioned methods, there is still some of this dustiness and this odor, because the cleaning was not perfect. The methods of cleaning usually employed, even to-day, are about as primitive as living in a cave and catching fish with claw-like hands. In this respect, we are still living in the most "olden times."

The trouble with the housekeeper using broom and duster is that she simply *moves* the dirt, when she should *remove* it. She carries some of the heavy dirt away, the chunks, the brick-bats, pieces of rope, cord-wood, and the like, but she does not corral, the finer dirt, the dust, which is really the only unhealthful and objectionable part of it all. For one thing, many women do not know how to sweep. Of those who do know how, the hurry or the distaste for the job or some other consideration will usually prevent the close concentration required and due care in keeping the broom on the floor. For the broom should, theoretically, push the dirt along the floor. But in most cases, either unknowingly or thoughtlessly, often nervously, the broom swings up into the air at the end of each stroke, throwing its load of dust and dirt up into the air in a cloud. Phew! Well, if it isn't so in your house, at least you know it is so in nearly all others that you have seen.

So much for the sweeping. The dust goes flying about until it settles upon the piano, the mantle, the table, the chairs, the pictures, the picture moulding, window tops, curtains, draperies and everywhere else, and upon the floor again. So now you take your duster and dust off a part of these things, notably the piano, the mantle, and a few others, not including the picture moulding and inaccessible objects, and as you wield the duster you

again throw dust into the air, in smaller quantities. A half hour later, on noting the piano, you ask yourself again, in surprise, "Well, where does all the dust come from, anyway?"

A vacuum cleaner, however, would obliterate every trace of dust, and would be used for this purpose not alone on the floor, but on the furniture and anything else that might be dust-laden. Briefly speaking it is like a blowing machine, with the machinery reversed. A vacuum is created in the machine, and this causes an irresistible suction at the nozzle, which gathers in and devours every sign of dirt. The nozzle—that is the mouth-piece, or business end. It is connected with the vacuum by a tube, and may be employed up or down, and in any part of the room.

There is nothing disagreeable about using this method of cleaning. No flying dust here—you would hardly know you were cleaning. And no need to wear a dusting cap on your head, and your old clothes. Dress as nicely as you please, or as nearly so as the previous condition of the room will permit. It is no longer a dirty job, but a cleanly as well as cleansing one. The dirt disappears as if by magic, and there is no "pile" to pickup when you have finished with the floor. One can also overcome the obstacles and difficulties of furniture, high places and awkward corners. For all of these places must be clean, and the housekeeper wishes them to be clean. A genuine housekeeper is a conscientious being, perhaps no one but a housekeeper can wholly understand how much so. She has the instinct of cleanliness in a very large degree, and she cannot feel comfortable unless she feels that every nook, crevice and corner is neat and clean. Therefore she will get down and dig out the corners; she will clean up places which the eye would never reach, and which might be neglected as far as the looks of the place are concerned; and in many cases she will even move everything out of the room. But every one dislikes to get her hands into a mess, and it would be so much better to accomplish the work without all the fuss and the trouble.

The nozzle of the vacuum-suction

cleaner is usually built upon the plan of the letter "T," with the suction applied at the cross-bar. This makes it possible to operate the thing almost anywhere, inserting it into corners, around behind various objects, underneath the piano, the table and the dresser, and to practically eliminate the necessity for moving any furniture. One is able to reach all sorts of inaccessible places.

A small but rather aggravating difficulty which is encountered by every housewife, is the removal of the dirt from the sharp corners of the room, also the little corners created at the sides of the door-casing and the mantel-piece. They look innocent enough, but the dirt does stick. It is almost impossible to really get them to look clean by probing away with a clumsy broom, and after a number of discouraging efforts the unhappy housekeeper vows in despair that if she ever has an opportunity to build a house of her own she will have it "built with round corners," so that the dust cannot accumulate, but may be easily wiped or brushed away. However, the nozzle of the vacuum cleaner will settle this annoying difficulty. Ornamented wood-work, with its thousand crevices to catch dust and to defy the labors of the dusting cloth, will offer no resistance to the suction of the vacuum nozzle.

The nuisance of the spring and fall housecleanings is due to the fact that there are parts of the house that are not regularly cleaned as a part of the day's or week's routine. There are meals to get, dishes to wash, perhaps clothes to mend, and the work of cleaning must be limited as much as possible. The floors are looked after, and probably the furniture is dusted, with only partially satisfactory results, as noted above. Meanwhile the tops of wardrobes and closets, of window casings, picture mouldings, as well as draperies, rugs and carpets are either entirely or partly neglected. The brushing or shaking of the rug cannot truly be called cleaning. But with the long handle to which the nozzle is attached, it is but the work of a few moments to reach all of these things without difficulty, and clean them thoroughly. The dirt is not scattered, but absorbed by the machine, and retained therein until

it is burned or otherwise disposed of. And the entire place may be kept so clean at all times, with little effort, that the housecleaning agonies of spring and fall are entirely unnecessary.

It is impossible to do anything with a rug or carpet by sweeping, except to give a partial appearance of cleanliness when every one knows that it is thoroughly charged with dirt. To think of it earnestly is to be uncomfortable, and so we try to accustom ourselves to accepting the situation. When you pound it, or whip it, it almost seems that the more you pound the more dust it contains. It is like upholstered goods. And when the carpet is tacked down, even for six months, there is always amazement at the quantity of dirt and even sand that has worked its way through and is found upon the floor underneath. Surely, surely, in the face of conditions of this kind, widely prevalent in all civilized communities up to this time, any pretense at sanitation must seem an idle jest.

A thing is clean only when it is clean. And it is not sufficient to brush off the top of a carpet or rug. The vacuum cleaner is the only device yet placed within our reach that will really enable us to have clean homes. Applied to rugs and carpets, it not only takes off the top dirt, but it also removes every particle of dust from the fibres of the carpet, takes away the germs, takes away everything that is not properly fastened to the weave of the carpet or which does not belong there. And instead of the more or less dead appearance of a floor covering which is not strictly new, a cleaning of this kind will give it newness and color. And it will always be kept at its very best appearance.

Upholstery and curtains of all kinds may be treated in the same manner, and equally effectively. The latter are especially unwholesome because of their dust collecting properties. Many people of good sense have come to the conclusion that curtains, rugs and draperies of any kind are so unsanitary that they will

not have them in their houses. The result is a barren and somewhat Puritanic simplicity, which, while admirable from a hygienic standpoint, will scarcely appeal to the popular instinct for comfortable and cozy surroundings. However, the fault to be found with rugs and draperies lies, or rather did formerly lie, with the impossibility of keeping them in a clean and wholesome condition. And it will be a matter of consolation to many to know that by employing this truly modern method of cleaning, it will be possible to have rugs and draperies and yet maintain surroundings that are perfectly unobjectionable from a sanitary standpoint.

Perhaps you have been thinking about the possibilities of scrubbing—good, old-fashioned scrubbing? It is true that you can get away with a lot of dirt by scrubbing, but look at the effort that it costs. If you take it for the exercise, well and good. Otherwise you may find it a serious hardship, for it is an unpleasant and dirty job. And it takes off varnish or any other surface. But the great failing of scrubbing lies in the fact that it applies only to the floor, and not to the furniture and other parts of the room, and even on the floor it does not take care of the cracks. If the floor is old and the cracks are big, you may have the satisfaction of knowing that while you are wetting the floor the dust in the cracks will be subdued, even though not removed, yet when the floor is dried, the cracks will be about as full of dirt, and of dirt of the most dirty kind, as anything could well be. And there it will stay, not only through sweepings, but through scrubbing as well. Delightful, is it not? The vacuum cleaner, however, will take all the dust out of the cracks as well as from the surface of the floor. It takes the dust and dirt from the warp and woof of the carpet as well as from the nap. It cleans through and through, and, fortunately for the householder, with absolutely no injury to or wear upon her furnishings.

Don't fail to read our special offer on page 114. We want everyone of our friends to take advantage of this opportunity of securing a subscription to **PHYSICAL CULTURE** without expense to them.

WORKINGMEN'S EXCHANGE

BY OLIVER ALLSTORM.

"Workingmen's Exchange"

BY OLIVER ALLSTORM

"Workmen's Exchange." The sign over the door
Of the foul smelling place shall attract me no more;
For down in my heart, while sober one day,
I figured out all I had bartered away,
And just what exchanges go over the bar
To make us poor drunkards as low as we are.
I found for a drink I had given my purse,
And for many a smile I was given a curse,
For the friends I brought in I was left all alone,
For the work I had done I was given a bone.
I got the bartender his job; as for mine?—
I lost it while drinking his whiskey and wine.

* * *

"Workmen's Exchange!" Exchange? Ah, I
thought,
What did I have for the stuff I had bought?
He's a beer-palace prince, while I'm but a bum;
His home's on the hill, and mine's in a slum,
His wife knows the joys of a robin in May,
While mine drudges on through the wearisome day;
His child is well fed and quite rosy and sweet,
While my starving Nellie has little to eat;
Ah, yes, we exchange—the best for the worst;
A kingdom of love for a slavery to thirst;
Sweet freedom for bondage and silver for dross;
A crown of success for life's failure and loss.

* * *

I've figured it out it's not money for drink
That crosses the bar when the red glasses clink
But it's heaven for hell, and it's not very strange
For the devil is boss at the "Workmen's Exchange!"

(Copyright by George Nathaniel Malstrom.)

PAY CHECKS CASHED



MALSTROM



Exercise Number 1.—This movement is perhaps more clearly described by stating that you should imagine that you are in the act of mowing. Assume position as shown in figure to the right, and swing the arms around as though you were handling a scythe and mowing the grass down before you. Swing the arms as far as possible without moving the feet. Return to former position and repeat until there is a distinct feeling of fatigue.

Vigorous Exercise for Young Folks

A FEW MOVEMENTS WHICH, WITH THE AID OF THE IMAGINATION, CAN BE MADE AS VIGOROUS AS ONE MAY DESIRE

By Bernarr Macfadden

WE are illustrating some exercises in this article which are certain to awaken the activity of the internal organism and materially increase the strength of the external muscular system. These exercises can be made as vigorous or as easy as one may desire.

Naturally, to a certain extent, the imagination will play a part and will have considerable influence in the efforts that are put forth in making these movements. Though one may feel it would be diffi-

cult to depend upon the imagination to the extent here called for, you will really be surprised how easy it will be for you to actually imagine you are working with the result in view that is supposed to be the object in each particular movement herein illustrated.

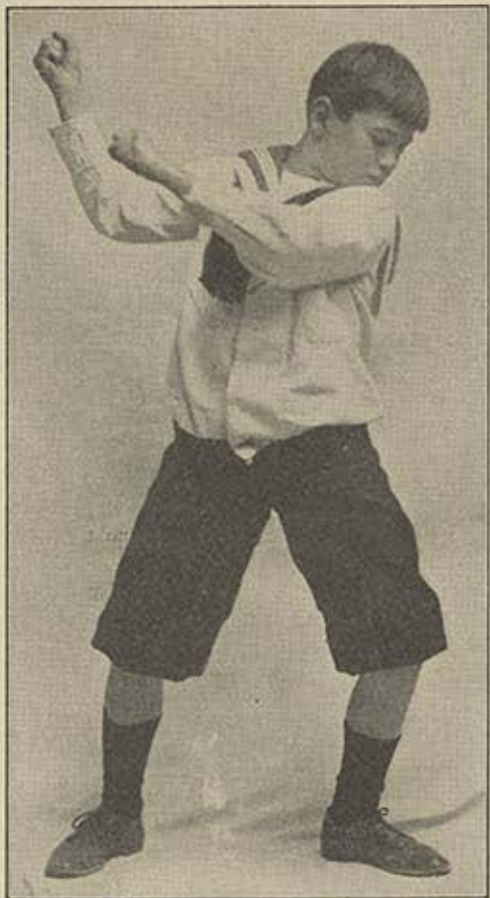
The statement has been made that one who has an extremely strong will or strong imagination can actually determine the circulation of the blood shall be increased in some particular part of the body and from this mental influence



Exercise Number 2.—This exercise, as can be clearly seen in the illustration is the movement made when rowing. Seat yourself on the floor or cushion as shown in the illustration to the right, bend backward as far as possible with the heels coming from the floor and pull vigorously at the same time. Continue exercise as long as you can.

alone the blood supply in that particular part will materially increase. Now, if it is possible to bring about a change of this kind by the imagination, it is easy to understand how a much more noticeable result can be secured when the imagination goes so far as to actually make movements and expend muscular energy in the manner we have herewith illustrated.

The degree of benefit which may be expected from exercise is in a great measure dependent upon the amount of energy and interest which are devoted to its performance. If the movements which constitute an exercise are performed in a perfunctory and disinterested manner, the results will be far less beneficial than if the movements one performs



Exercise Number 3.—There are few exercises better than that of chopping wood. The illustration herein shows one part of the movement required in this splendid exercise. Imagine you have an axe in your hands and that you are raising the axe high above the head in order to bring it down with greater force.

are given the proper degree of attention, and are performed with energy and vim. It should also be remembered that each movement should be continued until the muscles which it calls into play are thoroughly tired, thus accomplishing the destruction of all effete matter and its consequent replacement by newly formed and vigorous tissue.

It is not a matter of great moment, as to whether exercise is performed in the morning or in the evening. It will be found of equal value, regardless of the hour at which it may be performed. The experience of many has proven, however, that it is of advantage to establish a regular time for exercise each day—not particularly because of the physical effects of such regularity,



but rather because one grows to look forward to exercise as a regular factor in the routine of the day, and is consequently less likely to overlook it.

sions, are also too familiar to readers to demand reference here.

Although the present exercises are illustrated by youthful figures, it might be well to mention that they can be indulged in with just as much benefit by the older folks. In fact we hear too much in these days of various exercises as not adaptable to the use of those of mature years. In my opinion one simply wants to forget that he is approaching



those years of life when he is supposed to be losing the activity and suppleness of youth. If you ever imagine you are growing old, then you will age twice as fast. No matter what your age may be, remember that your activity and strength depends almost entirely upon your habits of life, and as your habits are influenced by your mentality, naturally you can be young or old in accordance with your own dictates.

Exercise Number 4.—The above figure is shown in the act of ringing a bell such as is used in ordinary country churches. Reach high over head as shown by illustration at left, rising on toes, grasp the imaginary bell above the head and then pull downward until you assume position shown in picture to the right. Repeat exercise until there is a distinct feeling of fatigue.

I would certainly advise, not only the boys and girls who are fortunate readers of this publication, to give these exercises a trial, but I would suggest that every one of the readers young and old use them for at least a short period.

My readers need hardly be reminded of the necessity for assisting the body to throw off all waste matter through every possible channel, and particularly of keeping the pores of the body free from clogging impurities by frequent bathing with warm water and soap. The exhilarating effects secured by cold water baths, after exercise or on other occa-

They will be found extremely beneficial for increasing the suppleness of the body in general, and will add to the vigor and vitality of the entire organism in a way that will be pleasing in nature if they are continued for a sufficient length of time in order to expect results of a beneficial and lasting character.

The subscription offer on page 114 of this issue should be of interest to every reader. Even though you are already a subscriber to **PHYSICAL CULTURE**, this offer opens for you an opportunity of extending your subscription one year without expense to you, for the mere effort of obtaining for us two subscribers to **PHYSICAL CULTURE** at the regular rate.

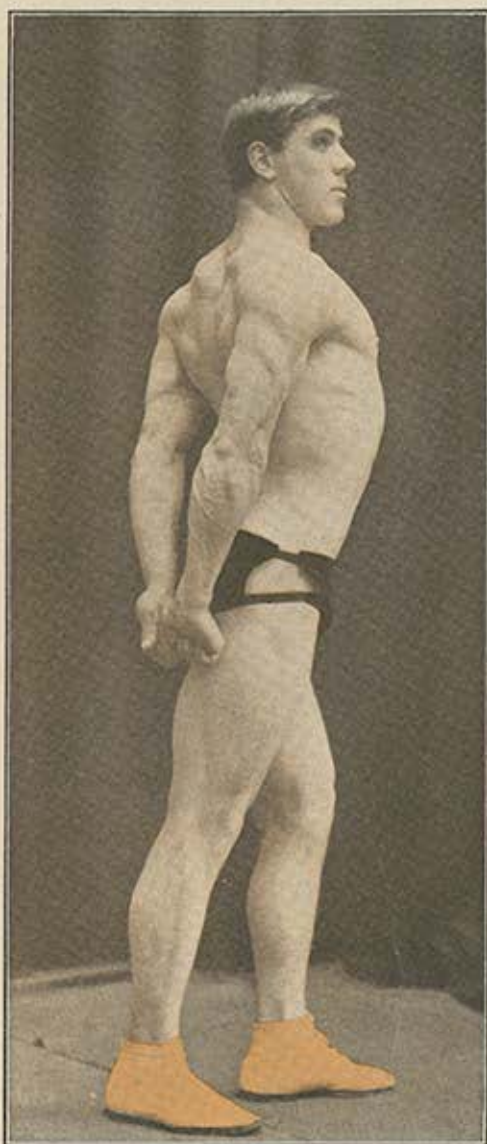


A group of finely developed specimens of manhood in the School of Physical Culture conducted by F. A. Hornibrook, at Christchurch, New Zealand.

British rate of pay, gave the colonials really first-class pay. In Great Britain, on the other hand, the pay was so poor as to be unable to attract enough men to join the navy; consequently there are actually not enough men to man all the British men-of-war at present afloat, and therefore the examiners cannot afford to be too particular in Great Britain. Recently the Admiral of the station, Sir Richard Poore, specially commended the crew of the *Pioneer*, the majority of whom were New Zealanders, for their drill, physique and general efficiency. The *Pioneer* had the champion tug of war team in the Australasian fleet, and the majority of that team were New Zealand born. In the fleet contests in Sydney, when the visit of the American fleet took place, the champion for the 100-yards was a New Zealander (A. Brown). The champion cutter's crew on the Station belonged to the *Challenger*, and was composed of colonials entirely. There might also be quoted the case of three young men who were born and bred in New Zealand, and had just completed their five years in the navy. Their weight, height and chest measurements are as follows:

	Weight	Height	Chest Measurement (Normal)
A.....	168lbs.	5ft. 8½in.	39in.
B.....	163lbs.	5ft. 10½in.	38in.
C.....	177lbs.	6ft.	39in.

Nevertheless, when all allowance is made for the various considerations which may be urged in explanation of the high rate of rejection quoted by Commander Blunt, the fact that 61 men were rejected out of 111, and that 26 of that number were malformed, indicates very forcibly the need for thorough investigation and immediate removal of the causes making for these serious defects in New Zealand physique. The writer now comes to deal with what he considers some of the most important causes of physical evil in this community. There is first the habit of "loafing" around street corners. Resting after labor is one thing, but loafing is quite another. Men who are tired require rest, but the bulk of the men hanging round street corners are not tired physically; and if they were, loafing would not rest them. I have been practically all over New Zealand; and both in the large and the small towns as well as in the country



Albert A. Winkler, winner of gold medal for most symmetrically developed man, at Physical Culture Institute, held at Christchurch, New Zealand, in 1909.

districts, this habit of idly standing at street corners or aimlessly strolling up and down the roads is in evidence. This means physical rot, physical decay.

Even the fact that the men are in the fresh air is largely counteracted by the smoking of the inevitable cigarette. This loafing is not confined, as in England, to men who work around wharves

and to the "unemployed," but is indulged in by tradesmen, shopmen, and others. The vast majority of these men have had no physical training, very few of them could handle a rifle or take part in military drill, and often they have only a lip interest in football. Whatever may be the merits or demerits of a universal system of military training, the physical benefit to these men would be most marked. As for cigarette-smoking, I do not know how the consumption of cigarettes in New Zealand compares with that of other countries, but I should think we have a very unenviable priority in this respect; and when such an authority as Sir Frederick Treves gives it as his opinion that the inhalation of cigarette smoke is one of the most potent causes of lowered vitality and enfeebled health amongst young men, I think it is time to call a halt in regard to this most pernicious habit.

Then there is the question of "tippling." My experience of the old country shows me that the average working man consumes most of his beer on Saturday and Sunday, and then has five days of comparative abstinence; whereas here, although the drinking at the week-ends may not be so heavy, the amount of tippling is far greater and far more continuous. It is generally conceded that a large indulgence in alcohol followed by a period of abstinence, is less harmful than continuous tippling whereby the system is practically never free from alcohol.

There is also the question of lookers-on in comparison with players at football and cricket matches, and so forth. A flat-chested, weedy type of man is not to be improved by merely watching somebody else indulge in these pastimes. It is a moot point if 3000 or 4000 people sitting on a cold day watching thirty men play football are physically benefited at all, if indeed the practice does not tend to actually lower their vitality.

A more vital cause of physical evil—perhaps the most important of all—is the bad ventilation of dwelling-houses, working-places and above all schools. The fact that children and young persons are continually cooped up for hours in a

vitiated atmosphere is a most potent cause of lung trouble and lowered vitality. Digestive and dental troubles are also caused by the amount of "mushy" food eaten in the colonies, and by what has been termed "the religion of Australasia," viz., combined meat-eating and tea-drinking.

In regard to the training of school children, New Zealand is very backward. The physical drill given in the schools is practically worthless. The systems adopted by Germany, Denmark and Sweden, and even by England itself are very considerably in advance of that followed in New Zealand. The strongest indictment of New Zealand methods—or lack of methods—is given in the figures quoted by Commander Blunt: 61 men rejected out of 111 between 18 and 19 years of age, and 26 of these malformed. That is the result which New Zealand obtains from its present system of physical instruction in schools. There is no medical examination or classification of the children according to physical development, no recording of weights, measurements, etc., no attempt to give remedial exercises for slight or incipient physical defects, no standard of qualification for the instructors, and breathing exercises when done at all are performed in the most slipshod and haphazard manner. The Education Boards are perfectly satisfied if occasionally they see a large number of children dressed in white, with colored sashes, walking about in geometric convolutions to the tune of more or less inspiring march music.

Of the physical malformations quoted, spinal curvature formed by far the greatest number, and the most prolific cause of this in New Zealand is the rigid non-adjustable school desk. This is freely admitted, and the excuse offered is lack of funds. The Education Boards consider adjustable desks "very good things but not worth the expense." Surely it is a foolish, not to say wicked idea of economy, to refuse to spend a comparative small amount of money out of the national purse when the results on growing human beings are so disastrous.

Now, while the figures given by Commander Blunt are indicative of a very grave condition of affairs physically, still

at the same time I do not wish my readers to infer that in a comparison of national physique, the colonials are left behind. The report of Commander Blunt's address is very brief, and as it stands raises one or two important questions as to its own consistency. It says,



F. A. Hornibrook, Principal of Christchurch Physical Culture Institute, who is doing much toward improving the physical condition of his countrymen.

"the colonial physique was at present the best in the world," and again, "during six years' experience of training duties, he had trained boys and men, and he had to say that New Zealand gave him physically the finest lot he had handled during his term of office." There is therefore an apparent discrepancy between these two statements, and the statement in another part of the report that over 50 per cent. (61 out of 111) of New Zealanders were rejected against 42 per cent. of rejections in England under exactly the same medical examination. As to this percentage of 42 per cent. of English rejections, the figures given by the Director-General of the British Army Medical Service in his memo. submitted to Parliament in 1903, are 40 to 60 per cent., not 42 per cent.

