

The Editor's Viewpoint

Our Serial Story

Infantile Mortality

The Uselessness of Medicine

The Medical Monopoly

The Wonderful Power of Electric Belts

THERE seems to be a very radical difference of opinion with regard to the serial story which we were publishing previous to our April number. It shows what might be termed the mysterious peculiarities of the human mind. They who condemn the story (though I am glad to say there are but few among my readers with this opinion) seem to think its influence is baneful in every way—that it would incline one to test the very evils so graphically described. Those having opposite opinions believe that its influence

OUR SERIAL STORY

is in every way commendable—that no one could look upon the principal character of this story as a hero—no one could admire him or his character, and that the reader, even when he had absorbed his morals from the gutter, which is the source of the moral standard of the average youth of to-day, could not find anything to commend in the principal personage of this story. In fact, such a reader would recognize in this tale, the usual standard of morals that is commended and looked upon as the "right thing" by the average young man and at the same time he would realize the startling depravity of it all. I certainly believe that this particular conclusion would never be arrived at by a mind saturated by prudery under ordinary circumstances.

Following herewith, is a letter from one of my readers who is apparently deeply in earnest and who feels that he has the welfare of mankind at heart:

To the Editor:

As a friend of the cause of physical culture in America, and as a worker among men and boys for the cause of Christ, I am glad that you were arrested.

Let us have free speech—but let it be all for the positive side. Don't waste your time and energies, my dear friend, in just saying that bad is bad—the rotten, rotten, etc., etc., ad nauseum—we all know it. The poor devil who picks up your magazine seeking help does not have to be reminded of the awfulness of his past; he knows it—he wants help—positive help for his future well-being.

The boy given to evil excesses is cured by helpful suggestions as to what development, etc., he can enjoy if he lives a clean, active life. I am not a prude. Discuss sexual questions—but in a positive way. Don't dish up pathological monstrosities for healthy minds.

Some day—soon perhaps—you will see a rival in your own field. It will be a rival, too, curiously enough, of your creation, and it may mean serious loss to you.

Fathers and mothers, teachers and ministers, and Y. M. C. A. secretaries and others are asking themselves why it is not possible to have a magazine, popular in character, (non-technical in every way) fearless in its teaching, clean, wholesome, and with it all, always positively suggestive in its contents. Every article written from the one standpoint that the reader is to be led to think of the advantages of a healthy body, a strong will, a pure mind, and a fresh, sweet environment.

You mean to make your magazine all this and more, doubtless, but it is not—and you refuse to heed all friendly counsel. With all respect and good wishes for you,
John Henry Wilson,
Cornell, Ithaca, New York.

Now is it not strange that even the writer of this letter has helped, to a certain extent, to prove the accuracy of a statement that I have made on several occasions in this magazine,

and that is, that wherever you find the most prudery, there you will find the grossest immorality—there you will find the most impurity in mind and in act?

I have received several letters from various college students setting forth facts that prove to a startling degree the statements made in the serial story I have been running, and it is rather peculiar to note that from the very college in which the writer of the above letter is a student, I have received communications which seem to indicate that the life of some of the students in this college represent to a remarkable degree, the startling depravity described in our serial story.

In other words, it would be a very good plan for Mr. Wilson to begin to clean his own house. By his prudish attitude he has, no doubt, contributed in a small degree to the continuance of the present conditions existing at the Cornell University.

He states that he is a worker among men and boys for the cause of Christ. I can only say to him that I pity the boys that he is working among. If he does not intend to warn them against the morals they will absorb from their companions as they grow into manhood, if he does not affirm and re-affirm, if he does not reiterate again and again the value of a clean, wholesome mind and the value of knowing good from evil, many of them will fall by the wayside, and their fall will be due largely to the neglect of their teachers to warn them against the very evils that were the cause of their downfall.