In order to compare New Zealanders with Englishmen and Americans, I have taken some tables prepared by Mr. C. E. Heywood, of Birmingham, who has had many years' experience in training men and in preparing anthropometrical tables. His tables unfortunately deal only with men who have had two years' training

and upwards. He says definitely that the figures are restricted entirely to the "best men" and to "athletes," and are for men between the ages of 25 and 35 years of age.

I have on my books the measurements of between 1200 and 1500 men, and I have taken groups of these indiscriminately at different periods of time, each group covering some hundreds of men, trained and untrained. You will understand, therefore, that the figures I give are for fair average New Zealanders. Taking the weights first, that is, the stripped weight, the weight of men absolutely naked, according to Mr. Heywood, the average weight of English trained men is 9st 10lb., and American trained men 9st 13lb. My records show that the average weight of a group of untrained New Zealanders between eighteen and thirty years of age is 121.62lbs. or 8st., 9 2-3lbs.

The figures taken on the same basis for chest girth (normal), are as follows:—

English trained men—35.4 in.

American trained men—35.9 in.

New Zealand untrained men—33.4 in.



Prize winners and judges in the Christchurch Physical Culture Institute held in 1908.

The figures taken on the same basis for height are as follows:—

English trained men—5 ft. 7 in.
 American trained men—5 ft. 7.2 in.
 New Zealand untrained men—5 ft. 8 in.

The figures taken on the same basis for lung capacity are as follows:—

English trained men—238.9 c.in.
 American trained men—250 c.in.
 New Zealand untrained men—230 c.in.
 New Zealand trained men—274 c.in.

The New Zealand figures given above are, as I stated, only for fair average New Zealand men; and I have therefore prepared another table for some hundreds of the best men I have trained. This is really a fairer comparison with the English and American figures given by Mr. Heywood, inasmuch as he distinctly states that he had picked out the "best men" and the "athletes." The figures then stand as follows:—

	N. Z. Trained Men.	English Trained Men.	American Trained Men.
Age.....	20 to 30	25 to 35	25 to 35
Weight.....	143lbs.	136lbs.	139lbs.
Height.....	5ft. 8.2in	5ft. 7in.	5ft. 7.2in.
Chest girth....	35.2in.	35.4in.	35.9in.
Lung capacity.	274 c.i.	238 c.i.	250 c.i.

I have also prepared tables of the average chest expansion, that is, the difference between the measurement of the chest when the lungs are empty and the measurement when the lungs are full of air. According to Mr. Heywood, the average chest expansion for trained Americans is 3.3 in., and for trained Englishmen, 3.5 in.; and I find from my own records (again taken from some hundreds of men) that the average chest expansion for New England untrained men is 2.9 in., and for New Zealand trained men 4.9 in.

These figures show that the type of man that the colonies are producing is taller and heavier, though not heavier in proportion to his height, than the man produced in England and America. Relatively to his height, the colonial is a lighter man. The figures also show that while the colonial is better than the American and Englishman as far as lung capacity is concerned, he is slightly inferior as far as chest girth is concerned. It must also be remembered that the colonial's superiority in lung capacity is not so great as it at first appears, inasmuch as he is over one inch taller, and therefore his lung capacity should be eight cubic inches more for this difference in height. But even after allowing for this, the trained colonial has a superior lung capacity of sixteen cubic inches as compared with the American trained man, and twenty-six cubic inches as compared with the English trained man.

Now, although these figures are, on the whole fairly satisfactory, still they are not nearly so good as they ought to be, when we recollect that it is only about sixty years since New Zealand was colonized, and that it was necessarily colonized by a hardy race of pioneer men and women, with whom "brawn" had to play an important part. The very conditions of life under which the early settlers lived tended to make them strong and healthy, even if they had not these qualities to begin with, and these settlers of necessity handed down to the present generation much of their virility and hardihood. The present-day colonials have, therefore, to consider in what respects they are failing to keep up that heritage of good physique and strong vitality.

Smoked 73,000 Cigarettes; In Hospital, Cried for More

Max Zillman is 17 years old.

He has smoked 73,000 cigarettes.

He was recently treated in the observation ward at the St. Louis City Hospital.

Since he was 12 years old Max had the cigarette habit. He bought them in packages containing 20 and smoked two packages every day.

Physicians say that his mind has been seriously affected. His nerves are wrecked. Attendants had to guard him day and night

to prevent him from tearing off his clothes.

After he was taken to the hospital from his home at 1706 Carr street, one night, he removed his clothing a dozen times.

Finally a hospital detail with needle and thread sewed his garments on him in such a way that he could not remove them.

He begged for cigarettes all the time, saying that he would die if he didn't get some.—St. Louis (Mo.), *Post-Dispatch*.



Two nourishing foods of Central Africa. In Uganda, where the banana grows most extensively and constitutes the principal article of diet, the physical development of the natives is especially noteworthy.

Vegetarianism in Central Africa

By Guy Walter Sarvis

ONE OF THE THREE LIVING MEN WHO HAVE CROSSED CENTRAL AFRICA FROM EAST TO WEST WRITES OF HIS EXPERIENCE WITH AFRICAN PORTERS

Mr. Sarvis has written for us a very interesting and highly instructive article concerning the remarkable strength and superior physical development of uncivilized people who live simply and naturally, and whose diet consists of fruits, nuts, and vegetables. In making his long, trying journey of over three thousand miles, crossing the equator five times, the author had most excellent opportunity to study the people of whom he writes. The facts which he presents concerning the power of these people to endure hard work and extreme heat afford striking suggestions in favor of a vegetarian diet for health-building.—Bernarr Macfadden.

ROUSSEAU, a hundred and fifty years ago, worked out a philosophy the central idea of which was that the ideal man was what he called the "natural man." He thought that we should discard everything artificial and go back to a state of nature. Every generation has its advocates of a return to nature, and they are among the most stimulating and healthful men of any time. Who has not been made better and stronger by reading Thoreau's, "In the Maine Woods," and Walt Whitman's unconventional, but genuine, calls back to primitive things? While there is a fundamental fallacy in this attitude, there is also a fundamental truth. The Golden Age is not in the past, and no one

of the advocates of a return to nature has ever been willing to go back to the life of the primitive Australian or the Hottentot; but it is nevertheless true that in these simple peoples we find certain elemental principles so isolated that we can study them. In our complicated civilized life so many factors enter into our problems that it is difficult to say whether a given physical condition is the result of the food, the exercise or lack of it, the occupation, or the dissipation one has been engaged in.

The life of the African is very simple, and therefore affords excellent opportunity for studying the effects of the various factors which make up that life. How simple his life is the following

description admirably indicates: "Here in his virgin simplicity dwells man, without clothes, without civilization, without learning, without religion—the genuine child of nature, thoughtless, careless, and contented. This man is apparently quite happy; he has practically no wants. One stick, pointed, makes him a spear; two sticks, rubbed together, make him a fire; fifty sticks, tied together, make him a house. The bark he peels from them makes his clothes; the fruits which hang on them form his food." With modifications to suit particular tribes, this description is essentially true of the African as we find him throughout the central part of the continent to-day.

One of the obvious illustrations of the irrationality of much of our theorizing is the contention that a workingman cannot live without meat. Many people will admit that vigorous and prolonged

intellectual activity is possible on a vegetable diet, but the *laborer*, they say, must have his beef-steak and his ham and eggs. The fact is that in those nations where the highest percentage of labor is physical, the proportion of meat consumed is lowest. The most cursory glance at history shows that meat has formed a very small part of the diet of the world's workers. The economic conditions in the empires of antiquity were such that vegetable products of necessity formed the staple foods. This must be true where the population is dense and there is no outside source from which to secure meat, as is the case in the great oriental countries to-day. Even in a country like Africa, where game abounds in parts, meat is rarely eaten, partly because the natives have but imperfect means of securing it, but chiefly because fruits and vegetables are so abundant. It is literally true in tropical Africa that



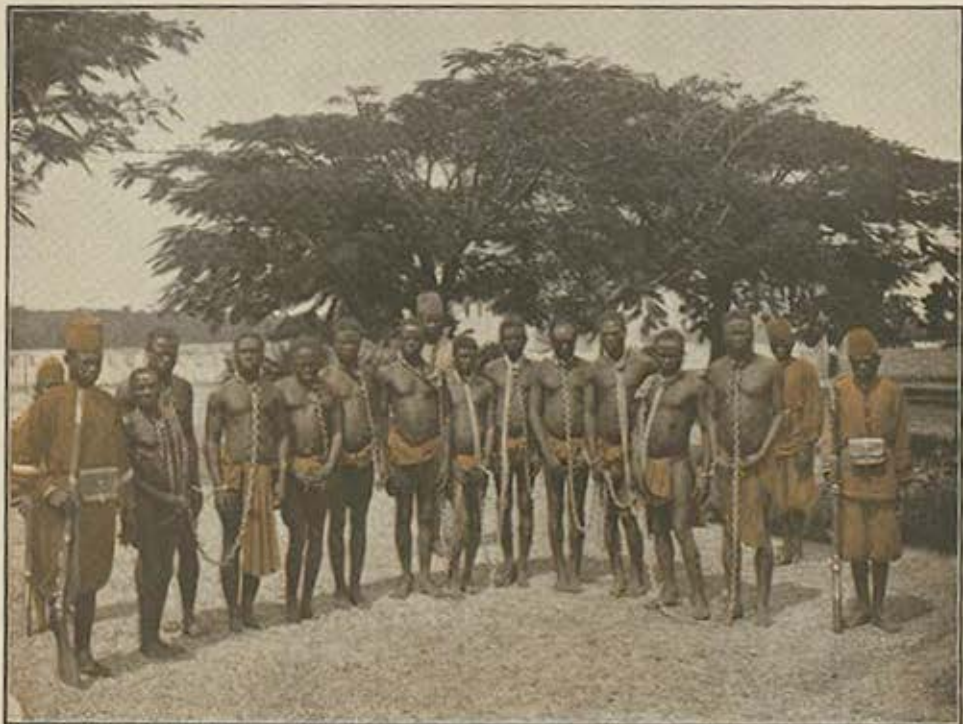
Photograph copyright by Underwood & Underwood, New York.

Porters of Central Africa carrying a camping outfit and supplies. They carry on their heads loads ranging from fifty to ninety pounds in weight, and march from twenty to thirty miles a day. They regularly eat but two meals a day, and often travel a few days without any food.



Photograph copyright by Underwood & Underwood, New York.

A group of porters on one of their difficult marches. When they stop to rest, instead of seeking shade, they will probably sit in the sun—enjoying a sun-bath.



Photograph copyright by Underwood & Underwood, New York.

A group of Congo prisoners. These men exhibit remarkable muscular development.

if "you tickle the earth with a hoe, it laughs with the harvest."

I suppose people generally have the impression that the natives of Africa eat large quantities of meat. This impression is due to the fact that so much of our literature on Africa is written by hunters, who tell marvelous stories of the capacity of the Negro to store away dead carcasses. This impression is totally erroneous. Speaking of the great Bantu race, which occupies most of Central Africa, Henry Drummond says: "They live all but exclusively on all vegetable diet. A small part of the year they depend, like the monkeys, upon wild fruits and herbs; but the staple food is a small tasteless millet-seed, which they grow in gardens, crush in a mortar, and stir with water into a thick porridge."

The Nandi, a tribe on the east of Lake Victoria, have an interesting tradition concerning the origin of their use of this millet, or eleusine grain. Their fathers, they say, lived by hunting and did not know how to cultivate the soil. One time when the warriors were out on a raid, they found some of the ripe eleusine grain and brought it home. They were all afraid to eat it, however, lest it should poison them. It was finally decided that a certain widow who had a very beautiful child should eat it. "If it kills her," they said, "it will not matter, for we can then take the child." She took the grain, ground it with a stone, stirred it in water, and ate it. The next day she asked for more. This time she put it near the fire and roasted it. She ate it the next day also, and when she had eaten the third time they noticed that she was getting fat, so they all ate of the grain, and have used it for food ever since.

At one time, among the natives along the Aruwimi we found a tribe where the women were the porters, and excellent ones they made. I could not but compare their muscular figures with some of the latest fashion-plates (of course we had been in Africa a good while then!) and wonder whether, after all, some of the daughters of Eve were not more to blame for the physical ills of modern civilized womanhood than Eve herself.

In many parts of this region the banana (or plantain) and native sweet potato are staple foods. The Waganda especially love their matoke (steamed and mashed banana), above all other foods. As a rule our Waganda porters would come in after a march of from eight to ten hours with no food during that time and perhaps without even a drink, and be quite satisfied to make an entire meal of matoke. In my enthusiasm for vegetarianism, however, I must not forget a very dainty dish, of which the Waganda are inordinately fond. All over South and Central Africa are giant ant-hills, from five to twenty-feet high, formed by the white ants, or termites. At a certain season of the year, these insects get especially fat and a certain number develop wings, break through the wall of the hill, and fly away like a swarm of bees. The natives are in the habit of covering the hills, catching the swarms, and eating them raw or stewed with the wings on! We had them served stewed for breakfast one morning. I managed to swallow a dozen or so, but my vegetarian appetite rebelled!

It is really wonderful how little else the natives need when they have their bananas. The leaves are used to make all sorts of vessels and to thatch their houses. Many a night they have been my only mattress. They make rope of the bark and use it to bind bundles on their heads, to tie their houses together, and for a great variety of other purposes. Of the fruit they make a great number of delicious dishes, and they concoct the juice into a most refreshing drink called nubisi. My missionary friends very considerably refrained from telling me the secrets of the manufacture of this drink until after I had formed the appetite for it. It is made by throwing a mass of the fruit pulp into a hole hollowed out in the hard clay, adding some of the sharp slough-grass which grows in the swamps, and tramping the mass with the bare feet until the juice is separated from the rest of the fruit!

The only methods of cooking are steaming, boiling, and baking. Fortunately, frying is unknown except where it has been introduced by Europeans.

Since there are no "civilized" flour mills, the blessings of bleached flour are unknown. The outer and nutritive portion of all grains used is retained. Of course all food is practically unseasoned.

What the banana is to the native of Uganda, the cocoanut is to the coast native. I learned for the first time when in Africa that the cocoanut palm is confined to a strip about a hundred miles wide along the sea-coast. Old "Dad" Barnes, the veteran skipper at Port Florence, on the Lake, assured us that it would not thrive where it could not "smell" the salt water. But where it does grow, it furnishes a large part of the food for the people, and gives them material for their drinking-cups, for their clothes, and for their houses. It also furnishes cocoanut-oil, which is highly prized. Last, but not least, it is from the cocoanut palm that palm-wine is made. This is a very mild intoxicant, but quite strong enough to interfere with the usefulness of any porters who indulge in it.

Besides the foods I have mentioned, there is a great variety of American and native vegetables. These include manioc, Irish potatoes, onions, carrots, Indian corn, cabbage, lettuce, radishes, pineapples and numerous tropical fruits. In certain sections cattle are raised for the sake of their milk and butter, but not for slaughter. However, on account of the tsetse-fly, it is impossible to keep cattle in most parts of Central Africa. It is a species of this same tsetse-fly which Col. Bruce, whose hospital we visited in Uganda, blames for carrying the germ which produces the gruesome sleeping sickness. This terrible disease has depopulated some of the islands in the Sesse group, and has wrought frightful havoc on the mainland.

I have indicated that

there are degrees of vegetarianism among these people. While I should hesitate to make sweeping comparisons, some things are perfectly obvious. Of all the peoples whom we met in our journey from Mombasa on the east coast to Banana on the west, the finest physical specimens were the Kavirondo and the Waganda on the shores of Victoria Nyanza. The Kavirondo are one of the few existing tribes where both men and women go without clothing of any description. So far as I could learn, the standards of sexual morality among them were very high. Their men are tall, straight, muscular, and thoroughly developed in every particular. Their women are lithe and sinewy and symmetrical. I had no means of testing the endurance of these people, but I doubt if one could find more perfect physical development of a whole group of people anywhere in the world. Their diet is almost exclusively vegetable. The Waganda are almost, if not quite, as fine physically as the Kavirondo, and we had abundant opportunity to test their staying qualities. Whatever I shall say of the African porter in general may be taken as true of the Waganda in the highest degree.

As I have indicated, bananas form the great bulk of their food. Uganda is par excellence the land of the plantain. I have rarely seen a more beautiful sight than the view of the thousands of acres of green plantains in Western Uganda just as the sun rose, with the night-mist clearing away and gleaming in the morning light, the smoke lazily rising from a thousand native hamlets, and the splendid, snow-crowned Ruwenzori mountain range in the background.

In marked contrast with these two tribes are the little Pigmies of the great forest to the west of Lakes Edward



Guy W. Sarvis, one of the three living men who have crossed Central Africa from East to West.

and Albert Edward. These little people are probably the aborigines of this region, and average about four feet, six inches in height. They, too, are symmetrical and well-developed for their size, but are among the smallest people in the world. An interesting thing in this connection is that they are a hunting people and live almost exclusively on meat. This smallest people in the world are fond of hunting the biggest game. Elephant steak is their favorite food. Doubtless it requires so much energy to chew that they haven't time to grow! Of course there are large people in the forest, but these do not hunt.

The severest physical test which comes to the native or European in Africa is what is called *sefari*, or marching. One who is unfamiliar with travel in that land can have little conception of its strenuousness and difficulty. In the days of Livingstone and Stokes and Stanley there were no roads but native foot-paths, and these men literally hewed their way through the jungle. So difficult is travel, so enervating the heat, that ten or twelve miles is considered a good day's march, even in the open country. But even the open country, such as one finds for the most part in Uganda, is far from a level plain. To say nothing of elephant grass from ten to twenty feet high, the whole country is a succession of hills and swamps. These swamps are composed of sticky, oozy black mud with papyrus roots at all sorts of angles in the bottom, and the papyrus plants growing higher than a man's head. So characteristic of this part of the country are the papyrus swamps that someone has paraphrased the old hymn,

"Where Afric's sunny fountains
Roll down her golden sands."

to read:

"Where Afric's swamps and mountains
Meet one on every hand!"

On *sefari* the white man carries nothing, not even a rifle. Everything for this expedition must be carried on black porter's heads. The only draught animals which will live in the climate are mules, and their use is not economical. Each porter carries a load ranging from

fifty to ninety pounds in weight. In Uganda our plan was to get up at two-thirty, have a light breakfast, strike camp, and be off by four o'clock in the morning at the latest. We started thus early to avoid the heat of the day. On one occasion we marched thirty miles a day for three days in succession, a thing no white resident of Africa would do. We did not lose a porter during that time, although we invariably started out before the men in the morning and left them in charge of a native head man. There was one black fellow whom we called "The Rascal," who took especial pride in keeping up with us. Many a time I have seen him march, frequently at a dog trot, up hill and down, across streams up to his waist and arms, through swamps, and over stones for eight or ten hours and hardly shift the "Yellow Bag" from his head during the entire time. The other men would often come in three or four hours after us. They would then prepare their meal, build their fire, and frequently spend half the night in dancing and playing, much to the discomfiture of my companion and myself, who would be completely done out and "dead" for sleep.

Among these men were some powerful fellows. It is the custom for them to carry the white man on their shoulders across rivers and swamps. On one occasion as we were coming into a station, a huge black fellow, six feet three inches or more in height and beautifully proportioned, picked up my hundred and eighty pounds avoirdupois, put me on his shoulders, carried me through perhaps four hundred yards of water which reached to his knees in many places, and then ran with me up a long hill on the other side and put me down amid the cheers of the crowd waiting for us at the top of the hill. It is the rarest thing to find a sullen man among them. In the morning they start out with cries of "Webale! webale!" which means something like "One to you;" and at the end of the march they come in playing their *ntongolis* and singing their musical folk-songs.

But the real testing time in our journey came when we entered the Pigmy

Forest, as we called it. It was near the end of the rainy season. The forest shut out the sunlight from above and steamed with humidity below. The path was usually of clay which was only less slippery than sticky. The rains had washed the path so that one had constantly to watch for roots and holes. Frequently it was full of great elephant tracks. The only bridges over the swamps were in most cases a very bad corduroy of rails. The saplings had been cut off from twelve to sixteen inches above the ground, and offered sharp points on which to cut one's legs. The overhanging boughs came down so close to the path that in one day I tore twenty-one holes in the cover of my sunhat. Rubber vines often hung across the path, and many times when I was pushing on, desperately tired, perhaps with fever, almost blind from the thorns and the constant watching, I have been brought up by one of them with a jerk. It was on this part of the trip, when my companion and I both had fever frequently, that we almost grew desperate. There seemed to be no evening when morning had come, and the nights were insufferably long. Yet in the face of all this, and doing forced marches, our porters kept up, and did not loose a load. Not only did they do this without a mouthful of meat, but on many occasions they were obliged to go two or more days without food at all. If by chance they secured a generous meal of meat, they were inevitably sluggish and lazy and unreliable for the next march, if they were not actually ill. I am satisfied that the African porter will work longer, more steadily, and more effectively without meat than with it.

I know of no one who has better summed up the excellencies of the African porter than Dr. W. S. Rainsford, in the *Outlook*, for Oct. 16, 1909. He says: "In the line of steady, patient, successful burden-bearing under circumstances of extreme difficulty he is probably without a rival on the globe. He will travel farther and faster, he will endure greater hardships, and more successfully resist disease, eat more frugally, and cost less than any other human burden-bearer on the earth. Carrying

sixty to ninety pounds a man, from fifteen to twenty-five miles a day . . . for several thousand miles, I have seen him march; a cupful of coarse meal or gritty rice and beans his daily ration. . . . I grew to wonder increasingly at the pent-up stores of energy within him. . . . No white man's head and shoulders could possibly have endured the strain laid on theirs. They would lie down for a few moments—and a few moments seemed enough—then, without orders, in the vast majority of cases, the remaining work was undertaken. The day had begun at 4:30 A.M., the big meal of the day would not be over till seven at night, [they eat but two meals a day], and surely the safari has done enough to use up its energy. But no, far from it; [after the fires are built], some one starts a dance, and soon, tribe not to be outdone by tribe, they all join in. In swaying line or bending circles scores of naked black figures dance to their own chanting with immense energy and enthusiasm."

It would be easy to fill pages with incidents illustrating the magnificent physical energy and endurance of these people. The proverbial thick skull of the Negro is not wanting in Africa. When the great cathedral at Mengo was being built, a brick fell from the top of the wall on a man's head. The brick was broken but the head was none the worse! Their endurance of pain is almost superhuman. Their native surgeons perform the most serious operations without anesthetic. For example, when a Masai gets a rib broken, they peel off the flesh, put in a sheep's rib to replace the broken one, pour in melted sheep's fat, and sew up the wound. While I was in Mengo, I stayed with Dr. Cook, whose brother treated the Waganda soldiers at the time of the mutiny of the Mohammedan regiments. He told me the most improbable stories of the native powers of recuperation, yet my own experience and the testimony of numerous men whom I talked with leads me to believe that he told less rather than more than the truth. The fact is that "nerves" are an unknown quantity among the Africans. Native customs abound in tests of fortitude. A boy who cries out when he is

circumcised (and the operation is performed with very crude instruments and with no attempt at gentleness), is disgraced and has to wear women's clothes for sometime afterward. Many tribes file the front teeth to points or knock out two or three with a hoe as a tribal mark. Deep incisions are made on various parts of the body and irritant herbs inserted for the purpose of raising ornamental designs on the skin. It is a point of honor to not even wince when undergoing any of these ordeals. The stoicism of the Spartan or the American Indian is not greater than that of these people, yet the Africans are cheerful, affectionate, and in a sense kindly.

It is perfectly evident from what I have said that the highest type of physical vigor and endurance can be developed from even a very small amount of vegetable food. On the other hand, I

believe it is a general principle that where a high proportion of meat is used by foreigner or native in Africa, or any other tropical country, the results are especially deleterious. My observation in Africa is confirmed by my experiences during two years residence in India. Dr. Grenfel, a Baptist missionary who lived for more than thirty years on the Congo, made it a rule never to eat canned meat, and rarely ate meat at all. He enjoyed the most remarkable health, and rarely suffered from the ubiquitous African fever. In the face of such facts as I have cited, the folly of contending that meat is necessary to promote physical vigor is apparent. In America and in Africa the finest, cleanest, most vigorous physical specimens of manhood and womanhood that one can find are developed and sustained on a vegetable diet.

Who Will Start a Physical Culture School in California?

TO THE EDITOR:

Why does not some one establish a Physical Culture Training School in California? This thought has occurred to the writer again and again.

Here, as elsewhere, there is an awakening interest in physical development, and an increasing demand for instructors and trainers in the public schools, both grammar and secondary. Public high schools and private schools are employing physical directors for both boys and girls in the cities and larger towns of the state; and yet, the only training that the majority of these teachers have, is what they get in the gymnasiums of Stanford University, or the University of California, or in the eastern schools of similar rank. The courses in these schools are merely general, and little or no attention is paid to diet, except when the men's teams are in training for the big games. I never heard of a "training table" for young women!

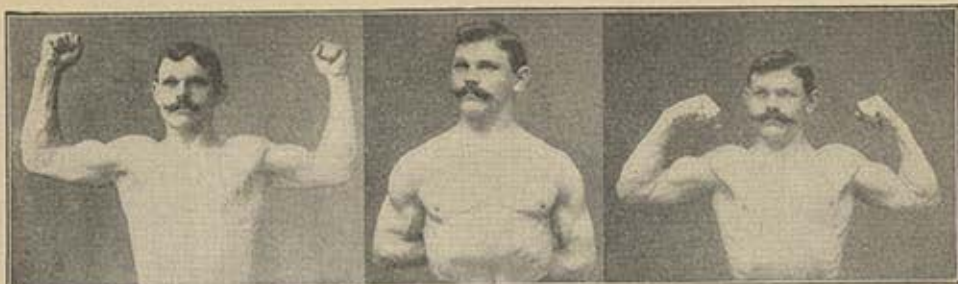
Certainly no State offers better advantages for leading a physical culture life, or more ideal conditions for conducting a Physical Culture School, than California. Expensive buildings and

heating plants would not be necessary; much of the class work could be carried on in the open and that, too, almost every day in the year. It would be possible for the students to live reasonably, for fresh fruit and fresh vegetables are to be had all the year around.

Here in Los Angeles, the leading newspaper publishes every Sunday in its magazine number interesting and helpful suggestions about the care of the body. These articles are in keeping with the theories found in *PHYSICAL CULTURE*. People in this community are, therefore, being educated along these lines and are alert for the best.

Thousands of people are coming to this coast yearly to establish homes and of these thousands, Los Angeles and vicinity is receiving a large share. We believe that a Physical Culture Training School conducted along the lines of the school that has been, until recently, located in Battle Creek, would not only be a great benefit to California, but would bring splendid financial returns to the founders.

CARLOTTA MILLS.
Gen. Del., Los Angeles, Cal.



Photographs of H. P. Hansen, middle-weight wrestler, showing weakened condition which drugs failed to remedy, and also excellent results of natural methods.

A Wrestler's Health Regained Through Natural Methods

By H. P. Hansen

THE writer has followed the wrestling game for the last twenty years, and in that time has learned many things about wrestling and wrestlers. Wrestling requires not only great muscular strength and quickness but also a very high degree of endurance. Massive muscles are not so important as superb vitality. In wrestling, a man must be able to exert unusual strength and quickness very frequently; and he must be able also to endure severe strain for a long period of time. A great many athletes who have muscular energy which enables them to perform remarkable feats of strength requiring sudden and brief exertion do not have the nervous power of vital endurance necessary to meet the demands of prolonged efforts. In the struggles on the mat, this power of endurance, this stored vitality, is very important.

If a man wants to be a successful wrestler, he must live rightly. While he may be able to violate many of the laws of health and still win and hold prestige for a few years, he will soon learn that dissipation leads to defeat. He will find that he has overdrawn his account of strength. Vice destroys vitality and makes victory impossible.

I came to this country nine years ago. At that time, I was a picture of health. After I had been here about a year, however, I started to get sick. I did not know what was the matter with me, and I kept getting worse. I soon looked just

as if I had consumption. I could not eat anything but eggs, fish, chicken, or dishes made of milk and bread.

Of course, I began doctoring. Although I had been training for several years, I did not know much about physical culture principles of living or natural methods of treating disease. I went to three different doctors in New York. One by one, they told me I had catarrh; but they did not do me any good. Then I went to the old country and tried a prominent homeopath. He did not help me any, either. I then went to a famous specialist, thinking that he would surely be able to cure me; but he also failed to give me any permanent benefit. After spending a large sum of money in trying to find a cure for my ailment, I came back to this country in at least as bad condition as I was in when I left.

Shortly after I landed in New York, I happened to get hold of a copy of **PHYSICAL CULTURE**. I studied carefully the principles advocated in the magazine, and immediately began to practice them as best I could. I ate no meat of any kind, and tried hard to follow all the rules prescribed. I soon began to get better, and have been gaining in health and strength ever since. If you will compare the first photograph, taken eight years ago when I began doctoring, with the others, taken just recently, you will get an idea as to what physical culture methods have done for me.

The Science of Physcultopathy

Further Details of the Cause of Disease

SOME OF THE FUNDAMENTAL PRINCIPLES ON
WHICH THIS NEW MODE OF HEALING IS BASED

By Bernarr Macfadden

In the series of lectures being published under the above heading, I am presenting a thorough exposition of the fundamental principles upon which Physcultopathy, the new science of healing, is founded. If you become thoroughly familiar with the information found herein, you need never thereafter have the slightest fear of disease. You will know what it is and how to treat it whenever it may appear. This series of lectures has been given in an institution with which I am connected, and I want each reader to feel that I am standing before him and emphasizing each statement that is found herein. These lectures will be weighted with practical and valuable truths. As nearly as possible they are given here just as they were taken down by the stenographer at the time they were delivered.—Bernarr Macfadden.

LECTURE V.

IN my lecture appearing in the December issue I described the more important causes of disease. I promised to give you other causes that well deserve consideration and I believe that the conclusions I am now presenting will be of special interest.

A notable cause of disease is the general use of alcoholic liquors of all kinds. I realize that nearly all of my readers will fully concur with me as to the harmful character of this stimulant. Many who are even in the habit of using alcohol will tell you it is a food—that wine, beer, ale and drinks of this nature have a certain food value. Now, the only way to accurately prove that alcoholic liquors possess a food value would be for one to try and maintain normal weight and strength through the exclusive use of these so-called foods. I am firmly convinced that one would lose less weight and less strength while fasting entirely than he would by attempting to live on alcoholic liquors. He certainly would lose less strength—even if he would not lose less weight—while on alcoholic liquors exclusively than while fasting; in fact, Dr. Tanner, the celebrated faster, issued a challenge on one occasion that he would agree to live on water alone longer than anyone else would be able to live on alcoholic liquors alone.

There is no food value in alcohol. In fact, any nourishing elements that food might possess would be destroyed if it were soaked in alcohol. Alcohol, it should be remembered, dopes the entire nervous system; deadens the delicacy of the nerves. There is in each human body, one might say, an extremely delicate adjustment, a mysterious, delicate arrangement, and it is through the aid of processes that are accomplished through this arrangement that the body properly performs its marvelous functions. If you interfere with these physical processes—if you use alcohol or drugs of any sort and thus affect this delicate adjustment of the nervous system, you are sure to bring about results that are injurious in character. The glassy stare of the drunken man,—the stupid, half-paralyzed appearance of his features, all clearly indicate that alcohol is a poison and that it deadens the nervous sensibilities and destroys the superior powers of the body.

Alcohol, as we all know, goes through a fermentative process. You cannot create alcohol without fermentation. All the various fruit juices in their natural state, cider, grape juice and the juices of other fruits, are wholesome and healthful before they are affected by the fermenting process. Now, no one would attempt to eat food that is fermented.

Fermentation is Nature's method of returning the food elements back to the mineral world, and mineral elements are useless as food. They cannot be absorbed or assimilated by the system. Food to nourish the body must come from the vegetable or animal world.

One cannot question the conclusion that one grows older much quicker if in the habit of using alcoholic liquors. Every organ with which it comes into contact recognizes it as a poison, and works with might and main to be rid of its baneful influence. Under such circumstances the human machine is naturally wearing out faster than would otherwise be the case, and one is liable to become stiff, rheumatic, and gouty, and to be attacked by diseases of all kinds. You should keep your body free and clean from all poisons and dead material of every sort. It has been said that alcohol retards elimination of the waste, the breaking-down of cell tissue, and this is one reason why many are able to gain weight while using alcoholic liquors. If the use of a stimulant retards the elimination of waste, the added flesh could hardly be regarded as healthy tissue. It is only the elimination of dead cells or poisons that is retarded, and flesh thus gained can reasonably be termed "beer fat" or diseased fat. And this fatty tissue not only accumulates on the surface of the body, but in and around various vital organs, thus interfering with their physical processes. You are then not only more liable to contract various diseases, but you will find recovery far more difficult. First of all you will have to eliminate from your body the dead cells or waste tissue, which the alcoholic poison has caused the body to retain.

I know many men say "I can take a drink, or I can leave it alone whenever I so desire." Such men, however, often reach the period of life when the will power seems to disappear and then they go down to degeneracy at a very rapid gait.

The statements thus far made on the influence of alcohol refer more especially to those who are temperate drinkers. Those who are in the habit of "getting full" at regular or irregular intervals, suffer more seriously in every instance

because of the shock to the system induced by extreme intoxication.

Another important cause of disease, especially in America, is the habit of living in overheated houses. The average American is not satisfied unless he is living in a torrid atmosphere. Now, this high temperature, especially found in a steam-heated house or one heated by a furnace, interferes with the circulation of the blood and materially lessens the general vitality. This tendency to overheat living rooms becomes very noticeable to any resident of this country who has occasion to visit England. You will find the temperature in the English homes from five to twenty degrees cooler than the average American home.

When the atmosphere is heated to an abnormal degree the air deteriorates. If one "coddles" the body excessively it has the same effect as is seen in a flower that is kept away from the sun and air. The pallid-lily color that is seen in many of our faces comes from lack of exposure, sleeping and living in hot rooms. You cannot be vigorous and healthy, you cannot expect to be ambitious and enthusiastic, if you insist on heating your rooms to a temperature of from seventy-five to eighty degrees. Naturally I believe in living as closely as possible to Nature—cultivating the outdoor life. If one wishes to maintain vigorous health he must keep away from hot rooms. Remember also that the more you "coddle" yourself in this manner, the stronger the habit grows on you. The cat is inclined to search for the warmest corner of a room, and our own inclinations are similar on frequent occasions. You should try to resist it; try to avoid as much as possible the habit of searching for a warm place. You should build the fire within. Build up warmth in the body by accelerating the circulation; by using the right sort of food, and then the desire for excessive warmth will disappear. It is easy for the "coddling" habit to grow upon one—avoid it on every possible occasion. Live as nearly as possible out of doors—secure the oxygen that is essential to maintain the fires within the body.

Many of us are also inclined to wear much more clothing than is needed.

Please remember that the more clothing you wear the more you will be inclined to cater to this inclination, which to a certain extent leads one to continually add to the weight of the clothing that may be used. It is to a certain extent like "coddling" one's self in a warm room. Following a habit of this nature, you will eventually weigh yourself down with clothing so heavy that it will actually interfere with the circulation of the blood.

For instance, some persons use from two to four ordinary comfortables for bed clothing. When more than two comfortables are used, one might say that the bedclothing will actually interfere with the circulation of the blood, and that, afterwards, the more clothing you add the colder you are liable to become. I understand that in Germany, to sleep between two feather beds is a general practice. This appears to be the extreme of "coddling" and is certain, in the end, to materially lessen vitality resistance. Now, in ordinary weather, say with the temperature from thirty to sixty degrees, one should be able to maintain warmth at night with a sheet, a double blanket and a light coverlet, with the windows wide open. Many are inclined to feel that they cannot keep warm with the windows open. Please remember when the windows are open you secure a free supply of oxygen. You are able to secure an ample supply of fuel for the internal fires of the body. When the windows are closed it is really more difficult to keep up the bodily heat because of the scarcity of oxygen. Of course, in colder weather, or when there is a strong wind blowing, one will need more covers to maintain warmth, but one ordinary comfortable should be quite enough to supply this additional warmth, and if your circulation is not able to properly warm the body you should immediately begin to build the vitality which is so badly needed under these circumstances. If you should need more than one comfortable added to the bed clothing I have already mentioned, what you need is not more covering but a hot-water bottle or some other means of assisting to maintain the bodily heat, for too much bed-clothing will become a

weight on the body that will actually interfere with the circulation.

To a certain extent the same theory applies with the clothing that you wear during the day. Excessive clothing is inclined to clog the pores and partially paralyze their activity, and big heavy overcoats, and heavy woolen underwear, while they assist in maintaining bodily warmth, make one much more liable to colds and various other complaints.

It is not at all unusual during the cold days of winter in Scotland to see barefooted girls and boys. Extreme poverty is usually to blame for this, though in every instance where I have noted these barefooted urchins, they were square-shouldered, strong rugged specimens. The sight of these barefooted children on some days would almost send cold chills down your back, but not infrequently I have seen them trudging along when others seemed to think that heavy furs and overcoats were essential. On a few occasions I have made inquiries of these barefooted children, and though their food was of the plainest in character and scantiest in quantity, they were usually superior specimens of bodily vigor. The apparent exposure in their case had not injured them. It might reasonably be stated it had been of benefit to them. Naturally I believe one can go to extremes, and it would perhaps take a long time for the ordinary American to accustom himself to go barefooted, especially in the snow. But one should please bear in mind that the more he hardens himself—within reasonable limits, of course—the more vitality he will secure and the stronger he will become.

Many, too, are addicted to the woolen underwear habit. To my mind wool is the most unhealthy sort of wearing apparel that one can wear. Wool will not readily absorb the evaporations from the pores. If you want an emphatic illustration of this, place a small piece of wool, a piece of linen and a piece of cotton in a glass of water. You will note that the linen will absorb the water almost as quickly as a blotter. The absorbent powers of the cotton will not be as great as the linen and the piece of wool will float around on top of the water a considerable period before it will absorb the

water. This illustrates very clearly the value of these different materials for underwear. Linen makes the best underwear because it more quickly absorbs the impurities that have been eliminated from the pores, and therefore the pores are kept active. Cotton would be next in value, and wool last of all. Woolen underclothing partially paralyzes the activity of the skin, and if you want to have a cold that is continuous or which will visit you at frequent intervals during the winter, woolen underwear can be highly recommended. Therefore I would certainly suggest that one wear linen or cotton underwear instead of wool, even during the coldest weather.

Tight clothing is also the cause of disease in frequent instances. No article of clothing should be allowed to come in contact with the body so snugly as to interfere with the circulation of the blood. Nothing should be allowed to interfere with this physical process. The trousers that many men wear often fit too snugly in the abdominal region, and, when we turn to the corset-wearing habit practiced by the feminine sex, the evil results are even greater. On one occasion I devoted an entire lecture to that one subject, and I expect to publish that lecture in this series and therefore I will not dwell upon the influence of this particular device.

I know many young women are of the opinion they cannot dress well without a corset. Many believe it is immodest to go without this article of wearing apparel, though to me this is a very strange conception of modesty. All women desire to be healthy, and female diseases are a bane to the lives of many women, and I am fully convinced that one of the principal causes of these troubles is the habit of wearing a corset. A restriction of the waist very seriously interferes with the circulation of the blood, and all the organs below and adjacent to the waist line. Varicose veins, for instance, are often induced by corset wearing. When the waist is too tightly constricted, the veins which are used to return the blood from the lower parts of the body to the heart are not able to properly perform their office, and the blood pressure therefore becomes too great for the tissues to bear, and the veins are enlarged, pro-

ducing what we term varicose veins. The corset interferes with the development of complete womanhood; it interferes with wifehood and motherhood. If the average young woman knew what might result from the use of a corset, she would no more think of wearing it than she would think of harboring a rattlesnake in her room. You might think this an exaggerated statement, but it is not, and to every young man who is trying to make a home for himself I would say: Try and find a woman who is not a victim of the corset-wearing habit.

I think many of us will live to see the day when women will dress rationally; in fact, I think the time is not far off when the demand for real women will eliminate the long skirt. This cumbersome garment is a most terrible handicap to womankind. Note, for instance, the change it effects when first worn by the active young girl who is accustomed to wearing short skirts. While in short skirts she indulges in all sorts of games, runs, plays, and usually greatly enjoys these exercises. She possesses suppleness and the health that comes with youth. Then long skirts are brought out; she becomes a young lady; she is told she is too high-spirited, she must restrain herself; and when you add to this advice the habitual use of a tight corset and long skirt, it is not at all difficult for one to adopt the restraining process. The influence of this change in her life seriously interferes with the development of the powers of strength and endurance that should accompany a high degree of womanhood. Rarely does a young girl realize the injury that results from this change of apparel.

Every young girl looks forward to the time when she will have a home and children. Young women usually have high ideals, and if they only understood the need of health and strength and that general physical wholesomeness was necessary to her health and happiness, I believe that the corset and the long skirt would be eliminated. When you enslave or tie up the body; when you cannot exercise, walk, run or give vent to a natural desire for bodily activity, your powers of strength and endurance are lessened and your vitality materially deteriorated.

Then there are the shoes we wear. Many may question a statement to the effect that shoes can actually prove the cause of disease, but I firmly believe that such is the case. The average American foot is grossly distorted. We could hardly favorably compare our feet from a standpoint of proper formation to those of the women of China, but we have nothing especially to boast of. In China, as was described in a recent article which appeared in this magazine, the toes of the feet of young girls are pressed downward and backward towards the heel. Tight bands help in this deforming process. Long linen tapes, are wound tighter and tighter as a girl grows older, are used for the purpose, and finally the foot becomes nothing but a shapeless stump and they hobble on it through life. But even in China it is the "thing" to be in style.

With our high heels, which often extend to the middle of the foot, and with all the toes crowded together and twisted and turned over each other, it is hardly consistent for us to criticize the Chinese. To be sure, we do not injure the foot to the same extent, but with such footwear it is almost impossible for one to walk comfortably for any great distance. No wonder the average woman desires to take the street car, even if she is going but a short distance. Now, anything that interferes with the out-workings of normal human instincts is harmful. For instance, if you go out on a nice day, if you possess normal health, you are liable to be moved by the instinctive desire to run—it should be a real pleasure, a real delight for you. Now, imagine anyone if you can, enjoying a walk in the footwear that many of us habitually use. In fact, the habit of wearing tight shoes is so habitual that if you go into an ordinary shoe store and tell the salesman you want a sensible pair of shoes you will find it extremely difficult to secure them. He will insist on showing you the latest style, in fitting you with shoes that are inclined to squeeze your feet all out of shape. On one occasion I played a little game on a shoe salesman. I walked into a shoe store wearing a pair of sandals. The salesman looked at my feet and re-

marked: "Why, what is the matter with your feet?" I replied they were so sore and tender I could not bear a shoe to touch them anywhere. He said he had just the shoe for me, and I will admit on this occasion I was shown a pair of shoes that proved to be just what I was looking for. I would suggest the same process to my readers. Wear one of your oldest pairs of shoes or sandals and explain to the salesman the extreme soreness and tenderness of your feet, and you will avoid a good deal of trouble, for he will show you a comfortable shoe at the start.

Remember foot comfort means bodily comfort. I actually believe if you squeeze your feet you squeeze your brain. You may consider this statement far-fetched, but I believe it is actually true. If your feet are distorted, squeezed up, your brain is not free to act; it is actually enslaved to a certain extent. Furthermore you are always bothering about your feet, like one who has an ailment that he dwells upon continually day after day—he has no time to think about anything else. Under such circumstances one's life is taken up by worrying about little unimportant things, and maybe he has not time to consider the big things and to really make something of life.

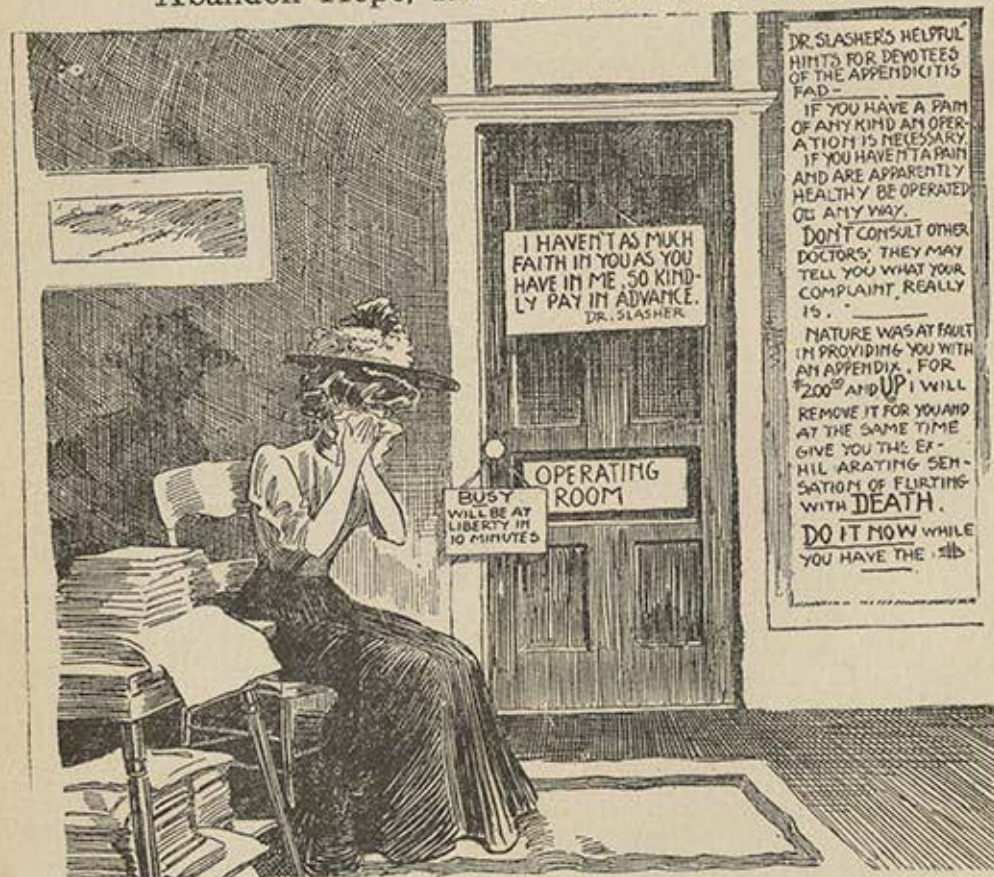
Overwork is another serious cause of disease. Many are inclined to become too much interested in their labors, consequently they neglect their health; they use up their reserve force. I have been guilty of this offense myself. After you sustain one or two lessons you are usually able to learn the necessity of keeping within your bodily powers—though many do not learn until they are "down and out,"—practically invalids, and in many instances it is then too late. I remember an event in my life when I was almost blind for several weeks because of over-work. On this occasion I had planned a book, had written out the chapter headings and some of the data which it was to contain, and feeling that I would soon have it finished, I advertised it. Various things interfered with my work on the book, and as soon as the advertisements were published, the order came in such enormous quantities that I

realized the necessity for getting it off the press at the earliest possible moment. I finished the book in a very short time. At that time I had no assistants; I was editor, proofreader, and even stenographer on some occasions, and the next morning after the last chapter of this book had been sent to the printer, the sight had almost disappeared from my eyes. Previous to this experience I would work all day, and on some occasions until twelve and one o'clock at night. But I was made to realize then, however, that there was a limit to human endurance, and I haven't made the same mistake since then.