I am publishing herewith two other communications that furnish samples of the views of hundreds of other readers who have favored me with their communications:

To the Editors:

I trust that you will be enabled to continue your serial. I can see where it might do some slight harm, but the possibilities for good from its publication are very great. I consider your magazine the best of its kind. I enjoy very much your shots at Comstock and his prudery. There is too much "shying at words" and not enough plain speaking in this world. When it comes to the point where I have to say "limb" for "leg," I balk. More strength to your bow.
C. H. Kilborn,

Monticello, Ill.

Editor of "The Platt County Pilot,"

To the Editors:

In God's name, don't discontinue to publish the story, "Growing to Manhood in Civilized (?) Society." I read it with the greatest interest, and was very much disappointed to fail to find its continuation in the April number. No story ever spoke the truth so plainly, and I think it would be an injury for any person not to read it. Oh, do continue its publication. So many readers love to read it.
Comfort, Texas.

Clara L. Wertheim.

There have been no further legal developments in the prosecution of the editor because of this story. Additional subscriptions to the fund for carrying the case to a higher court will be acknowledged in our next issue.

THE present death rate among infants is criminal. It proves beyond all possible doubt the existence of a degree of ignorance that is appalling to anyone who is familiar with the thousands upon thousands of deaths that result from it. If a child is born with life, it possesses sufficient vitality to become a vigorous adult under proper conditions. There is but one excuse for the present infantile death rate, and that is the ignorance of mothers as to the proper care of their progeny. Many years ago, I made similar statements, but it was largely a theory on my part. I had no positive proof. I cannot say even now that I have such an abundance of what would be termed personal proof, but my experience with my two infant wards, details of which will appear in future issues of the "Beauty and Health" magazine, shows strongly and conclusively, what can be done when infants are given the care essential to their physical upbuilding. And the experiments of many others point to conclusions similar to my own. During my recent lecture tour in England, my attention was called to the novel plan put into execution by the Mayor of Huddersfield when first installed in his official position. His example might well be followed in various cities, with vast benefit. It will unquestionably result in the saving of thousands upon thousands of lives, and surely human life is worth saving. Remember there is absolutely no excuse for the present existing

death rate. It is worse than criminal, and it is time the government officials were awakened to the necessity of furnishing mothers with exact knowledge as to methods of saving the lives of their children. The frontispiece of a recent issue of PHYSICAL CULTURE magazine showed, in a remarkably emphatic manner, the results that I have accomplished in the case of one of these infants, and I firmly believe that similar results can be expected in every infant, if ordinary intelligence were used in their care. The details of the plan adopted by the Mayor of Huddersfield, as published in an English newspaper, follow:

"Two years ago, on taking the position of Mayor of Huddersfield, Alderman Broadbent made a novel offer to parents in his native portion of the borough—Longwood, in the shape of £1 (\$5) to every child born during his term of office which reached the age of twelve months. The object of the proposal was to bring about a reduction of infant deaths, and it evoked extraordinary interest.

"The mayor said the Huddersfield rate of infantile mortality had averaged 139 per thousand for ten years, and in Longwood itself the average for the same period was 122. The experiment was to see if by constant watchfulness and helpfulness on the part of a small band of voluntary lady workers, always ready to help the mothers, any appreciable reduction could be effected in the infantile mortality rate of Longwood. His promise of a birthday present was never intended as a stimulus to maternal affection or care. He wanted to know where and when babies were born, to prove the sincerity of his desire to help the mothers and the sincerity of his belief that the help would be both acceptable and useful. On that he had staked £100, and thereby gained the end he had aimed at. Throughout the two years there had been serious epidemics of whooping cough and measles to contend against, and the last summer was one of the most deadly on record. The experiment, therefore, had been intensely interesting. One hundred and twelve babies received the promissory note card. Of that number 107 had actually received the gift he had offered. Out of the 112 four had died and one had been removed from the district, its fate being unknown. If he counted only the four deaths the figure was thirty-five per thousand, and if he counted the missing baby as dead the figure was forty-four. Thus the infantile death-rate for the period of the experiment was reduced to substantially less than one-half the average rate. His own estimate of the success of the experiment was that it was astounding. For exactly twelve months—from October 9, 1905, to October 9, 1906—not one of the babies on his list died under a year old. The babies belonged to all classes, there was no selection, and some lived in places hardly better than slums. The lady visitors had not found their visits to the mothers in any way resented.