I remember I was very much amused at the advice given by friends at that

time. They naturally suggested that it would be necessary for me to immediately secure glasses—that my eyes would be entirely ruined if I did not wear them. I had so little confidence in this advice that I never even consulted an oculist. I knew his advice would be to wear glasses. I knew also I was simply suffering from overwork and that complete rest of the eyes with the adoption of proper methods for increasing the vitality and adding to my general health, would result in a complete recovery. It may be interesting to know that this was the first occasion that I found it necessary to undergo an extended fast. I fasted for one week at this time. It made a remarkable change in my eyes.

Abandon Hope, All Ye Who Enter Here



A news item to the effect that Dr. Slasher intended buying a \$10,000 automobile inspired an artist connected with

the *Cincinnati Post* to create the above cartoon. It shows the trend of public opinion.

Rigors of Arctic Life

INTERESTING INFORMATION ABOUT THE FAR NORTH
AND THE HARDY PEOPLE WHO ARE FOUND THERE

By Thorwald Anderson

On account of the recent controversy regarding the discovery of the North Pole, the subject of this article should be of special interest. Extreme cold weather is inclined to develop a vigorous people, and though the habits of the Eskimo can hardly be considered ideal, they, nevertheless, as a rule, possess remarkable vitality.—Bernarr Macfadden.

WITH the recent triumph of the pluck and perseverance of man over the almost insurmountable barriers of the far and frozen North, there has everywhere been aroused an active interest in the subject of life in the Arctic, its character, difficulties and perils. But while we are all of us comfortably and leisurely reading the story of the experiences of virile, courageous men in the eternally chilled and ice-bound regions, there are few if any, who thoroughly realize just what it means to live and to do things away up there on the top of the world.

One who has not been there can scarcely imagine the meaning of a temperature of seventy degrees below zero, Fahrenheit, or even lower, combined with a bitter wind which blows this fridity into one's very bones, and which continues for days at a time, while a feeble spark of warmth and life in the form of man struggles on through a desert of ice, unsheltered,

unhoused and only half-fed. Here, in the land of the living, the land of sunshine, of days and nights, of trees and plants and flowers and fruits, even during the winter months we may experience a temperature of zero, or on rare occasions of twenty below during the early hours of a raw morning; but we have a house, with its fires and comforts, warm

meals, clean, dry clothes and snug, cozy beds. But up there on the bleak Arctic plains, the very shelter which the explorer builds for the night is of ice itself, unless good fortune enables him to use a tent made of silk or of skins. He dines on a fistful of frozen food. You would dine on a fistful of frozen food, if you were he, and sleep in a bag on the snow. And the rude polar bear, who might strike out your life with a stroke of his paw, would be the very least of your troubles or dangers. Indeed, in the farthest North you would welcome him, for you would wish to eat him, just as he would wish to eat you.



From "Farthest North," copyright, Doubleday, Page & Co.

An Eskimo damsel at five years of age.

Such is life in the Arctic.

"Kind" Nature is not kind up there. It is no place for the weakling, for the man with thin, anæmic blood. Only men of energy, stamina and vigorous red corpuscles can cope with the rigors of such a life.

Considering the severity of all of the conditions of Arctic life, it might well seem curious that white men should be led into such regions of the earth, that they should leave the comfortable surroundings of their home lands to risk their lives and face innumerable hardships in the most forbidding parts of the planet. But the passion for exploration is stronger by far than their sense of comfort or considerations for their personal safety, and so off they go, to do or die, in many cases to die, and in some instances to return with partial success, in having accomplished perhaps a little more than previous expeditions. Never until recently have they achieved complete success. In the search for the North Pole, the goal of human effort for three or four hundred years, the very difficulty and danger of the undertaking has only served to make the attempt more attractive. The final winning of the long-sought prize by at least one expedition serves as a glowing tribute not alone to the enterprise and courage of the men who accomplished the feat, but also to the splendid persistence, resource and energy of the human spirit generally.

One expedition into the North has followed another, many of them ending disastrously. In 1845, Rear-Admiral Sir John Franklin, with two ships, left England for the purpose of discovering a



From "Farthest North," copyright, Doubleday, Page & Co.

An Eskimo belle.

"Northwest passage," sailing north of the American Continent in an attempt to reach Behring's Strait. Of the entire expedition of one hundred and thirty-four men, not one survived to tell the story of the tragedy. It was many years afterward that some faint report of their fate was obtained through a tribe of Eskimos. Another interesting and rather dramatic expedition was that of Andree, who in 1897 started in a balloon for the silent lands and frozen seas of the Midnight Sun, and

was never again heard from.

Even the navigation of the northern seas, so far as they are navigable, is attended with much danger. There are ice-bergs to avoid in the open sea, with their greatest bulk treacherously hidden beneath the water, and when the ship is frozen fast there is a possibility of its being crushed by the crumbling of the moving pack. As long as the explorer sticks to the northernmost lands, his existence and movements may be more or less definite and certain. It is the crossing of those stretches of sea between the Pole and these lands, some five or six hundred miles, which has always offered the greatest problem. In winter this sea is frozen over, but the dense gloom and cold of the long Arctic night make this season impossible. In summer, on the other hand, there is some melting and breaking up of the ice, producing leads and spaces of open water, and making sledging impossible. And there is always the drifting of the pack.

The only available time for action, then, is the short period immediately following the end of the Arctic night, the

latter part of February, leaving perhaps one hundred days before the summer sun makes travel impossible. It is necessary not only to get to the Pole in that time, but to get back as well. Accordingly, the explorer goes up far North the summer previous, and goes into winter quarters for the long night, making ready to start out with all possible speed at the dawn of the new season.

Sledging is the only practicable form of travel. Automobiles, ice motors, balloons and other schemes have proven utterly unavailable, at least as yet. If the ice were smooth all the way, it would be a different story. The dogs pull the sledges, but this does not relieve the men of effort. They make their way afoot, and often are compelled to help pull the sledges, or to move them over difficult places. There is much rough ice, deep snow, great drifts, hummocks and boulders of ice, and impassable ridges formed by the crushing of the pack. And there are winds up there in this home of King Frost, and storms

without number, with blizzards so furious and overwhelming that one only marvels that man can survive them. Shelter is obtained by the building of snow and ice walls or huts, and there one must wait until the storm subsides, no matter how precious the time that is lost. Each night, as a rule, such a temporary ice shelter is built, after the limbs are already wearied and stiffened with the long drag of the day's march, and without consideration of a temperature of from forty to eighty degrees below zero, perhaps a hundred and twenty degrees below freezing point. To remove the mittens for a few seconds would result in freezing the fingers hard. After the hut, the meagre supper, chiefly of frozen meat, and then to bed.

And such a bed. It is only a sleeping bag, probably frozen stiff and hard. It is usually most convenient to get into it with the clothes on, all except the shoes, and as one gradually works the legs into it, one must depend upon the warmth of the body to thaw it out and loosen it



From "Farthest North," copyright, Doubleday, Page & Co.

A group of Eskimo matrons. "Rational" dress prevails in the Arctic, the clothing worn by both sexes being practically the same.

to such an extent that one can get all the way into it. And this takes time. The outer clothing also is frozen, but thaws out from the warmth of the body after one gets into the bag. The bodily warmth is remarkable, even in such a climate. During the night, as the clothing still further thaws out and the perspiration starts, one lies steaming in a damp enclosure. Supper is eaten after one has introduced his legs into the sleeping bag, and while waiting for it to loosen up.

Some game may be found on the land, even the northernmost, but on crossing the polar seas it is necessary that one carry with him all his supplies for both going and coming, including food for the dogs. One will naturally carry no more impedimenta than necessary, figuring a close allowance for food. The greater the freight, the slower the progress, and speed is all-important. In Dr. Cook's last attempt, he and his companions followed the two meal per day plan, breakfasting upon sufficient food to carry them through the day, and waiting until supper for

the next meal. He could not afford to lose time in stopping, and still less could he waste the precious fuel for melting water for a third meal. Dr. Cook and his Eskimo friends doubtless regarded this two meal arrangement as a great hardship, considering the severe tax upon their bodily energies, but if the truth were known, it is probable that this very two-meal plan may have been a large factor in maintaining their energy and health.

The character of the food, however, is unmistakably a hardship, although for

the explorer it is partly a self-imposed one. It consists of condensed flesh foods, almost exclusively, whereas it might be largely or at least partly vegetarian in nature, for much of it is brought from the home country. For the Eskimo tribes it is a different matter. Canned pemmican is a favorite article, because very well condensed. Explorers while dog-sledging practically live upon this one article of food. It is made of pounded dried beef, with which is mixed a few raisins, and the whole saturated with such fat as it will absorb. This is eaten by both dogs and men, and

most frequently in its frozen state. Tea and coffee are very commonly used, and brandy also in some expeditions, though in a life which, in its very nature requires the utmost economy of human energy and the most healthful habits, the use of these stimulants is a sad mistake.

This is not mere theory, for this view is reinforced by actual experience. Nansen, one of the best authorities, and certainly one of the greatest students of the life in the North, condemned all stimu-

lants in his book, "Across Greenland," (1895, Longmans), in emphatic language. 'My experience leads me to take a decided stand against the use of stimulants and narcotics of all kinds, from tea and coffee to tobacco and alcoholic drinks. It must be a sound principle that one should live in as natural and simple way as possible, and especially when the life is a life of severe exertion in an extremely cold climate. The idea that one gains by stimulating body and mind by artificial means, betrays, in my opinion, not only ignorance of the simplest physiological



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A young mother.



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Dr. Frederick A. Cook in Arctic costume.

laws, but also a want of experience, or perhaps a want of capacity to learn from experience and observation." Tobacco Nansen found extremely harmful, injuring digestion, nervous power, capacity for endurance, and tenacity of purpose.

Upon a diet and general plan of life more favorable to endurance and health, exploring parties should be able to accomplish their work far more successfully. That they succeed as well as they do under the circumstances is due to the remarkably rugged constitutions with which they have been endowed. It must be said, also, that the bracing and invigorating effect of the cold weather is such that it enables a man to eat and digest almost anything, just as the Eskimo dogs, if not watched, can eat and relish the leather straps of their harness, and extract therefrom the elements with which to rebuild the tissues of their bodies.

Little can be done in the far North without the aid of the Eskimos. They are accustomed to the climate and are far more valuable than assistants of the white race. As might be expected in

those regions, those tribes and individuals who have survived the rigors of the climate are fairly vigorous. They are primarily hunters and fishers, and skillful at that, living almost exclusively along the coast lands, where seals may be found. They are not warlike, but are most courageous in the hunt. They bear some resemblance to the Indians of the far Northwest Coast, and are probably sprung from some branch of the same stock, though seemingly of a more Mongolian type. They are medium sized, intelligent, for barbarians, very good-natured, and their cheeks are characteristically fat.

Their personal habits, however, and the hygienic conditions (or rather, unhygienic conditions, for there is nothing hygienic about them), of their mode of living are scarcely pleasant. By way of underwear, under their furs, they use birdskin garments, with the soft feathers worn next the skin; a thoroughly warm if not sanitary arrangement. The dress



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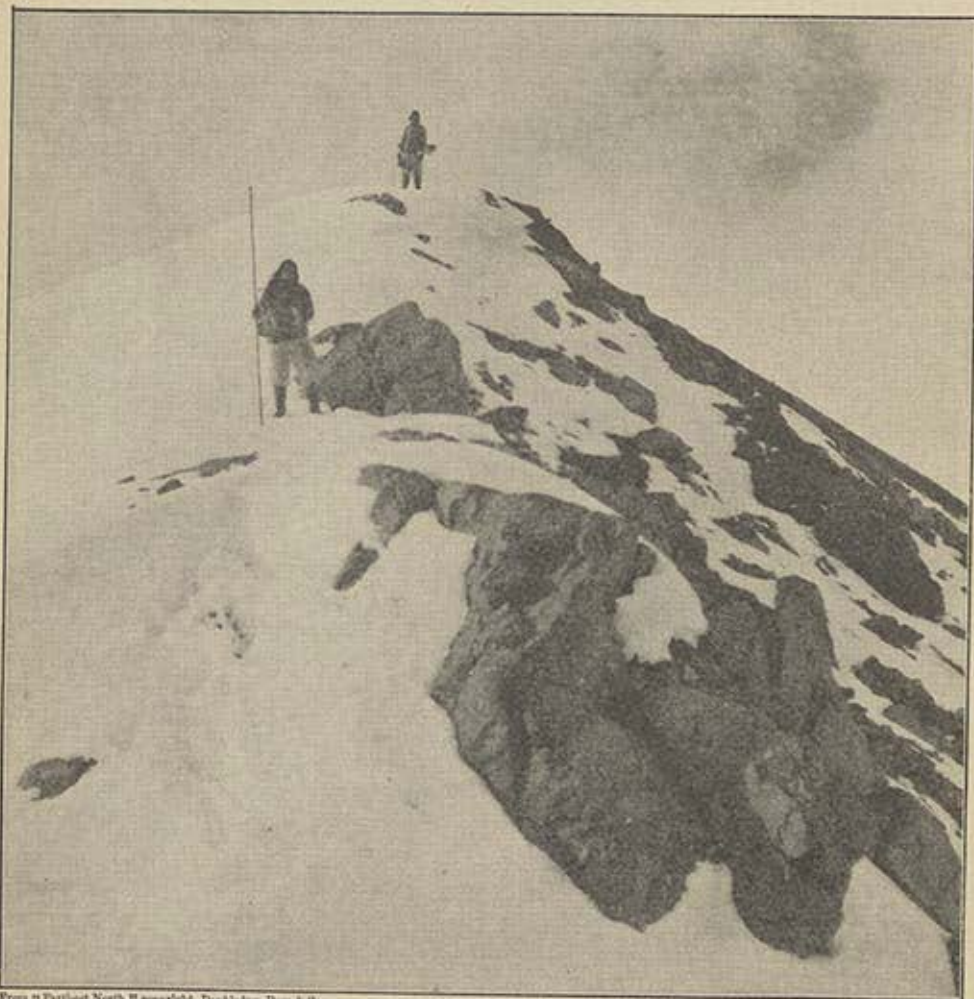
Commander Robert E. Peary, finally successful in reaching the North Pole after a lifetime of Arctic endeavors.

of the women is practically identical with that of the men, and is thoroughly "rational" in its absence of skirts. Bathing is unknown, except by accident. The infants are sometimes washed, after the manner of the tabby-cat, by the tongue of the mother, but after that the accumulation of dirt, grease and perspiration is limited only by the age of the individual.

A considerable part of the life of the Eskimos is necessarily out of doors, for the sake of a livelihood, and even the women do some of the fishing. But they perhaps counterbalance the influence of this by the character of their dwellings.

The Eskimo *igloos* are small huts, half underground, and entered on hands and knees through a small tunnel. They are made of stones, earth, bones, and any other available material, or of ice and snow where only temporary habitations are required, for one winter, for instance. These huts, like their occupants, are sometimes most unclean, while such a thing as ventilation is utterly non-existent.

Accordingly, the Eskimos suffer much from lung and bronchial troubles. While quite presentable in youth, they age quickly, and rarely live beyond the age of sixty years. A large part of them



From "Farthest North," copyright, Doubleday, Page & Co.

A rocky and precipitous peak in the frozen North.

suffer violent deaths on the hunt, in the severe storms or in other catastrophes amid the glaciers and the moving, crushing ice packs.

They are great gluttons, these simple minded child-folk, whenever they have the opportunity to gratify their leanings in this direction. They hold all records for alimentary capacity. A man has been known to lie on his back while his wife fed him morsels of meat and fat until he was utterly unable to move. They are extremely fond of oils and fats. It must be said, however, that dietetically they have no choice but to follow the first law of Nature. Gardens and farms are impossible, and they are compelled to depend upon seals, fish, walrus, narwhal, reindeer, polar bears, perhaps an infrequent musk-ox and other game, deriving their clothing from the same sources. Except for a few berries, therefore, they are essentially sarcophagous.

Life is a process of adjustment. Human life responds, as does all other life, to the necessity laid upon it by its environment. If it can adapt itself to the conditions of its environment, it will survive, otherwise not. The Eskimos, driven by the Southern Indians to the northern extremes of the American Continent and the adjacent islands, have survived, but only through incessant struggle and upon a wholly carnivorous diet, the only one to be had. Indeed, the flesh food habit of man found its origin under similar circumstances in the prehistoric ages. Man was originally and by nature granivorous, but during the glacial periods the lack of vegetation offered him the alternative of extinction through starvation or survival at the expense of his furred and feathered friends. With his well known versatility and resource, he chose the latter, and some of his descendants have continued his carnivorous practice ever since. Cannibalism found its beginning under the same circumstances, though upheld in more recent times by superstition.

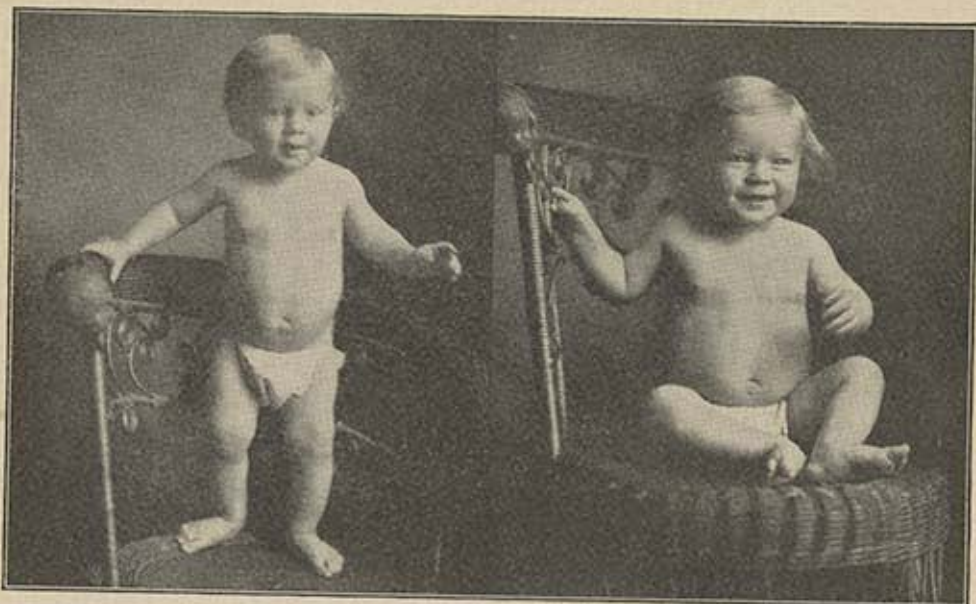
Perhaps you, dear reader, you who are a vegetarian, did not relish the suggestion of the possibility of eating the polar bear. But you would still less relish the thought of having the bear eat you. And if you were in the Arctic, and denied a

supply of more clean and wholesome foods, you can rest assured that you would eat the bear, the seal and almost anything else, before your nature would accept the alternative.

I have said that the Eskimos have survived. That is to say, some of them have. The total number of them is not great. A large number of tribes have perished, and even now the race is threatened with extinction, though at present not so much as a result of their hostile environment as through the demoralizing and destructive influence of our so-called civilization, to which they are being gradually introduced. It is a pitiful situation. Science and the inventive genius of the white man should really render it possible for the Eskimos to fight even more successfully against the difficulties and dangers of their frigid home. But like most other savages, they seem more capable of assimilating the vices of the white man than of imbibing any true civilization or culture. As a result, they are now a doomed race. They will go as the American Indians are going, as the Polynesians are going, and just as other barbarians all over the world are degenerating because of the influence of a civilization even more barbarous than their own primitive barbarism.

The Arctic climate may be said to be an unnatural one, considering the needs of man, and hence the unnatural lives of the natives. A cold climate is usually bracing, stimulating and conducive to physical vigor. It offers that resistance to life which calls forth the activity and energy of man in such a way as to promote his progress in all directions. But the Arctic is the extreme of a good thing.

In the winter season the absence of each day's sunlight gradually has a most depressing effect upon the health, both of body and mind. But the other months from March to September inclusive, are more favorable to health. For one thing, as long as the white race is scourged by the "great white plague," the Arctic during these months should offer many advantages for the treatment of consumption; providing not only the cold air which is such a beneficial agent in the cure of this malady, but also an abundance of sunlight.



James William Crossett, of Milwaukee, Wis., age one year, a fine type of Physical Culture Babyhood.

A Fine Specimen of Babyhood

JAMES W. CROSSETT, whose photograph we have reproduced, is the son of William and Bertha Crossett, of Milwaukee, Wis. His father became an advocate of our methods and teachings after reading a few of our magazines about nine years ago. His wife, after very little solicitation, also became an advocate of our teachings. Mr. Crossett states that before the little one was born Mrs. Crossett met with an accident which almost upset all their plans, but owing to her splendid condition she managed to pull through, and this accident accounts for his being so small at birth.

The little one's exercise began almost as soon as he was born. These consisted of rubbing his entire body and stretching his arms and legs. They were forced to start this early because he had been awake for more than an hour and would not sleep, but after the rubbing he slept for nearly six hours, without awakening. This exercise was repeated three times a day for the first six months, and twice daily ever since. The exercises were increased as he grew older, and at three months and a half he could hold his weight with both hands, and at five months could hold his weight on either right or left hand.

At six months his exercise consisted mostly of hanging by his arms. His father would toss

him up until his hands touched his sides, then let him fall back to the same position. This was repeated about thirty times. Various other exercises of a similar nature were given, and they were always followed by a rub. While he was lying flat on his back during this process, his father would raise him to a sitting position several times, and at one year his exercises almost trebled those he was taking at the age of six months. At eight and one-half months he started to creep, and at eleven months of age he started to walk. At one year he walked one-third of a mile at one stretch, without stopping, though his father had hold of his hand. At birth he only weighed four pounds four ounces. At one year he weighed twenty-four and one-fourth pounds.

The photographs we reproduce were taken one year after Master Crossett's birth. His measurements are as follows: height, 29½ inches; neck, 10½ inches; arm, 7½ inches; elbow, 6¾ inches; forearm, 6¼ inches; wrist, 4½ inches; chest, 20½ inches; waist, 18¾ inches; waist, contracted, 17½ inches; hips, 19½ inches; thigh, 10½ inches; knee, 8 inches; calf, 7½ inches; ankle, 5½ inches.

His father says he believes his boy to be the strongest of his age and weight in the country, and is willing to enter him in any contest.

Prince Hagen

A Phantasy

By Upton Sinclair

Author of "The Jungle." "King Midas," Etc.

SYNOPSIS.—While camping out in the mountains, the narrator spends a warm summer afternoon in company with the score of Wagner's "Das Rheingold," and is startled by hearing a sound of familiar music. He recognizes the melody as a portion of "Das Rheingold," and as his camp is miles from the nearest house, decides that the musicians must be the Nibelungs, about whom Wagner wrote his renowned operas. On second thought he rejects this explanation as impracticable, but is soon convinced of its correctness by the growing volume of music, and the onset of a number of the dwarf-like characters of the "Nibelung Ring." By these, he is conducted to the bowels of the earth, and presented to King Alberich, king of the Nibelungs. Alberich exhibits to him some of the vast hoard of gold he possesses, and offers to reward him to remain in Nibelheim, and train his grandson, Prince Hagen, who is descended from a self-willed and uncontrollable father, and who is a child of violence and crime. The author declines, but suggests that Prince Hagen accompany him to the earth, to be reformed by contact with our Christian civilization. On finding himself awake and seated in the hammock near the camp where he encountered the Nibelungs, the author tries to believe it was all a dream, but is informed by a boy who brings him food daily that he had been absent on the previous day. Prince Hagen arrives at the author's cabin and is conducted by him to a school for young men, in charge of a clergyman. Prince Hagen proves himself an eager and apt pupil, but entirely disregards the discipline of the school, and after physically conquering every one of his schoolmates, becomes the leader of a revolt so serious as to cause his confinement by the school's officials. At the point of a revolver Hagen forces his guards to release him, and surprises the author by suddenly confronting him. Hagen refuses to attend school longer. Declaring that he will enter New York politics, and that he will attain such power as to gain for himself wealth, honor and national celebrity, he goes to the metropolis.

THIRD INSTALLMENT.

CHAPTER V.

THE author waves his magic wand and invites the reader to transport himself over four months of time.

It was the first day of November, and I was still in my mountain home, a removal from the tent to a cottage with a warm fire-place having made it possible for me to remain and witness the last rites of the dying summer. But now the time had come when cold winds and rain made it impossible for the most obstinate friend of nature to stay longer, and on that day I was again in the village, intending to inquire for some one to move my trunks, and to leave for the city by an early morning train.

I had, in the meantime, heard not a word more of Prince Hagen, though in hours of leisure I had often wondered how his bold plans were succeeding. It was therefore with a start of excitement that I fell to reading a letter, which, upon the first glance, I discovered to be from him. "My dearly beloved Idealist!" it began.

"I wonder," he wrote, "if you are curious about the adventures of your schoolboy friend; it is a rainy day, and I am waiting here in a hotel for a man with whom I have an engagement; I will

scribble you a line. My thoughts turn sometimes to you and your prophecies. You must know that I am in the swim, and swimming like a porpoise. I beg leave to introduce myself as a duly elected member of Tammany Hall, a district worker of distinction, and a campaign orator of amazing prestige. I do all the secret jobs, and the money I take in and pay out would make your hair stand on end if I told you,—which I sha'n't. If you could only have seen me all summer visiting the sick and the halt, carrying free ice and free coal and free words of comfort everywhere! During the summer I gave an excursion, and the quantities of beer which I contributed to the edification of humanity shall be a thing unmentioned.

"You may know—you do, because you get the papers up in your wilderness—that we are in the midst of an election-campaign down here, and that things are fairly humming. What you may not know is, that your aspiring friend has created a sensation, has electrified audience after audience,—is more in demand than the candidates themselves, travels all over the city, and makes six speeches a night, and is generally having a hilarious adventure. Whether this letter will come back to find you in New York, I do

not know, but in case it should, I enclose you a ticket for a shindig,—you may sit up on the platform if you come, just as if you were a person of importance.

"Yours,

"JIMMIE O'HAGEN.

"P. S. I shall not write to you again until I am Judge O'Hagen; I have decided that pays better than alderman."

Such was the letter; the ticket read as follows:

GRAND MASS-MEETING
of the
REGULAR DEMOCRATS
of the
Four Hundred and Fourth Ward
Citizens Assemble!

Assert the rights of the poor!!
Down with the capitalists!!!

Spread-Eagle Hall, November 2d, at 8 P.M.

The speakers will be: *Hon. Timothy Flaherty, Hon. Brutus O'Grady, Judge Patrick Mooney, Mr. James O'Hagen.*

Admit One. Platform Entrance.

WELCOME!

I found this a very interesting document, and it took me but a moment to calculate that my train reached New York at nine in the evening, and that, with a cab, I could reach Spread-Eagle Hall in half an hour more. I made up my mind then and there that, barring accidents, I would hear that campaign speech of "Jimmie O'Hagen."

As I went back to my boat, and as I rowed homeward, I mused about the wonderfulness of it all. It was funny; and yet I could not but shudder as I thought of the fierce determination of this man, who acted as he did in spite of what I knew to be his fiery hatred of trivial and humiliating things. I was more than eager to know more about his adventures, and to watch his future; while I packed my trunks that night, I could think about nothing but "Jimmie O'Hagen."

* * * * *

The fact that my mind was so pre-occupied with him, made me at first mistake what occurred later that evening for a delusion of my own fancy; it must have been about midnight, and everything about me had been silent as the

grave, when suddenly I was startled by a faint sound of music,—the same dancing theme that had first heralded Prince Hagen's approach. I own that I trembled, and that I clutched at a chair while I listened; and when I heard a faint tap on the door, my heart gave an unpleasant thump, and my knees trembled visibly.

On the table lay a revolver, and I gripped that, holding it in my pocket; but even then it took all my resolution to go to the door. Outside it was so dark I could see nothing at first, and I stood waiting, my blood still throbbing wildly, until at last there outlined itself on the piazza a tiny figure, with two sparkling beady eyes. I knew that it was one of the Nibelungs. I was relieved that it was not Hagen.

"What do you want?" I asked, controlling my voice with an effort.

The stranger did not answer at once, and I stepped back into the room. "Come in," I said, "if you wish."

The Nibelung came as near as the doorway, and there stood, twisting in his hands his little furry cap, and gazing at me under his wizened eyebrows.

"What is it you wish?" I asked.

"Prince Hagen was here?" he demanded, in a quaint little voice.

"Yes," I said.

"Where is he now?"

"He is not here, he went away. He is in the city."

The man stood twisting his cap more nervously than ever.

"You wish to see him?" I asked.

"Yes," said he, "the people wish to see him."

"Why?" I asked; "is anything the matter?"

"Yes, very much the matter. He is needed. He must be king. Alberich is dead."

And I gave a leap as if I had been shot. "Alberich dead!" I exclaimed, in consternation.

"Yes," was the reply, "he died last night."

I was staring at the little creature blankly; I could not realize the truth. "Alberich dead!" I repeated, faintly, and half-mechanically. "Alberich dead!"

"You know where Prince Hagen is?" asked the Nibelung, quickly.

"Yes," I said, "I know."

"And will you tell him to come?"

"I will," I replied.

"All right," said the Nibelung; "tell him to come quickly; the people want him." And then he turned and vanished in the darkness without a sound.

I sat down in the chair, and stared into the flickering fire. "Alberich is dead!" I whispered to myself, half-dazed. "King Alberich is dead!"

I was now, of course, obliged to go and see Prince Hagen immediately upon my arrival in the city; I saw that it was upon me that the task of breaking this dreadful news devolved. I thought of the fact that he had been his grandfather's dearest care for long centuries, that these two had lived together in their caves for seven or eight hundred years. "Even amid their pitiful search for gold," I mused, "it cannot be but that there was affection. Death is a dreadful thing." I shuddered as I thought of having to take Prince Hagen such a message, just at the time of the triumph of his unclean ambition.

Meditating these matters, I passed a day upon the train, and, as night fell, I found myself in New York. The noise and confusion of the city, as it burst upon me after my long sojourn in the wilderness, made it seem to me a very inferno, but I had no time to think about it. I caught a cab, and set out at full speed for Spread-Eagle Hall.

I had, on the way, ample evidence that the city was in the midst of its annual election throes. It was the year of a great Presidential contest; the universe was rent in twain, and brethren disputed with brethren about incomprehensible matters. As I drove down a brilliantly-lighted thoroughfare, I could see that it was crowded with people, and whenever I thrust out my head, I saw that campaign-banners filled the air. I heard once and again the strains of a brass band, and a score of times I was whirled past a corner where an excited orator held forth from the back of a wagon. I had a feeling as if I were approaching a field of battle, and would soon reach the firing-line and the smoke of the conflict.

I knew where Spread-Eagle Hall was, a large theatre-building on a disreputable part of the Bowery. As the cab whirled around a corner, I heard a hoarse murmur, that told me I was near to a crowd of men; at the same time the driver reined up his horse.

"What's the matter?" I asked. "We're a block away yet."

"Can't help it," was the reply. "Can't get any nearer."

And then I leaned out and saw that the street was packed with a mass of human beings. Traffic was stopped, and a long line of cars stretched past me.

I paid my fare and descended. I could see the hall, gleaming with lights, ahead of me; being bent upon seeing Hagen, I made several plunges into the crowd, but only to be beaten back. Finally I espied a policeman, and got out my ticket.

"Officer," I said, "I must get into the hall."

"It can't be done," he answered.

"But this ticket!"

"Can't help it."

"But I must see James O'Hagen on important business immediately!" I exclaimed. The man only shook his head.

"You'll see him as quickly here as anywhere," he said.

And I was forced to content myself with that. I gazed about me in the meantime at the crowd, a motley assemblage, made up of every type imaginable; once in a while they shouted and whistled, but for the most part they stood patiently waiting. I waited also, and meanwhile listened to the conversation of two individuals beside me.

"Did yez ever hear him?" asked one.

"Heard him twice last night," said the other. "Ain't he great?"

"Dey must be raisin' de deuce inside dere; listen!"

There came a hoarse murmur from the direction of the hall; the mob outside thrilled in sympathy. "O'Hagen!" shouted voices, "O'Hagen!"

"He'll be out soon," said the man beside me; "an' there'll be fun. 'Ray fer de Democrats!"

"Dey should have put him on de ticket!" declared his companion, ex-

citedly. "O'Hagen! O'Hagen! 'Ray! 'Ray!"

"So what he said is really true," I mused, as I stood there. "He is mounting with the best of them! And I coming to him with this news of death!"

While I was still whispering that, I heard a prolonged uproar from within. It was a frantic cheering, continued and continued, seeming as if it would never end; it caught the crowd about me, and they, too, broke into shouts of impatience. "Oh, but he must be givin' it to 'em!" yelled the man beside me. "'Ray for O'Hagen!"

And then suddenly, with a burst of light, the doors of Spread-Eagle Hall were flung open, and the cheering surged out like the rolling of a wave; the mob in the street took it up, and the air rang with a deafening uproar. It reached its frantic pitch a moment later as half a dozen men appeared in the doorway. The people leaped up and down, waving their hats and howling until they could howl no more.

"It's O'Hagen!" was the cry. "It's O'Hagen! He's going to speak!"

It was at least two or three minutes before this excitement showed any signs of diminution. When at last things were quieter, a man stepped up on a raised platform in full view of every eye. The mob gave a howl.

"It's Paddy Mooney," I heard the man beside me cry. "'Ray for Mooney!"

"Naw," cried the other, "who wants to hear him? Git down out o' that! Give us O'Hagen!"

The rest seemed to be of a mind with the sentiment. They howled and howled; and when Judge Mooney (who was a stout and pompous and exceedingly red-faced judge indeed) began, solemnly: "Feller citizens, ladies and gennelmen—" they only shrieked the louder, "O'Hagen! O'Hagen! Give us O'Hagen!"

The unfortunate orator fought that storm for at least a minute, but it got fiercer and fiercer, and he had to yield. The cries of "O'Hagen!" continued, and at last another figure rose beside that of the judge. I knew it in an instant; it was Prince Hagen, otherwise Jimmie O'Hagen, now the King of the Nibelungs.

He stretched out his hand; the crowd gave one yell of joy, and then was silent as the night. Thus, and thus only, Judge Mooney got his chance to say, as solemnly as ever:

"Feller citizens, ladies and gennelmen, it affords me great pleasure fer to introduce to you the orator of the evenin'— Mr.—James—O'Hagen!"

And then "Paddy Mooney" sat down, and the crowd had another burst of excitement. I saw Prince Hagen standing there aloft, conscious of his power, and proud of it, smiling and nodding to right and left, shaking hands with all whom he could reach, and patted on the back by all who could reach him. I noticed, too, that in contrast to "the judge" he was not clad in evening dress, which I took to be part of a system of democratic good-fellowship.

Meanwhile the mob yelled and yelled until it was hoarse. When at last Prince Hagen raised his hands and they became silent, he said, with the utmost good nature: "I've all sorts of important things to tell you, if you'll only give me a chance;" at which they yelled louder than ever.

Pretty soon he began his speech, and I listened with eagerness. For I was curious to know how this thing had come about. I wanted to see Prince Hagen's plans in action.

As it proved, the secret of his success was not hard to discover.

I have sometimes dreamed of the poet, as one who stands upon the mountain-tops and sees the vast pageant of life roll by him; and the music of it is like thunder, and he is mad with the joy of it as he moulds it into words; but always he is the lord of it, and plays with it, and, as he sweeps himself on in the surge of it, he laughs at each success. All of that, in his way, was Prince Hagen, and the daring of his ways, the reckless abandon of his soul, was almost sublime. He seemed to know that he had those men in his hands; and just what he chose for them to do they did. If any one interrupted him, friend or foe, he had a retort as quick as lightning, and a laugh of glee besides, to show how easy it was. It set the audience wild, and drove the orator yet faster. When he began to build up a

climax, to feel the crowd about you was like watching a tempest gathering on the hilltops. If he went mad with wrath, gesticulated and shouted until he broke down and went to pieces, it made not the least difference in the world, for by that time the crowd had caught the delirium, and drowned out his words and his shouts with their own hoarse murmurs. He wrought them up to such a pitch that, if he had burst into song and chanted his deliverance, I verily believe no one would have thought it strange.

The matter of it all was money and the trusts; and he was a veritable prophet, with a soul on fire with rage. He showed how this monster was enclosing our whole civilization in its grasp, mastering society and turning the labor of all men to its own foul uses; he showed how the capitalists owned the railroads, the telegraphs, the factories, the stores; and the fearful iniquity of it all he pictured so vividly that it made his audience shudder. It was a sudden flash of light into the very vitals of our society; and it startled the spell-bound crowd with thoughts that never before had come to them,—that for this huge injustice of society there was no *reason*, that it might be abolished, that all men *might* be their own masters, and that poverty and disease and suffering might no more soil the fair earth of God.

"We stand here free men," cried the orator, "brothers and friends; we are not slaves, we are not idlers; we earn our bread, and why should we not have it? Do you ever realize, gentlemen, that it lies with you—with *you*, a sovereign people—to throttle this loathsome serpent? Will you lie here in the grasp of it, when you have but to assert your strength? The government of this country is made by *you*; the laws of this country are what *you* wish them to be! If the capitalist is your master, it is because he corrupts your legislators with his ill-gotten gains; it is because he blinds you with his threats of social upheaval, because he makes you believe that he and his iniquities are God's eternal necessities; it is because to-day the party which follows his flag can fight with his unbounded wealth and with the prestige of the great names of the land; because

the employer can bully his men; because the capitalist can threaten the newspapers, and bribe the voters, and corrupt the very agents of the law. And amid all this, there is no man dares see the truth, dares brave the tyrant, and bid the people be free! Oh, my friends, I ask you if it be not true? You Americans, inheritors of the glorious principles of freedom that Washington fought for and Jefferson laid down, you work where you are bid to work, and for what the capitalist may choose to pay you. The street-cars you ride on belong to the capitalist, the house you live in, the gas you burn; the very food in your mouths and the clothes on your backs are made from the capitalist's materials, and with the capitalist's wealth. And the capitalist lives on Fifth Avenue, rolling in his wealth, or idles in his private yacht, mocking at all your hatred! I look around me in simple wonder that in a land where the people rule such things should have come to be. But I fix my eyes upon the future, when this veil of lies shall be torn away, when the people shall rise like a young lion in its wrath, and fasten its teeth in the throat of this iniquity. I look for the time when citizens shall have learned that the labor of man is for his own wealth, and not for another's! I go abroad and I cry this truth from the house-tops; I shout it into the ears of men! I say unto you, citizens and free men who stand about me, that you—*you* are masters of society—that *you* are the government—that justice is yours if you wish it—that you have only to see and know, and be free! And I leave you with the solemn warning that, if you are not all in this world that you wish to be, if you have not all in this world that you wish to have, the fault can be but your own!"

And this was the matter of Prince Hagen's speech. Of the manner I can give no idea—its fierce energy and its thundering wrath. The orator wrought up his audience as if they were going to battle, so that toward the end of his speech both they and he were almost incoherent with excitement; he waved his hands and raged like a madman, and his audience drowned his words in their yells and applause.

When at last the excited crowd had scattered somewhat, I saw the man make his way into a saloon which stood next to the hall, and there I followed him. The place was crowded to suffocation with a noisy, dirty crowd of men, but I pushed my way in resolutely. I made out that the district headquarters of the organization were located in this building, and that here the orator of the evening was receiving the congratulations of his fellow workers and friends. And it was a royal welcome, too; the place was echoing with his name, with cheers and excited exclamations, and the crowd would have kept him on its shoulders still if he had not deprecatingly prevented them.

I did not care to obtrude myself into these festivities with my dire tidings, and so I waited until the noise had subsided. When, finally, I came forward, Prince Hagen was still surrounded by a crowd of men, but he saw me and forced his way out, laughing merrily.

"You were there?" he exclaimed. "I looked for you. And how did you like my speech?"

"Very interesting," I said, seeing that the others were looking at me; and then, very gravely, Prince Hagen winked one eye.

"Allow me to introduce you to my friends," he said, facing about. "This is Judge Mooney; Judge Mooney, my friend, Mr. Virtus Semper."

"I am most happy fer to meet a friend of Mr. O'Hagen's," said Judge Mooney, solemnly, squeezing my hand. "Beg pardon, phwat was the name?"

"Er—Semper," I stammered, inwardly anathematising Prince Hagen, who beamed at me.

"And Mr. Daniel O'Rafferty," he continued, "and Mr. Leary, the leader of our district; and Mr. John Grady, a member of our campaign committee. Gentlemen, my friend, Mr. Semper."

I bowed in general, and conversation was resumed. "Mr. O'Hagen is one of our most promisin' orators," whispered Judge Mooney to me. "A most extraordinary young feller—most extra-ordinary."

"Yes," said I, vaguely; all the time I was thinking of one thing,—the tidings I

had to convey, and how it was to be done. I waited until a moment when the Nibelung had turned aside from the group to take a glass of water from the bar; then I said: "Prince Hagen, may I speak with you a moment?"

"Certainly," he said, with some surprise. "Excuse me just a second, friends." And we moved over toward the corner of the room.

"What is it?" he asked.

"Prince Hagen," I began, slowly, "I have come to bring you some news—news, I fear, that is very dreadful—"

I stopped; he gazed at me in wonder. "What in the world do you mean?" he asked.

"I scarcely know how to tell you," I replied, tremblingly.

"What is it?" he cried, impatiently.

"It is King Alberich," I said, "he—"

And Hagen gave a wild start. "He—

what."

"He is dead," I said.

It was frightful to see the effect of those three words upon the man; he turned an ashen gray, and gave a quick shudder, as if in mortal pain. He leaped at me, his eyes gleaming, and caught me convulsively by the arm.

"No!" he panted, hoarsely, "No!"

"It is true," I said, faintly.

"Who told you?"

"A Nibelung came."

The man leaped back, and a look crossed his face such as I had never seen on a human countenance before, and hope never to see again. It was a look of wild, drunken, ecstatic rapture; he clenched his hands once or twice, gasping; and then he raised his arms, and a peal of almost hysterical laughter burst from his lips and fairly shook the room.

Every man in the place turned and stared at him; and he laughed and laughed, like a drunken man, like a crazy man; and then he began pacing the floor like a caged beast, swiftly and silently, seeking in vain some vent for his devouring emotion.

"He is dead!" he gasped, choking. "Oh, oh! It is mine! It is mine! Victory! Victory! VICTORY!"

He spread out his arms, and his voice rose to a thundering, triumphant shout. And then he sank down and buried his

head in his arms on the table, convulsed with incoherent laughter.

"Ha, ha, ha!" he gasped. "Ha, ha, ha! Only think of it! Only think of it! I am free! I am master! It is mine—infinite millions, that no man has ever counted—mine—mine! And the victory Ha, ha, ha! Ha, ha, ha! Oh, God, what shall I do? how could I have guessed it? It is triumph! it is glory! it is the world! I am king! I am king! *King! KING!*"

And again he rose and stretched his arms, his chest heaving and his eyes on fire. The men thought he was mad, and I was shuddering; still he laughed on, "Ha, ha, ha! Ha, ha, ha! Make way for Hagen! *Hagen!*"

Then suddenly, as if remembering where he was, he whirled about, his face gleaming.

"Boys! Boys!" he cried, "say something to me—shout, some of you—I shall burst! Oh,—oh, ho, ho!—think of it—it is mine!"

"What is the matter?" cried one of them, in wonder.

"It's a fortune!" cried Hagen. "I've inherited a fortune! Oh, millions, millions of it! Ha, ha, ha!"

A thrill went through the crowd; they understood now; and still the madman was pacing up and down the room, singing, shouting, gesticulating, slapping the men upon the back, tears in his eyes and wild, unquenchable laughter pealing from his lips. "Ha, ha, ha! Ha, ha, ha! Free! Free! Mine—*Mine—the world is mine!*"

And then again he flung about and turned to the crowd. "Shout, won't you?" he cried. "Cheer me! Help me! Set 'em up, boys; let's have a drink!"

The silence of the crowd had only been for wonder, for the man's very presence made you thrill like electricity. Some one gave a yell, "Three cheers for O'Hagen! Hooray!" The band, informed no doubt of the tidings, struck up a tune, the blare of which mingled with the din and gave pace to it, so that the men began to march; and Hagen, drunk with ecstasy, took up the song: "Oh, say, can you see, by the dawn's early light!" The whole company joined him and sang it to the end with mad fervour; it was a fearful, fearful scene, and I buried my

head in my hands by a table and waited, shuddering, until it should be over. But I have to confess that I was completely overpowered by this man's audacity, that I cared about nothing in the world so much as to know what he would do.

A new development came very swiftly; the song was scarce over, the men were still shouting and carousing, when suddenly I heard Hagen's voice give an exclamation. I looked up and saw that he had sprung to the floor and was darting toward me; he leaned over the table, his eager face and his burning eyes close to mine.

"Tell me," he whispered, "quick! What time does that night train leave for your place?"

"Ten minutes to twelve," I said, mechanically, and heard him give a gasp.

"There is time to-night," he panted. "Come!"

On the wall was a clock, showing that it was a few minutes after ten; Hagen seized me by the arm, and together we made for the door. He took out a roll of bills, and flung some to the bartender, calling, "Pay yourself;" and to the rest he shouted, "Good-bye, boys, I'll see you later!" And then in a second more we were in the street.

"In the first place, some clothes!" he muttered. "Confound my stupidity!"

I did not understand him, but he dragged me along, in the meantime talking excitedly to himself. Before very long, we came to a tailor-shop, which was open that night on account of the crowd. The proprietor was in the doorway, and my companion seized him by the arm and dragged him in.

"Got a dress suit?" he asked.

"Yes," answered the man, in wonder.

"One to fit me?"

"I guess so, but—"

"Quick!" panted Hagen. "Don't lose an instant! I'll pay you what you want. Find one!"

The man dived into a pile of clothes—"I think this—" he began.

"Size?" demanded Hagen; and when the man gave it, he added: "That'll do. How much?"

"Fifty dollars."

"All right," said the other; "now a shirt, and the rest of the stuff! Have you got such things?"

"I don't sell—" began the tailor.

"Any of your own?" cried Hagen.
"Ask what you will!"

Then he turned to me. "Call a cab," he cried, "quick!"

I ran outside, doing as I was told without protest. There was a cab at the corner, and I hailed it; by the time it was at the store, Hagen had rushed out with an armful of clothing, which he flung inside.

"Quick!" he exclaimed; "jump in!"

I leaped in, and Hagen stopped only to give the driver the destination. I heard it, and I gave a wild gasp—"Twenty-third Street, Republican Headquarters!" Then the door slammed, and we were off.

"Give you five dollars if you make it in fifteen minutes!" yelled Hagen out of the window, and then sunk back, and began simply tearing off his clothes.

I was breathless with wonder and amazement at all this; but Hagen did not stop to enlighten me. "Quick!" he exclaimed. "Help me on with these togs. It'll be job enough for two in the dark."

I set to work mechanically. The adjusting of that shirt was a labor to be remembered, with the cab thumping along like mad, swaying this way and that, as the driver swept around the corners. In the meantime, Hagen was still talking swiftly to himself, now and then bursting out as before into mad explosions of laughter.

"Tell me," I managed to stammer at last, "what are you going to do?"

"Do!" he echoed. ("Look out for that collar button!) Can't you understand what I'm going to do?"

"No," I said, "I must confess I cannot."

"Humph!" said Hagen. ("Can you tie one of those plagued ties?) I should think you might. Don't you know that I'm a capitalist now myself?"

I stopped what I was doing, and stared at him in blank helplessness.

"Go on!" he cried, swiftly. "The tie!"

"But Prince Hagen!" I exclaimed. "Your principles! The people have heard you—the reporters—the papers!"

"Fool!" said he. "Wait!"

I said no more, but tied the tie, and

otherwise adjusted him. By the time that difficult task was all completed, the cab had come to a sudden stop, and we saw that we were in front of the great hotel where the Republican Headquarters were located. Hagen leaped out, paid the driver, and turned to me.

"Look me over," he said, hastily.

We were under an electric light, and I surveyed his attire. "All right," I said, and then he clenched his hands tightly and bit his lips.

"I must not look excited," he said; and then we sauntered into the hotel.

Hagen went straight to the desk.

"Mr. Weazel in?" he asked.

"Yes," said the clerk.

"I wish to see him at once."

"He is busy, sir," was the reply; "he is in consultation with the State Committee. It will be impossible for any one to see him now."

"Humph!" said Hagen. "I shall see him. Can you send up my card?"

"Yes," said the clerk, "but it won't do any good."

"Wait," said Hagen, and turned away into the writing-room. "Listen," he said to me, as we walked. "Have you a check-book?"

"Yes," I replied.

"Can I use it?" he asked.

"You can use it," I said, wonderingly, "but you have no money in the bank!"

"Give me the book," said Hagen, and I obeyed. He sat down and wrote, and I wondered to see that his hand was steady. He wrote a check and passed it to me silently, falling to writing something else. The check read like this:

Thirteenth National Bank of New York:

Pay to the order of the Republican National Committee one hundred thousand dollars.

HAGEN.

And the letter which he handed to me afterward was this:

"Prince Hagen requests the pleasure of an immediate interview with Mr. Weazel upon an affair of the utmost importance."

And this was sealed and addressed. "I think that will do the business," said Hagen, grimly, as he handed the envelope to the clerk.

(To be continued.)

Solving the Problem of Heating and Ventilation

HOW PURE AIR, PROPERLY HEATED, MAY BE SECURED AT COMPARATIVELY SMALL COST

By William H. Werner

There is nothing in life as important as pure air. It is of even more importance than pure food. The author presents some valuable information for practical use.—Bernarr Macfadden.

IN this age of carriages that run without horses, of boats that reverse the order of Nature in swimming under water with the fishes, of winged motorcycles which enable man to fly in the air like the birds, of telegrams sent without wires, yes, and of wireless telephone messages, and even of dirigible balloons, the movements of which may be directed from a great distance by means of impulses sent through nothing but thin air—in this era of truly marvelous scientific development, I say, is it not monstrous that men have not yet learned to breathe pure air?

The remarkable thing about it is that men know the meaning of ventilation, and also know the necessity for it, even while they seem not to know it. They will even talk of ventilation, speak the very word, while in the daily practice of their lives they almost completely ignore it. Ventilation? Oh yes, indeed! Ventilation, by all means! But almost anything may be called ventilation, from a draught of cold air down to the half-inch opening of the bedroom window during the night.

But there are thousands of homes in which even this small concession to the requirements of health is not granted. "Storm windows" are added and window cracks stuffed with small rags. Truly the stupor of the human race as a whole upon this one subject is so amazing when one stops to consider it, that it would seem impossible of belief if we did not know how prevalent is the practice of non-ventilation. A man will work all day in an office or factory in which there is absolutely no provision for renewing the air; he will ride home in a car or train "packed like sardines" with other human beings, and in which there are

only a few half-inch openings at the top to supplement the meagre ventilation afforded by the occasional opening of the door; he will stop at a stuffy store which has not really been aired since last September, the atmosphere being only slightly affected by his entrance and exit; and then finally he will reach his own domicile, containing air that is comfortably warm, it is true, but stagnant and vitiated by long confinement, and all but bad enough to asphyxiate him. And then, *mirabile dictu!* when he contracts the inevitable "cold," he fixes the blame upon the occasion when he sat in a draught of cold air too near the door of that street car, one of the few moments when he actually did get a little pure air.

It is strange, most strange, this inattention to one of the most important essentials of life. Why, children in school take up one subject called physiology, in connection with which they are taught the requirements of air and ventilation. They are taught, but do not learn, it seems, and even the school rooms in which they are taught these things in many cases are themselves sad examples of that lack of ventilation which it is the purpose of this instruction to provide against. And both children and teachers, like every one else, that is to say, most of them, go to their homes, to churches and places of every other kind, almost entirely forgetting and ignoring this great vital necessity.

It is true that one may avoid being altogether dead in an atmosphere which is not fresh and pure, short of certain limits. But the quality of life should be worth considering. No one can be fully alive except when he is getting a full and satisfactory supply of oxygen. The lack of proper changes of air, exposing the in-

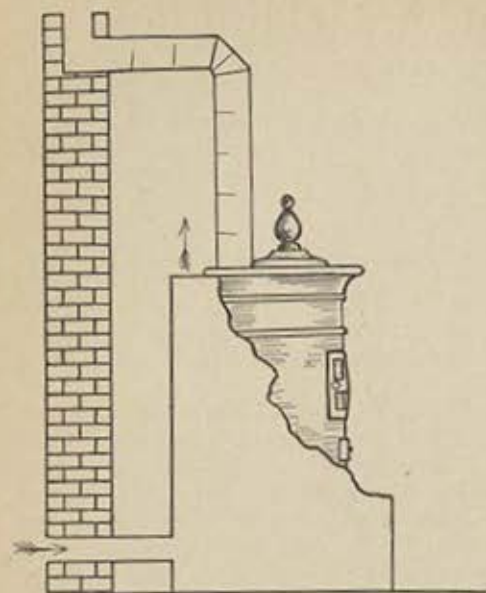


Fig. 1.—Heating-ventilator in the form of a sheet-iron envelope for the stove, with connecting air pipe to admit fresh air for heating. About five inches should be allowed for air space around stove.

dividual to an excess of carbonic acid gas, other gases in small quantities, as well as innumerable unfriendly micro-organism, is bound to lower the working efficiency of the individual in the factory, and in the home to induce a stagnant and vegetative kind of life, a life that is half death. Life should be full of life, but it cannot be in foul air. Furthermore, the record of diseases due to this common neglect is almost beyond computation. It not only is the chief cause of tuberculosis, but it also induces pneumonia, pleurisy, bronchitis, catarrh, coughs and colds by the million, and an incalculable host of other maladies which indirectly follow because of the depleted state of the body as a whole due to this partial oxygen starvation.

But if air is a vital necessity, it is also true that indoor warmth is important in severe winter weather. The activity of most phases of out-of-door life, combined with the great warm wraps which one may wear, enable one to maintain bodily comfort. But indoor work is chiefly sedentary. Perhaps one's employment keeps him sitting down, with hardly a

muscular move all day. The circulation becomes more or less inactive, and unless there is a supply of external warmth the individual becomes so chilled and miserable that he is unfit for work. Furthermore, continued exposure to cold involves a considerable loss of vitality. A supply of heat we must have in a cold climate. But how to combine the means of both heating and ventilating at the same time, is the problem.

In most cases, either of these essentials to life and comfort is obtained at the expense of the other. When there is a sufficient supply of pure fresh winter air through wide open windows, the room is too cold. On the other hand, if the windows are closed and the air confined long enough to be comfortably warm, then it is vitiated and unhealthful. At least this is true of the methods of heating most commonly employed.

The most unspeakable of all attempts at supplying warmth is the use of the gas heater, at present used very widely. With this device, carbonic acid gas is manufactured in veritable clouds and turned loose into the room, at the same time that the available oxygen is literally eaten in rapidly exhaustive quantities. It is something like burning an ordinary wood stove and turning the smoke and gases loose into the room instead of sending them up a chimney, except that in the gas stove the combustion is more perfect, yielding more gas but not the heavy smoke. The air is unfit to breathe long before the room is warm. And yet this insane, atrocious and poisonous method of heating is coming to be used more and more each year, under the influence of the disinterested but persistent recommendation of the gas companies. The oil heater operates in exactly the same way, and must equally be condemned.

But coming to other less objectionable systems of heating, we find a similar lack of intelligence on the subject of ventilation. I shall refer chiefly to the use of small heating stoves in ordinary private residences and to the general use of steam radiators in practically all apartment houses in our cities.

Take the steam radiator, for instance. It stands on one side of the room, having

absolutely no connection with the out-of-doors, and gives forth warmth through the process of radiation. The air about it is warmed by its heat, and as this circulates upward other air in the room is warmed, until finally the place is comfortable. And there you are. A successful and economic method of dispensing warmth. *But*, the unfortunate thing about it is that it simply warms the stagnant air of the room, the very same air, over and over again. Fresh air is only to be obtained by the opening of the windows, and in cold weather the chilling influence of the open window will prove too much for the warming capabilities of the radiator. The situation is made all the worse in the cities, however, where most of the population lives in "flats" rented from the owners of the tenement buildings. The landlord is a business man, engaged in business, dealing in profits and losses, chiefly the former, and naturally spends as little as possible to get as much as possible. He therefore burns no more coal than absolutely necessary. The tenants, in consequence, feel compelled to economize with such an amount of heat as they may be able to get, and usually avoid much opening of windows lest their precious little warmth may be lost.

The so-called "heating stoves," which burn coal and wood, are possibly a little bit better than the steam radiators, inasmuch as the draft of a stove forces a little air into the room through any convenient cracks and crevices faster than these same cracks would permit of the exchange of air without such a draft. The air leakage through these little crevices, by the way, be they ever so small, is the one thing that makes it possible to sustain life in many homes and sleeping rooms where the ignorant occupants strive to guard against ventilation in their fear of cold air. But this forced ventilation, induced by the draft of the stove, is really insignificant, and in a general way the service of the stove is identical with that of the radiator, the heated iron radiating warmth, and heating the same air over and over again. What then are we to do?

The solution is perfectly simple, so simple that it is a wonder that it has not

come to be considered as the first principle in all heating devices. There is only one method of combining the means of both heating and ventilating, and that is through an arrangement by which the pure, cold air from the out-of-doors is warmed as it comes into the room. There are a few who suppose that in the wintertime only cold air is pure. This is not far from the truth when we consider the prevailing customs of house warming, but it need not be so. The mere warming of air does not affect its purity in any way, for there is as much oxygen in pure warm air as in fresh cold air.

This scheme of heating is employed in many of the larger and "well-to-do" residences, and in a few public buildings. In such cases a furnace is established in the basement, with a large heating capacity. A very large pipe or shaft serves to introduce the fresh air from out-of-doors, this being warmed as it passes over the heated iron or brick of the furnace, and then is sent up to the various rooms of the house through other smaller shafts provided for the purpose. Each room, therefore, has one opening through

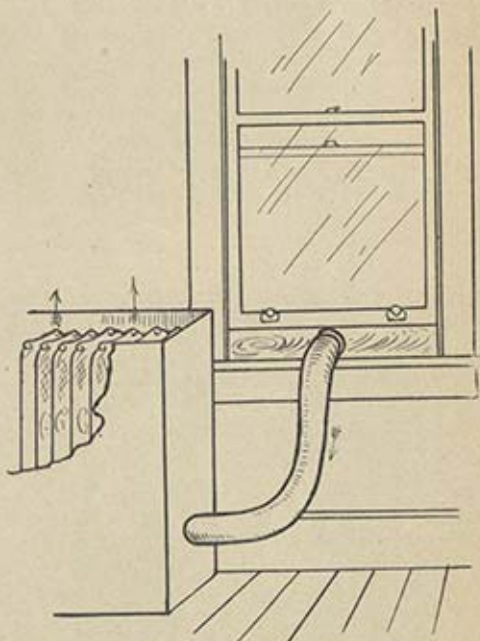


Fig. 2.—Showing simple ventilator to use with ordinary steam radiator. Consists of air tube and window-board arranged in manner described by the author.

which this warm but pure air enters, and another opening for the escape of the old air. In this way a substantially pure condition of the air is maintained.

But less fortunate people, those who pay rent or live in small cottages, cannot afford to install elaborate furnace systems of this kind. It is the purpose of the writer here to offer a practical and simple solution for the average man. This, in short, is the adapting of the idea of the perfect furnace system to the small stove or the steam radiator.

To accomplish the desired object, it is only necessary that you surround the radiator or the stove with an envelope or box of cheap sheet-iron or zinc-sheeting, this envelope to be opened at the top but closed at the bottom and to allow an air space of several inches between the radiator or stove and its own walls. Sheet-iron or zinc would usually be satisfactory. Connecting with the bottom of this envelope an air pipe or tube

should extend through the wall and into the open air. The pure air, entering at the bottom of this envelope, is warmed by the radiator or stove and rises into the room, with the result that you have both pure air and warmth at the same time.

The pipe leading from out-of-doors may consist of anything that will answer the purpose. Even an ordinary piece of stove-pipe would do very nicely, provided with an ordinary damper so that you could regulate the intake of air. Or if you find it inconvenient to make a hole through the wall for the purpose, then you can use an ordinary piece of large sized rubber hose, preferably fire-hose, if you can get hold of a piece, the out-door end of this to admit the air through a hole in a window-board to which it is attached. This window-board may be four or five inches high, and naturally should be of proper width to fit in a partly opened window.

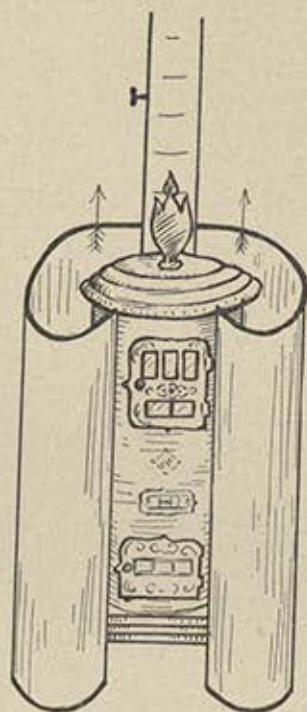
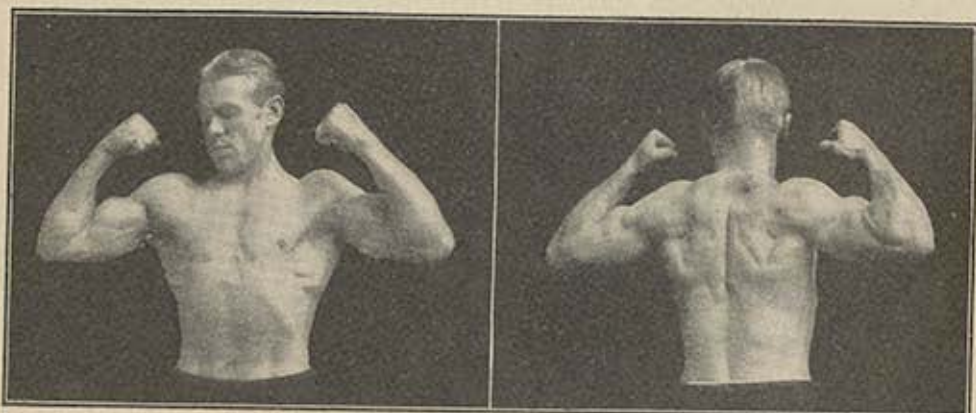


Fig. 3.—Cylindrical envelope for round, upright stove. Sheet of zinc or tin of required size is bent to surround stove. Flaps turned in at front, to permit access to doors. Fresh air pipe at back, near floor.



Charles E. Olsen, of Hartford, Conn., a physical culture wrestler, who attributes his splendid development to our principles.

Menus and Recipes for Three Days

Cooked Foods

Readers will please note that all the foods embraced in these menus, as well as the products represented on our advertising pages, are given our endorsement as of first quality, and as fully complying with the Pure Food Law.—Bernarr Macfadden.

FIRST DAY.

Breakfast.

Stewed Prunes Oranges
Cracked Wheat with Cream
Poached Eggs on Toast
Postum

Dinner.

Banana and Nut Salad
Buttered Parsnips
Baked Sweet Potatoes
Creamed Onions Corn Gems
Apple Snow Date Coffee

SECOND DAY.

Breakfast.

Figs Oranges
Corn Flakes with Cream
Cream of Lima Beans
Graham Bread Butter
Cocoa

Dinner.

Cabbage Salad Nut Sandwiches
Baked Asparagus with Cheese
Creamed Cauliflower
Stuffed Peppers
Mixed Nuts Mock Cherries
Lemonade

THIRD DAY.

Breakfast.

Grape Fruit Raisins
Rice with Dates and Cream
Sandwich Cream Toast
Creamery Butter Cocoa

Dinner.

Tomato Soup
Egg Salad Escalloped Corn
Baked Rice with Cheese
Grape-Nuts Pudding
Welch Grape Juice

RECIPES

Creamed Turnips.

Cube several fine, large turnips and cook until tender. Pour over these hot white sauce, made of one cup milk, two tablespoonfuls butter, two tablespoonfuls flour. Add small quantity of minced parsley, and salt to taste. Cook a few minutes and serve.

Macaroni with Cheese.

Break macaroni into small pieces. Cook until it has doubled its size, and then drain off water. Prepare a white sauce, and add alternately into a bake pan, white sauce, macaroni, and grated cheese, until the pan is full. Cover top with buttered bread crumbs and place in oven. Bake until a delicate brown. Serve in baking dish.

Corn Gems.

One egg; one and one-half cups milk; one-fourth cup sugar; one-half cup

flour; one cup corn meal; two level teaspoonfuls baking powder. Beat first three ingredients together. Then mix corn meal and flour and add a little at a time, beating well for at least five minutes. Then add the stiffly beaten white of egg, and bake in gem pans in moderate oven.

Mock Cherries.

Take equal parts of cranberries and raisins. Cover with water and cook until tender. Add sugar to taste. On account of the large quantity of natural sugar in the raisins, very little additional sugar will be required.

Apple Snow.

Cook four apples until very fine. Beat the white of one egg. Add apple sauce slowly, beating all the while. Add one tablespoonful grape jelly to this and beat

until it is thoroughly mixed. Serve in little dishes, with chopped nuts sprinkled over the top.

Stuffed Peppers.

Mix two cups of sifted tomatoes with two-thirds cup of bread crumbs. Season with salt, minced onion, and minced parsley. Stuff the peppers and place in pan with a little water and butter. Bake until tender in medium oven.

Rice with Dates.

Wash one-half cup rice. Cook in large quantity of salted water until nearly tender. Drain thoroughly and put into double boiler with one-half cup pitted dates. Finish cooking until tender. Serve with cream.

Egg Salad.

Cook six eggs until hard. Carefully remove whites from yolks. Mash the yolk, and mix with one minced onion and a little parsley, salt, and red pepper. Add salad dressing until of the right consistency. Cut the whites into small pieces. Place a spoonful of the salad mixture upon a plate, sprinkle the white over the top, and serve.

Baked Rice with Cheese.

Add alternately cooked rice, cheese, and a little salt and red pepper, until the baking dish is full. Pour a little milk over the top, and cover with buttered

bread crumbs. Bake until a delicate brown.

Cabbage Salad.

Chop cabbage very fine. Add a few fresh grapes, and mix thoroughly with salad dressing. Serve on lettuce leaves, and garnish the top with nuts.

Grape-Nuts Pudding.

Allow about four tablespoonfulls of grape nuts to each person served. Put to soak for two or three hours, in milk enough to cover them. Chop up some dates, figs and raisins, using about the same amount of fruit as you do cereal. Mix thoroughly together, then add several spoonfuls of nuts, chopped or ground. Make into squares or round shapes and serve in dessert dishes with whipped cream or the white of egg beaten stiff and sweetened with honey or powdered sugar.

Sandwich Cream Toast.

Select some well-browned triscuit, and if not crisp enough, toast slightly to a delicate brown. Spread thickly with butter and add a generous layer of grated cheese. Place three or four of these in a cereal bowl in sandwich form, one on top of the other, with the buttered side up. When ready to serve, pour over this, a cup of hot milk. Part cream may be used if desired, but the butter and cheese make is very nourishing and appetizing.



OUR NEW MACFADDEN LEAGUE BUTTONS PLEASE OUR READERS



TO judge by the number who have taken advantage of our offer to present new subscribers to PHYSICAL CULTURE with our handsome new "Macfadden League" buttons, in accordance with the conditions given below, this emblem is supplying a long-felt want among Physical Culturists. The great number of physical culturists who have written to us regarding the desirability of providing an emblem which would enable those interested in the physical culture movement to identify each other at sight, induced us to have

one of the leading firms of jewelers in the United States to provide us with the handsome button reproduced herewith.

The button is made in sterling silver, in heavy rolled gold, and also in solid gold.

A sterling silver button will be given free with each subscription to PHYSICAL CULTURE at \$1.50.

The extra heavy rolled gold button will be given free with two subscriptions at \$1.50 each.

The solid gold button will be given free with five subscriptions at the \$1.50 rate.

Menus and Recipes for Three Days

Uncooked Foods

FIRST DAY.

Breakfast.

Shredded Wheat Biscuit with Fruit
Entire Wheat Bread
Butter Peanut Butter
Apple, Nut and Cheese Salad
Atwood Grape Fruit
Banana Coffee

Dinner.

Luncheon Sandwiches
Rolled Wheat and Raisins with
Cream
Combination Salad with Mayon-
naise Dressing
Banana Whip Sumik

SECOND DAY.

Breakfast.

Nutted Milk Flakes with Honey
Entire Wheat Bread
Butter Fruit Butter
Cheese and Onion Salad
Hawaiian Pineapple with Whipped
Cream
Orangeade

Dinner.

Triscuit
Butter Apricot Marmalade
Cottage Cheese and Vegetable Salad
Grape Nut Pudding
Welch Grape Juice

THIRD DAY.

Breakfast.

Fig and Triscuit Sandwich
Combination Salad with Mayon-
naise Dressing
Fruit and Nut Salad
Soaked Peaches and Cream
Malt Coffee

Dinner.

Cheese and Onion Sandwich
Fruit Jumble with Honey
Minced Cabbage Salad
Shredded Wheat Dessert
Grape Eggnog

RECIPES

Shredded Wheat Biscuit with Fruit.

Select a good, ripe banana and mash to a pulp with a fork. Add a few chopped dates, or merely cut them in small pieces. This constitutes the fruit mixture. If handled rather carefully, the shredded wheat biscuit can be cut in half, lengthwise. After so doing, take a large cereal bowl and crumble in it very fine, one half of the biscuit; then evenly spread the fruit mixture over this. Take the top of the biscuit, as that always has such a delicate brown color, and place in the center of the dish. Serve with cream.

Apple, Nut and Cheese Salad.

In this salad, use the quantity of each according to the flavor desired to pre-

dominate. Cut the apple into small cubes, and grate the cheese rather fine. Any kind of nuts, either ground or in halves can be added and all stirred well together. This is very nice served with olive oil or the mayonnaise dressing given in last month's magazine.

Luncheon Sandwiches.

Make a sandwich dressing of cottage cheese and chopped dates mixed thoroughly together. Place a generous quantity of this mixture between the buttered slices of whole-wheat bread, or well-buttered triscuits.

Combination Salad.

This salad can be made of as many different vegetables as one may happen to have on hand at this season of the

year. They can be chopped or minced very fine, or if preferred cut in small cubes or chunks. If a tart salad is desired, serve with plain lemon juice; but a dressing consisting of olive oil and lemon juice beaten thoroughly together, makes it far more appetizing. Or serve with mayonnaise dressing.

Banana Whip.

Use only the real ripe bananas for this dessert. Mash them to a smooth jelly with a fork; then add, in quantity, about one half as much whipped cream as you have of the fruit, and stir well together. Serve in a dessert dish, and cover with a generous smooth layer of whipped cream. Sprinkle with ground nuts, and neatly arrange the halves of walnut meats on top. Make this dessert at the latest possible moment, for the mashed bananas grow very dark colored if allowed to stand any great length of time.

Soaked Peaches and Cream.

Soak the dried peaches until softened; then put about three pieces of the fruit in a dessert dish. Pour some honey over these, and drop a spoonful of whipped cream on each peach.

Cheese and Onion Sandwiches.

Grate the cheese and mince the onions very fine. Use in proportion, as desired. Mix well with enough of the mayonnaise dressing to make it a proper consistency for spreading. Use between well-buttered slices of whole-wheat bread or triscuit.

Fruit Jumble with Honey.

Sprinkle a light layer of corn flakes or any favorite cereal, in a large cereal bowl. Next add a layer of sliced apples. Pour some honey over this and sprinkle again with the cereal. Then arrange a generous layer of sliced oranges and nuts. More honey can then be added. It is very nice if served in the plain way, or it can be eaten with cream.

Shredded Wheat Dessert.

With a sharp knife, cut a good sized square in the top of a shredded wheat biscuit. Remove all the shreds possible to make the place as large as can be for the fruit. Mash bananas to a pulp, and fill the biscuit with this. Cover with

whipped cream and daintily arrange a few nut meats on top. Any fruit desired can be used in the biscuit.

Grape Eggnog.

Allow one egg for each person. Beat the yolks and whites separately. To the yolk of the egg, add enough grape juice to give it a fine color. Sweeten with honey. Then pour in a glass. If desired, the white can be sweetened with either honey or sugar. Put in the glass on top of the yolk, and serve.

Cottage Cheese and Vegetable Salad.

Select various kinds of vegetables, according to preference, and mince fine. Stir well together and place a generous flat layer on a garnished salad dish. Drop about three spoonfulls of cottage cheese, evenly distanced, on this layer, put a walnut meat in the center of each spoonful of cheese, and pour a liberal amount of mayonnaise dressing over it all.

Nutted Milk Flakes with Honey.

For each person served, allow half a cup of rolled oat flakes. Allow them to soak an hour or more, in just milk enough to cover them and a quantity of honey to make them sufficiently sweet. Stir well together and place in a cereal bowl. Sprinkle with corn flakes and a generous amount of any kind of nuts desired. Serve with cream or olive oil.

Fruit Butter.

Use any kind of dried fruit desired. Put it in luke warm water, enough to cover well, and let remain until the fruit is very soft, resembling the cooked state. Run through a colander; then mix thoroughly with the juice it has been soaking in. Sweeten to taste with either sugar or honey. Can be served plain or with whipped cream daintily dropped on top and garnished with nut meats.

Pineapple with Whipped Cream.

At this time of the year, it is somewhat difficult to secure the fresh fruit, but the canned is easily obtained, either in chunks or circles. Place in a dessert dish, cover with whipped cream, and sprinkle with grated cocoanut or ground nuts.

General Question Department

By Bernarr Macfadden

Our friends will please note that only those questions which we consider of general interest can be answered in this department. As we can only devote a small portion of the magazine to matters of this kind, it is impossible for us to answer all the queries received. Where the letters, however, do not require lengthy replies, the editor usually finds time to answer by mail. Where an answer of this kind is required, please enclose a self-addressed stamped envelope.

Pain Between the Shoulder Blades

Q. I am an engineer by occupation, and my work keeps me in a hot room twelve hours per day. When I come out into the cold air a pain strikes me between the shoulder blades—sometimes so badly that I cannot move my head without severe pain.

A. The symptoms you mention may be caused by neuralgia, rheumatism, neuritis, or a deranged stomach. With the above complications you can see it would be very difficult to describe a remedy, though no matter what the disease may be, it is necessary first of all to give attention to the stomach for the purpose of securing pure blood. Almost any method for adding to your vitality and increasing the strength of the spinal column through the aid of diet, exercise and other methods for building physical vigor, should bring results to be depended on in your particular case. I would especially advise the use of those exercises best adapted to strengthening and developing the ligaments and muscles of the spine, as these will stimulate activity of the affected parts and no doubt aid greatly in recovery.

Are Professional Strong Men Born Strong?

Q. Are men like Sandow, Saxon and Hackenschmidt born with their strong frames, or were they not developed by weight lifting? Will weight lifting increase the size of the bones?

A. No doubt the men you mention inherited superior vitality and strength from their parents, but their strength was of course developed by vigorous exercise. Weight lifting; perhaps, had something to do with the enormous muscular power which these men possess, but as a rule strong men are in the habit of taking all sorts of exercises essential to muscular development. Exercise will unquestionably increase the size of the bones if it is taken previous to complete maturity. There may be a slight increase in the size of the bones, even after maturity if vigorous exercise is taken that has not previously been practiced, though this conclusion is not true in all cases.

Hardening of the Arteries

Q. My mother has been suffering from hardening of the arteries. Is there any natural cure for this complaint?

A. A disease of this character can easily be remedied through the ordinary methods for increasing the general vitality, that we have advocated in this publication since its first issue. Hardening of the arteries, as can readily be realized, is simply induced by foreign material that has found its way into the blood-stream. If the quality of the blood is improved in every way; if the foreign matter which it contains is eliminated through the ordinary channels, or if the process of blood making is so perfect that these elements do not enter the circulation, then you can readily realize that a cure of this complaint would be prompt and certain. A moderate amount of fasting, the adoption of a diet which would thoroughly nourish the body and which at the same time is as free from poison as possible, could be especially recommended.

Exercise for Catarrh

Q. You say that by following a course of exercises outlined in your magazine one can rid himself of catarrh of the throat. Please give me an idea of the exercise to which you refer?

A. There are no especial exercises that can be recommended for the treatment of catarrh. Almost any of the exercises that will involve the muscles of all parts of the body and in this way accelerate circulation and stimulate the action of the depurating organs would be valuable, especially those exercises that will induce vigorous use of the lungs and deep full breathing. Running and walking are especially commendable. However, no matter what kind of exercise you take, it is necessary to follow a fairly rigid régime dietetically in order to expect results in treatment of this complaint. In most cases it is necessary to cut down the diet, though in some few instances I have known catarrh to be caused from eating too sparingly.

Pains in the Kidneys

Q. For about three years I have been troubled with a pain in the lower right

side of my back. Believe it is in my kidneys. Please give remedy through your magazine.

A. This complaint could be brought about by almost any influence that would be inclined to lessen your general vitality. Hot and cold sitz baths, changing from one to the other, using two sitz bath tubs, is of especial value in remedying this ailment. It would be better to have two tubs, using water in one as hot as can be borne, and sitting in it three to five minutes; then have cold water in the other, sitting in it two to three minutes—changing from one to the other three or four times. Of course, light eating and the free use of water can be recommended, and is sure to help bring about the desired results.

Recipe for Sumik

Q. Would you repeat how to make sumik for the benefit of your new readers?

A. The best way to make sumik is to inclose unskimmed sweet milk in an air tight jar or bottle. Allow it to remain in the temperature of an ordinary room until it has become clabber. If you like it very tart, then do not use it for two or three days after it has become clabber. If you do not like the strong acid taste, then use it as soon as it becomes clabber. Before using the clabber it should be thoroughly aerated with an egg beater. It should be beaten until it assumes the consistency of very thick cream or whipped cream. This is an appetizing drink; does not in any way taste like sour milk, and has all the elements necessary to thoroughly nourish the body.

Remedy for Knock Knees

Q. I wish to ask you what I can do for knock knees. How can they be made straight?

A. In many instances one who is suffering from this deformity can be entirely relieved if the remedies advised are taken before the bones of the legs have "set"—that is before they are fully and completely grown. After one has attained full growth a certain amount of improvement can be made, but permanent recovery from the defect cannot be expected. Any forms of exercise that are inclined to push the knees outward are very valuable. A brace of course can be worn, which will serve this purpose to a large extent and is advised in some instances. Remedying a difficulty of this kind is a long and often discouraging process, as changes for the better are usually very slow.

Remedy for Hives

Q. I am in pretty good health at the present time, though I am troubled with hives. Would like to know how to get rid of them.

A. A complaint of this kind usually indicates a defective condition of the blood, and is often caused by eating too much rich food of various

kinds. In most cases, by merely lessening the quantity of food you are eating and using water more freely, the complaint will disappear. If this does not bring results then hydropathic treatment of various kinds for accelerating the circulation of the skin would prove most valuable.

Gas on the Stomach

Q. What is the cause and cure of abnormal amount of gas in the stomach, causing pain and bloating?

A. The ailment is probably caused by the diet you are following. Your diet may be ever so good, but you may be eating too heartily and the food, instead of digesting properly simply ferments in the stomach, and the gas to which you refer naturally results. It would be a good plan, when suffering from a trouble of this kind to limit the diet to a very rigid régime for at least a short period. In fact, fasting is a very valuable remedy to assist in eliminating symptoms of this nature. Exercise can also be recommended as a means of adding to the general vitality, which would of course have a very beneficial influence on a complaint of this character.

Thin Hands

Q. What can I do for thin hands? Is there any possible way of making them fleshy by exercise? Would you advise the use of oils?

A. In most instances a moderate amount of exercise will increase the deposit of tissue about the hand if it is abnormally thin. As a rule, however, the hand appears thin largely because of the ungainly and emaciated appearance of the arm, and a general development of the muscles of the arm will practically in every case remedy a defect of this character.

Inflammation of the Breast

Q. My wife has been suffering from swelling and inflammation of the breast. Specialists advise me to wait and the symptoms would finally disappear. After one year there has been no change. Her general health is not satisfactory, though not suffering from any special ailment. What would you advise?

A. The advice essential in your particular case is really indicated by your statement to the effect that her general health is not satisfactory. The inflammation is unquestionably caused by a defective condition of the blood supply. If the general health is increased, vigor and vitality is added to the body by various methods advanced in this publication, you will find slowly but surely the symptoms of the disease will disappear. Hydrotherapeutic treatments of various kinds would be especially valuable in remedying an ailment of this nature.

Comment, Counsel and Criticism by Our Readers

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

The Decreasing Birth Rate

TO THE EDITOR:

I noted that you found use for a letter I wrote you sometime ago, and also that suggestions I made then have been taken up by you since, either from the force of my humble effort or what is more likely, from a more humanitarian and weighty motive. Be that as it may I cannot help writing you again and giving you what encouragement I may along this new line in which I think you are doing a great and unpleasant duty.

Your letter from Prof. Armstrong in direct to the point in some respects, though I think that the general reader does not coincide with it in its entirety. The falling off of the birth-rate in this country is reaching a point where the consequences are going to be serious unless something is done to forestall the present trend. When it comes to the question of who is to blame, the man or the women, it is to laugh. We expect the ladies that have raised families to come in and raise their voices, but it is not with them that we have to do.

I think the following premises will be conceded by all, even the ladies that have rushed into print:

That the average head of the household is as good a provider as his father was.

That the average family man loves his wife and children as well as he ever did.

That divorce is an evil that comes to small families only or where there are no children at all, more likely the latter. By small families I mean less than four children.

That children raised in large families have the best equipment for the battle with the world.

That man is a social creature and will find congenial company at home or some other place, whether he is on his honeymoon, or is old enough to have one foot in the grave.

If these premises are admitted; if we of this generation are as good providers as our fathers and forefathers and if we love our wives and families as well, if the men of to-day like to have their children around them as our fathers did (and I feel sure that in the large average of the race, that this is so, notwithstanding the exceptions to the rule—the men

who have listened too well to the siren song), then there is no doubt about the question that you have raised.

That divorce is a small-family evil I think no one will deny. Just try and think of one single instance where there were six or seven blooming responsibilities that were followed by a divorce, and see how hard it is. Neither is this the result of overwork or overworry, but rather of a well-rounded and well filled life, of a complete destiny.

I was raised in a family of seven. I consider that a greater heritage than if my parents had been able to give me wealth and position. A boy or girl raised in a large family learns at a tender age that the whole world was not created for his special benefit. He gets some hard knocks from brothers and sisters that fit him eminently for the battle with the world that comes later on. The hot-house plant raised in a family where there is no other has this to learn in this great democratic country after he is thrown in contact with the world, and the other boy already educated in this respect, gets right down to brass tacks at once.

How often do we read in divorce proceedings that the man in the case, the husband, who has strayed from the straight and narrow way, tells the "abused wife that if she will return to his home and live with him as his wife he will assist her to bury the past. Surely it don't take more than seven senses to read this tragedy between the lines. It is true that this sort of thing is passing too, the doctors are willing to lend their assistance to beat it. For a "modest" fee the family physician will tell the embryo-murderers how to escape all the responsibilities of their position and have all the fun out of it.

This brings on a state of affairs among the great masses of the people that was once confined to the "Four Hundred" and wealthy and indolent society. This is one of the skeletons in the closet of thousands of our middle class homes and the rearing of children is being left to the class that are too ignorant or too indolent to cheat nature's plan. Their will is as good as that of the higher classes. It was the Mormon Prophet, Smith, who said that while polygamy was practiced within the



William Emmett Galbally, 13 Half street, Brooklyn, N. Y. Age, three months and three weeks; weight, fifteen and a half pounds. A genuine Physical Culture baby.

confines of their church there was twice as much "progressive polygamy" practiced outside of it. It might be said now that we are in an age of "galloping polygamy."

There will be a reaction against this state of affairs in my opinion, and it will be the men that will lead it. The popular fads among women are what men like best. They demand that the women they marry be pure. He may glide around the gilded circle in ever so giddy a fashion, but when he marries he wants an innocent woman. Some day men will demand that women be pure after marriage also and he will divorce the woman that refuses to bear children.

A good lively discussion of this matter will do more good than anything else. If we keep hammering away the iron will get hotter and hotter, the time to hit will be all the time. There is room in the fight for all of us who want to see better home life in our great country. The duty is not a pleasant one, but needs doing.

Pittsburg, Kans.

J. M. BURWELL.

Condemns Modern Industrial System

TO THE EDITOR:

Noticing several discussions in *PHYSICAL CULTURE* about the declining birth rate I would like to give my views upon this important subject: Nearly all writers beat about the bush and doctor the symptoms, but few get down to causes—the modern industrial system is at the bottom of nearly all of it. Man cannot control his own job and means of livelihood and is necessarily loath to bring children into the world to suffer in poverty

and want, and in a great many cases be forced into something worse. As things now stand the workers do not know how or when they will be without the means of sustaining life.

Every man produces enough to rear children in the midst of plenty, if he were allowed to keep it.

In the government reports \$430 per year is given as about the average wage paid the producer for creating a value of over \$2,500 per year. What kind of a living can a man give a family on this miserable pittance, where, in some cases, he has to support ten or twelve persons? The wife and mother is forced into the factory and sweatshop (where her power to reproduce is destroyed), in order to eke out an existence.

Is it any wonder men do not want to produce more children to grind out profits for the *Master*. I have one little girl one year old, a thorough physical culture baby, and would like more, but I would sooner cut my heart out than bring another being into this world to share the misery and uncertainty of the worker's lot.

Suppose every worker could have all he produced minus cost of raw material and depreciation of machinery, what kind of a race do you think could be produced then? They (the children), could have the benefit and love of a father's care as well as that of a mother and enjoy the blessings of good, pure, wholesome food, fresh air, clothing, a good home and decent surroundings in place of the vile and wretched existence they now get.

Ashtabula, Ohio.

H. E. WELTON.

A Health and Purity Band

TO THE EDITOR:

I have been an interested reader of *PHYSICAL CULTURE* for over two years and have found much valuable information between its covers. I have, with the help of another enthusiastic reader, organized a Health and Purity Band at this place. We meet every third Thursday evening, with an occasional special meeting.

Discussions on different subjects, which are considered advisable by the members, are had at the meetings. A small library has been started with books donated by some of the members, which will be increased as fast as circumstances will permit.

Although the band is just in its infancy, it seems to have a bright future before it. It has been founded for the purpose of building up better minds, muscles and morals, which are so sadly neglected by the majority of parents of to-day. I sincerely hope that some one through reading these lines will try a similar plan. Much good can and should be accomplished through work of this kind.

The band would appreciate the gift of several copies of *PHYSICAL CULTURE* from subscribers who can spare them, to be distributed through the homes of the surrounding community.

I wish success to *PHYSICAL CULTURE* and the best of health to its editor and readers.

Rockton, Pa.

C. S. HOLLOPETER.

A Physical Culture Wrestler

TO THE EDITOR:

I enclose my photograph [see pages 196] and also my measurements. I follow all of your instructions for your different exercises and diet. I have fasted for seven days. I use the menus in your magazine as my bill of fare. I exercise every morning and take cold water baths, and walk about ten miles every day. I am a heavy-weight-lifter, and also a wrestler. I have won several matches throughout the New England States. I am twenty-two years of age, and my measurements are as follows: Neck, 16½ inches; arm, 14 inches; arm, (flexed), 15½ inches; elbow, 11½ inches; forearm, 12½ inches; forearm (flexed), 14½ inches; wrist, 7½ inches; chest (natural), 40 inches; chest (small), 38½ inches; chest (expanded), 45½ inches; waist, 32½ inches; hips, 38½ inches; thigh, 23½ inches; knee, 15 inches; calf, 15½ inches; ankle, 9½ inches; height, 5 feet, 9½ inches; weight, 185 pounds.

Hartford, Conn.

CHARLES E. OLSEN.

A Reader for One Year

TO THE EDITOR:

I have read your magazine for about twelve months, and think you are doing a grand work. I think a great deal of your methods and wish that I could have got hold of one of your magazines twenty years ago—what a different man I would have been now. I enjoy good health, but am not very strong; I hope to improve greatly by following your teachings, however, I am especially interested in the raw food diet. I am a Christian and believe that to be able to follow the teachings of Christ to their fullest extent, one must have a healthy body as well as a healthy mind, in fact one is scarcely possible without the other. I believe the prosecution which you have received will do more good in advertising your work than anything else would have done.

I am with you for the uplift of the fallen humanity.

Beverly, Mass.

GEORGE WEBSTER.

Benefits of a Change of Climate

TO THE EDITOR:

I note in General Question Department, in a late number of *PHYSICAL CULTURE*, comments about change of climate, and the general reply is that the change of climate does good, only as the change causes a change in the habits of life. I am sure you are greatly mistaken and that the climate itself produces changes, that are good or bad, in accordance with the difficulty, and the location went to.

For instance, suppose one goes from the coast to Colorado. The change is from sea level, to an altitude of a mile, and from an atmosphere of great humidity to one of very slight humidity. Now in order to live, we breathe, inhale oxygen. In the East, where the atmosphere is dense, one does not require so much air to get the desired amount of oxygen, as one does in Colorado. In other words, a greater bulk of air must be inhaled in

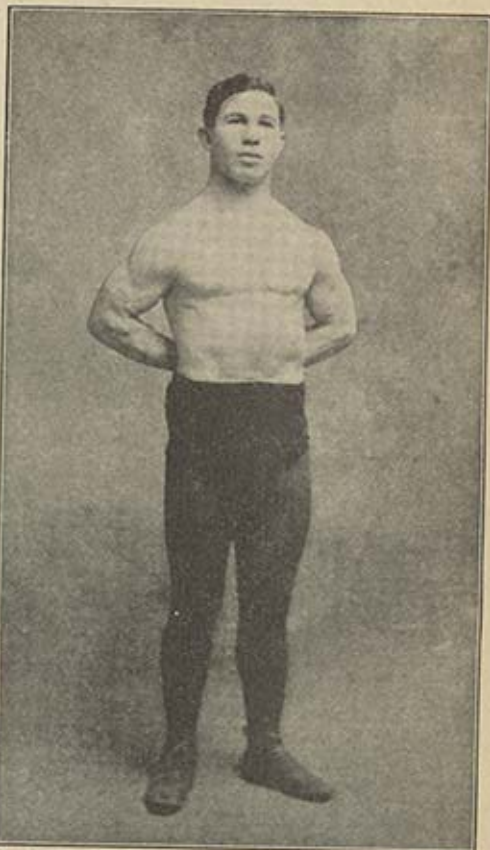
Colorado than in the east to get the required amount of oxygen. So that in Colorado one breathes deeper; the diaphragm is forced down lower; the heart beats faster; and all the bodily functions are increased, and there is a general feeling of exhilaration to one going to such an altitude.

Then one who has throat difficulties in the moist climate of the coast will receive much benefit from the dry climate of Colorado. Those afflicted with the asthma in the East get great benefit, and are enabled to sleep with comfort when reaching the high and dry plains of Colorado.

Then those suffering from tuberculosis get benefits from the dry and purer air, and also from the almost perpetual sunshine. So you see there are advantages in a change of climate aside from the new methods of life that may be adopted. On the other hand, if one with chronic disease of the heart, or valvular troubles, should go to the high altitudes of the West, it might act differently, in fact be unwise or serious to make any such change.

Watertown, Mass.

M. J. SPALDING.



Samuel Fleischer, New York City, national champion lightweight amateur wrestler, gives physical culture much of the credit for his excellent health and development.

Land Monopoly the Cause of Decrease in Birth Rate

TO THE EDITOR:

In your November issue, under the heading "Real Race Suicide," appeared a criticism of the conclusions drawn by and published by Mr. Cummings, in an article in a former issue of your magazine, as to "America's Decreasing Birth Rate," and to this criticism by Mr. Wm. E. Dixon I wish to call the attention of your readers, since the latter writer did not take in all the conditions which go to make up the problem. His conclusion that "immigration is the cause" of the decrease in the birth rate of native stock, left out the most vital fact of all, *i.e.*, land monopoly. The ever increasing land monopoly of all Europe; the locking up of land there and consequent lessening of natural opportunities on which labor could apply itself, has been the most potent influence in driving these people from European States, and the rapidly increasing monopoly of lands in this country has produced an ever increasing difficulty for labor to employ itself upon the land. With the many millions of acres of vacant land owned and held purely for speculation, there is in this country, already a large measure of the Old World evil, land monopoly. Under a just land system, every man who came to our shores, would be an advantage to those already here and his labor would aid in benefitting all other citizens. It is because of our present system of taxing labor and the products of labor, instead of land values, that the competition among laborers and the struggle for existence, has forced a decrease in our birth rate, as it does the birth rate of the new comers, after being here a short time.

EDWARD QUINCY NORTON.

A Rebuke from a Canadian Reader

TO THE EDITOR:

Your welcome magazine has come to hand once more and I look forward with pleasure to the perusal and digestion of its contents. On glancing through I noticed your article entitled "Pickles and Paradise," which gave me quite a shock. I was very sorry to see such remarks as those which were given vent to there.

It may be all right for you to criticize the doings of other folk who do not see the same way as we do, but when it comes to *rank blasphemy* such as this I think that you are not only going too far in your criticisms, but am sure these writings will not help to advance the interests of such teachings as your own.

Perhaps I take a stricter view here than does your average supporter in the States, however, be that as it may be I simply protest against such matter being inserted in a magazine in which I am so very much interested.

C. AMBROSE KING.

Maple Creek, Sask., Canada.

Teachers Not Allowed to Teach Sexual Laws

TO THE EDITOR:

S. H. R. (of Fleetwood, Pa.), states that

thousands of boys and girls leave school without the necessary knowledge to make them real and useful men and women. The only mistake about this statement is that he should have said millions.

It is true that teachers are not educated on these lines; for under present laws and "public opinion," a person risks legal persecution, who tries to teach any of these much needed facts to children. What the teachers do learn of these facts they must learn outside of school by themselves.

The only place that this omitted and needed knowledge can be given at present is in the home by the parents.

Our school physiologies treat of the human body as a sexless sort of being and give more space to description of parts than to the care that should be taken of them.

Delta, Ohio.

C. H. M.

The Problems of a Farmer Physical Culturist

TO THE EDITOR:

I am familiar with your theories and they seem sensible. Meat I have not eaten for three years, because I believe as you do that it is an unclean article of food. But I am a farmer and of course have animals to dispose of which are used for food by others. This thought has come to me, what right have I to sell cattle sheep, poultry, etc., to be used as food by others if I do not consider meat a proper food?

Now, you, Mr. Macfadden, recommend milk and eggs, but you do not favor cows or hens as food, and I ask you what is to be done with cows or hens that have outgrown their usefulness as milk or egg producers? I also ask what is to be done with the male offspring if they are not eaten? We cannot have milk without cows. We cannot have cows without male critters. If we cannot sell the old cows and the steers we cannot conduct the business profitably. Now you are quite a thinker. Can you reason your way through this? If we could not sell our cockerels and old hens we could not run the poultry business profitably and yet we must have eggs.

You of course are opposed to the use of alcoholic liquor as a beverage and I suppose would be glad if the people engaged in making and selling the stuff could not succeed at their business. You probably consider their business an evil business and their success as harmful to mankind and therefore desire that they could not succeed. And if you consider meat harmful as a food you probably also regret the success of the meat packers. Is this not so?

The theories advocated by you and which I will admit appeal to me, would revolutionize farming. We have but little to do in winter except to fatten stock and no doubt you would disapprove of this because you think meat food injurious.

STANLEY L. CHAMBERLAIN

Oakfield, N. Y.

[NOTE:—The Editor admits that the problem propounded by this writer is beyond his power to solve. Perhaps our readers can help him.]



THE VIRTUES OF OUR METHODS PROVEN

Had Rheumatism 47 Years—Now Nearly Well
TO THE EDITOR:

I have not words adequate to express the benefits that I have derived from reading **PHYSICAL CULTURE**, and carrying out and practising its teachings.

I have had muscular rheumatism for forty-seven years, and have suffered excruciating pain, and great misery from it all these years. I have taken thirteen different thorough treatments for this ailment, and in some instances have kept up the treatment for over a year at a time, without any permanent benefit.

In June last I commenced the remedy you recommended to one of your subscribers, that is, refraining from the use of tea or coffee, eating no meat, pastry, or white bread, and drinking all the water during the day that I could. I have taken physical culture exercises about twenty minutes night and morning, as recommended in your magazine. I have cut out the foods that make or form uric acid in the blood, and the large amount of good pure water that I have drank in the meantime has carried it off.

To-day I am almost entirely well of this dreadful, painful disease, feel better than I have for over forty years, and am younger (am sixty-three years old), by fifteen years than I was ten years ago.

I had not lifted anything for over thirty years, could not do it without being laid up with a lame back. Now I can lift as much as a young man without any pain or inconvenience. I have said many a time I would give a thousand dollars if I was rid of this rheumatism. Now I am well of it, and it has not cost me a dollar.

Your magazine is certainly doing a grand work and I wish you all the success imaginable. I would not do without it if it cost me ten dollars per year.

Maneto, Ills.

J. A. MARSHALL.

Expects to Be A Reader for Life

TO THE EDITOR:

I have been greatly benefited by the knowledge received through your valuable magazine, and am an enthusiastic follower of the teaching it advocates. I would not be without your magazine while I live, and, as Mr. Macfadden says, physical culturists are not in the habit of dying. I think subscribing for life is also the most economical course for them to take.

Vancouver, B. C., Can.

THOUVALD KJOS.

Gained Eighteen Pounds

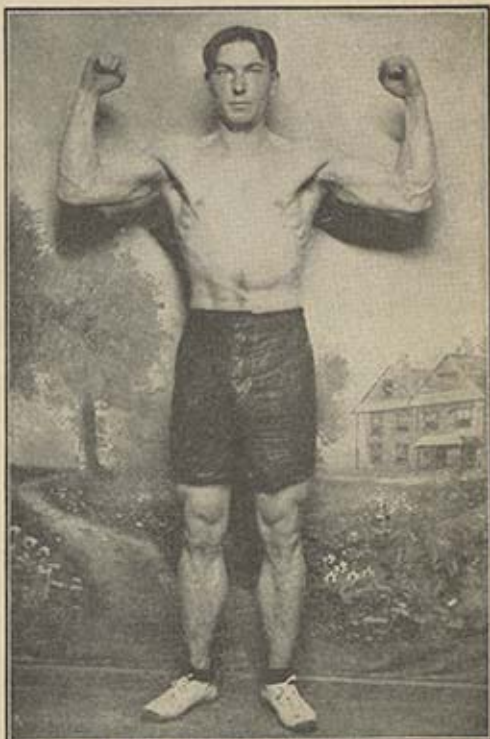
TO THE EDITOR:

I enclose a photograph of myself, I never paid any attention to exercise until about six months ago. I am taking a course in physical culture, and have improved very greatly by it. Before I read one of your magazines, I never had the ambition to take up anything of this kind. Since I have been taking lessons in physical culture, I have gained eighteen pounds.

Here are some of my measurements: Neck, 16½ inches; arm, 13 inches; arm, flexed, 14 inches; forearm, 12 inches; wrist, 8½ inches; chest, 40½ inches; chest, expanded, 43 inches; waist, 29½ inches; thigh, 22½ inches; calf 16 inches; ankle, 8 inches; height, 5 feet 11 inches; age, 22 years.

Salt Lake City, Utah.

FRANK ROSS.



Frank Ross, Salt Lake City, Utah. A western physical culturist.



Virginia Carlson, aged ten months. Always happy, especially when taking a bath.

A Physical Culture Baby and a Happy Home

TO THE EDITOR:

I enclose herewith some pictures of our little girl, Virginia. They were taken when she was about ten months old. She is very healthy, never having known sickness, and always happy from morning till night. She is a very consistent physical culturist, spending a great deal of time out of doors and always sleeping in an unheated room with windows wide open. She enjoys her physical culture romps very much.

We feel that we owe a great deal to you for the teachings contained in your magazine, which is a regular and welcome visitor to our home. May you triumph over your enemies and continue for many years the good work which you have so well begun.

Berwyn, Ill.

E. H. CARLSON.

The Passing of Medicine

TO THE EDITOR:

The doctors of medicine in the city of Seattle are giving free lectures once a week in one of our largest edifices, and the church commanding the largest membership in the United States.

Times must be changing. The people are surely awakening. The medical doctor is compelled to leave his office and go before the public at announced gatherings to stem the tide that is slowly and surely turning the right way, for the people are coming out of darkness into light, and they can not be called back. My wife was talking with one of our neighbors this afternoon and the conversation was principally about the splendid appearance of three young boys who had just called with their mother. They were the sons of a modern medical doctor, one who advocates fresh air and common sense treatment for the afflicted, for his children all sleep out of doors at night. My wife asked the mother of the healthy boys

if her husband's ideas of treatment didn't result in the cure-to-stay-cured patient, and she said, yes, but that his practice was growing every day for he was getting results. She also said that other doctors had visited her husband and asked him how he could put his ideas into effect and retain his practice. They told her husband that he was twenty years ahead of the times and if they would undertake any of his policies, they would starve, for their old patients wouldn't need a doctor so often. What will the poor old doctor of medicine do, when people all over our land learn the truth of physical culture? They will surely have to move.

Seattle, Wash.

B. W. MCGOWAN.

Owes His Life to Our Magazine

TO THE EDITOR:

I am forty-six years of age, and am in better health than I have been in for the last twenty-five years. I have been living on nuts, fruits and brown bread recently and I have been lighter and better every way than I used to be. I have been given up as dead once. But because of your magazine I am a living man. I have been a reader of your magazine for six years, and I have changed my way of living altogether.

To-day a man told me I was as young as many a man of from twenty-seven to thirty years old. When I was twenty they said I was forty, now they say I am about thirty years old. All this is due to your magazine.

GEO. IREDALE.

Lindley, near Huddersfield.



Virginia Carlson and her father enjoying a morning romp.

A Minister Treated by Twenty Doctors—Now Greatly Changed for the Better

TO THE EDITOR:

I feel in duty bound to you and my own conscience to tell you of the great good that has come to me in the past as a result of following your teachings. I was very strong until I was eighteen years old, at which time I became sick. I went to our family doctor, but he did me no good. Then I went to other doctors and they did me no good. I then doctored with a specialist in the East, he gave me temporary relief, but no cure. I then was treated by several doctors in Illinois, with the same results.

I was examined in the Presbyterian Hospital, but they said they did not understand my case so did not treat me. In all I was examined by twenty different doctors and nearly all of them treated for one thing or another. As a minister of the Gospel be it far from me to have any feeling but that of love and respect, but I must say *not one of them understood my case and I only grew worse.*

Just three years ago, providently, I came across a copy of your magazine. I read it and then read "How to Develop Muscular Power and Beauty," and practised what I thought best for me. I also read the "Building of Vital Power," which was also a great help.

At one time, before I took your magazine, I was so nervous I could not see my friends or have a clock tick in my room. But how changed I am—free from all that to-day. I am forty-one years old, but if I was only thirty I would make an effort to come to your institution and prepare myself for some line of physical culture work.

I am much interested in this work in behalf of the ministers in the denomination to which I belong, because it is the only cure for nervousness and a great many of them are broken down with this trouble.

Waverly, Iowa.

W. S. SCALP.

Health Greatly Improved

TO THE EDITOR:

I would not be without your magazine, for my health has greatly improved since following out its instructions. I also possess some of your books and am more than pleased with them.

ARTHUR VALLIERE.

Lafond, Alberta, Canada.

Owes Life to Our Teachings

TO THE EDITOR:

I have to write you, as I feel I owe my life to your teachings.

Two years ago I was a total wreck, weak lungs, legs, arms and back, and life was a heavy burden. I saw a copy of your magazine and commenced to follow its instructions. I am now a strong man and can hold a man of 147 pounds over my head for five and one-half minutes with my right arm.

I take only two meals a day and very little meat, and to-day I feel twenty times the man

I was four years ago. My weight is now 139 pounds; age, 23; height, 5 feet 7 inches.

St. Johns, Newfoundland. AUBREY L. KNEE.

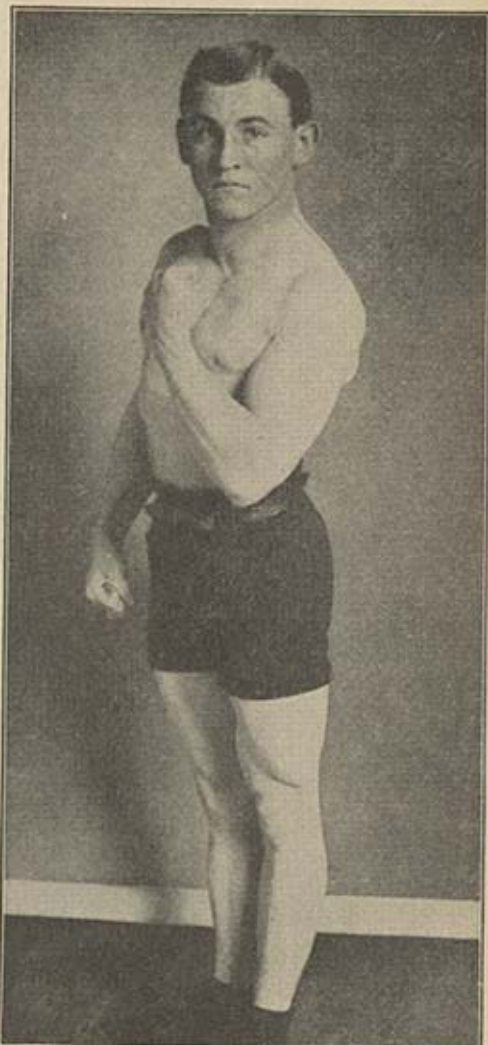
Powerful Physique Gained Through Exercise

TO THE EDITOR:

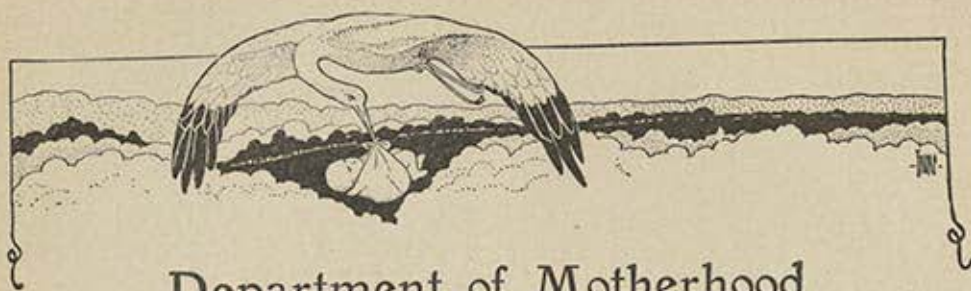
I have been following your instructions in PHYSICAL CULTURE for five months and have acquired a very powerful physique. I am eighteen years of age and am employed in a drug-store. My work gives me no exercise, but I train for a half hour at home in the evening. I will gladly give any information as to training the muscles, to those who wish it.

WILLIAM PETERS.

La Crosse, Wis., care E. M. Young.



Wm. Peters, La Crosse, Wis., who has gained excellent development through following our teachings.



Department of Motherhood

KEEPING UP THE SPIRIT OF COURTSHIP—A WORD TO HUSBANDS

By Marion Malcolm

EVERY marriage ought to be indeed a "lifelong honeymoon." That few marriages are such, however, our divorce records bear sad, but convincing testimony. Furthermore, that divorce cases express only a small part of our marital misery, there is also strong and striking evidence. Multitudes of marriages which do not result in divorce are far worse than mere failures; they are an actual curse. They are a terrible blight upon motherhood and childhood, a menace to social welfare, a hindrance to human progress, an insult and an abomination to Nature. Thousands of others, though not nearly so disastrous, are yet far from successful and happy.

"Successful and happy." To be truly successful, marriage must be happy, supremely so. It often happens that a surgical operation which results in a funeral is nevertheless termed "successful;" and such an operation, from the standpoint of the patient, is just about as great a success as is an unhappy marriage from the standpoint of the disappointed or deceived person whose happiness has been killed by the marriage ceremony. An unhappy marriage is not a stable foundation upon which to build a home. There is no such thing as home without happiness. Between these two terms, there exists far more than an alliterative relationship. They ought to be as inseparable as should be marriage and motherhood. Home should be the garden of love, happiness, the fragrance of the flowers of affection.

This article will not attempt either to present an infallible solution for the divorce problem or to prescribe a perfect and universal panacea for all domestic ills. It will, however, seek to point out some very common mistakes and to suggest a few sensible principles and practices for preventing and lessening the many unhappy experiences in the development of the majority of marriages. The ideas I shall try to set forth are based upon careful observations I have had opportunity to make when in close touch with the lives of a large number of people following many different walks of life and contending with various conditions.

Marriage, to a woman, means the giving up of the attention of several men for the inattention of one." This cynical epigram of Elbert Hubbard's finds considerable confirmation in the experiences of the average wife. Hundreds of times I have heard women discouragingly complain concerning changes which they thought marriage had made in their husbands. "John used to be so different. Before we were married, he was so thoughtful about everything; now he doesn't seem to care about anything except his own pleasure. He hardly ever takes me anywhere, but he still does a great deal of going himself. Although he could hardly see me often enough before we were married, he now seems to enjoy spending many of his evenings away from home, and even to go away on a trip of several weeks. I can't under-

stand these men, anyway." So they talk; and they very often state facts, without any exaggeration whatever.

To young women looking forward to marriage, perhaps their own daughters, these dissatisfied wives are always giving pessimistic prophecies concerning future unhappiness. Especially is this true when a "young, innocent, inexperienced girl" possesses advanced and unconventional ideas of her own and dares to express them. "Yes, you have some lovely dreams; but you'll wake up some day. You don't know what men are. You have a lot to learn."

Yes, unfortunately, we all have a lot to learn, and we usually learn in the most costly way possible. The average girl, improperly taught concerning herself, concerning men, and concerning human nature, indeed learns many sad facts about the customs of civilization. As long as we imagine that it is better to cover up evil and let it increase than to disclose it and destroy it, we shall continue to produce an abundance of misery. Often, however, people who are giving wise advice have had experiences which others will not need to have, and which they would not have needed to have if they had possessed sufficient knowledge and determination. A great many people assume that certain evils must inevitably and eternally exist, and that it is useless to think of escaping them or overthrowing them.

To be sure, this question of marital happiness has two sides. Many wives are unreasonably exacting. Nevertheless, more husbands are unreasonably selfish and careless. Many women fail to understand men as they ought; but more men fail to understand women as they ought. It is evident that both this attention which woman receives before marriage and this inattention which she receives after marriage are due very largely to the ignorance, selfishness, carelessness, and the conceited and cruel assumption of man. The average man, instead of honestly striving to make himself worthy some pure, noble woman whom he wishes to marry, coward-like proceeds to take advantage of woman's economic dependency, her natural desire for courteous attention, her instinctive

longing for a home. He favors her with external and superficial expressions of affection, and at the same time plans to specify both what *she must* be and what *he is willing* to be. Such a practice is even more infernal than the industrial injustice of compelling a man to work for half what he earns or else steal or starve. The average man does not sensibly seek a mate as a partner; he selfishly strives to get a wife as a possession. So it happens that the majority of men fail to think of woman's deep need of genuine companionship and careful consideration give their attention largely to their own pleasure, and rapidly grow guilty of most gross neglect and cruelty. To remedy this state of affairs, it is easy to see that we need better education concerning the various relationships of life, a greater appreciation of the responsibilities of parenthood, and a wonderful progress in establishing the freedom of womanhood.

I must return, however, to the subject of the little things of carelessness and unkindness which work so much injury in our homes, even in the homes of those who have intentions and ideals far better than the average.

In struggling to provide life's necessities for wife and children, many a man finds it extremely difficult to spend much time in family companionship, and almost impossible to indulge in the little luxuries of courtship days. On the other hand, however, the wife is probably struggling fully as hard to do her part toward building a home; and she needs encouragement to help her bear the burdens which come to her as wife and mother. More sensitive by nature, she feels keenly features of neglect which her husband does not recognize as at all harmful. It is necessary, therefore, that both strive to keep up the spirit of courtship, the spirit of thinking of the little things which are not a part of the regular routine of daily duties.

A happy couple who had been married only a few years, and whose love had grown stronger instead of weaker, invited a friend to take dinner with them just before he left for the home of his betrothed to return with her as his bride. Holding up some beautiful flowers which her thoughtful husband had just brought

home to her, the hostess cheerily advised, "If you want your wife to love you get the habit."

No, a sensible woman will not love her husband merely because he brings her flowers, or cease to love him merely because he does not bring her flowers; but a sensible man who truly loves his wife will naturally show many expressions of his thoughtfulness concerning her happiness.

Further, courtship is not a matter of

bouquets and bon-bons, courtesies and caresses. It is, however, a matter of constant, unselfish consideration of the things that make for health and happiness. Married lovers ought to be "sweet-hearts for life." They ought to make their home the object of their deepest concern. They ought to realize that their home will be what they make it. They ought to keep the incense of thoughtfulness ever burning on the family altar of love.

Gained Thirty-three Pounds and Exhilarating Health

TO THE EDITOR:

To all who are interested in true principles of life and living, I take great pleasure in briefly telling, and in a degree showing, how effectively those principles are taught and expressed by Bernarr Macfadden. To cite my own experience is sufficient here, which is that of a nurse training in accordance with the physical culture theories.

I have never been dangerously sick, and conventionally speaking I was "well," though rather high-strung and considerably under weight. I had tried to practice physical culture at my home in Hamilton, Canada, but could not feel the spirit strong enough to cause any material change. When I enrolled as a nurse I weighed only ninety-eight pounds, but

with functions good. It was not long thereafter before Nature began to play through me in such a merry way that I began to gain in weight very rapidly. In three months' time I weighed 131 pounds; but that being a little excessive, my normal weight now is about 125 pounds. My endurance and strength also have increased to a wonderful extent, as one of my favorite diversions is to get up at four A.M., walk four and a half miles to a lake, swim a half mile or so, returning to duty at the Sanatorium with renewed vigor and buoyant spirits. Then after the day's work as nurse and attendant upon the sick is over, I frequently take a good long walk in the evening or go canoeing. The two photos reproduced herewith cannot help but give an idea of the improvement from a physical standpoint.

However, to merely recognize this material gain would be to overlook the real essence or principle back of my physical prosperity. It is not necessary for me to remind all, that there had to be, first, a gain along intellectual and spiritual lines before I could be rewarded with such a liberal physical expression as I have described. Such a gain can only be felt and seen by the radiance shown; new conceptions must be formed, and the old perverted ideas must be replaced by true ideals.

That we have such inspiring environment here is evidenced by the fact that hundreds, yes thousands, who, like myself, are made over—born again as it were—by getting into harmony with the laws of nature and God as so plainly exemplified and taught by Mr. Macfadden.

KATHLEEN KENNEDY.



Physical culture nurse who gained thirty-three pounds while in training.