"After alluding to the municipal scheme which was now well in progress, Alderman Broadbent said they had in Huddersfield a thoroughly well-considered scheme, which had been tested over the measured mile, and it had proved so successful that he believed it would be the means of setting such an example as would result in the saving of tens of thousands of infant lives every year, and of promoting the health and well-being of hundreds of thousands."

IT is indeed pleasing to see some of the world's most famous medical men slowly but surely coming around to the theories that have been so emphatically advocated in this magazine.

Professor William Osler, of Oxford University, England, in one of his lectures recently given before the Pathological Society in Philadelphia, stated "that he is the best physician who knows the worthlessness of the most medicine." He stated there were four drugs of inestimable value in the practice of medicine, and when he said he would decline to name them a roar of laughter went up from more than two hundred physicians who were his auditors.

Dr. Osler said that the prevention of disease has now become quite as important as a cure. "Who would have thought only ten years ago," he asked, "that malaria and yellow fever could be prevented and their cure made unnecessary? The discovery of the germ of tuberculosis had brought no cure for that dread disease, by drugs, but it had brought an amelioration, and sometimes cure, by fresh air and diet."

The cure for pneumonia by drugs was not yet known and he had but little hope that it would ever be, but the pathologist had infinitely bettered his treatment.

Drugs have had their day. They belong to the mystery and superstition of the past. Along with the full understanding of disease and a reasonable method of cure has come the full realization of the curative powers lying within the body itself. No drug ever cured disease. It simply changes symptoms.

The cure of disease depends upon the body itself—depends upon bringing the functional organism into harmony with itself. Health represents harmony—disease inharmony, and we can only help the body in its endeavors to bring about a cure. There is no reasonable excuse for disease or physical weakness. Emerson's statement that "a sick man is a rascal" can be easily proven. He is a rascal because he has broken Nature's laws and he is simply suffering the penalty for his sins.

OF all the monopolies ever conceived by the conscienceless minds of men, that which has been built up by the medical men is perhaps the worst. It is hypocritical money-seeking; nothing more, nothing less. These various medical organizations pretend that the laws they advocate are made in the interest of the public. This is false to the core. A medical practitioner secures his business from his reputation—from his record. The mere fact that he has been stamped as regular by a medical college, or by the Board of Examiners of the State, does not build up a practice for him. It is ability, and this alone makes success possible in the healing world.

It has been nearly two years since Eugene Christian, the well-known food expert, was arrested on a charge of violating the medical law which is supposed to forbid anyone excepting a doctor from giving advice in the treatment of disease. Mr. Christian did not pose as a doctor, and did not give any medicine; he simply prescribed certain combinations of natural food. It is said to be the custom of the lower courts of New York City, to practically convict every one who comes before them under the Medical Practice Act, so it really must be carried to the higher courts for a final decision. Mr. Christian's case was no exception, and he was fined twenty-five dollars, although the magistrate who tried the case, stated there was no law to convict him.

THE MEDICAL MONOPOLY

It is Mr. Christian's intention to carry the case to the highest court. The decision of the lower court is of comparatively insignificant importance. This fight against Mr. Christian, instead of doing the natural method of treating disease harm, will be the best advertisement it has ever had. It will call the attention of thousands of drug-doped individuals to the right method of building vigorous health. We commend the stand of Mr. Christian in his endeavors to secure justice at any cost. To carry his case to the United States Supreme Court, will probably cost from \$2000 to \$3000, but if he succeeds in getting a decision that will lessen the confidence of the medical politicians in the validity of the law that is used for persecution, as much as for dispensing justice, the average individual will feel safe to adopt whatever treatment his intelligence may command when he is in need of attention, to his health.

THE electric belt manufacturers, or to be more exact, those who advertise and sell these magical wonder-workers, (?) are not quite as busy as they were a few years ago. They do not take so much advertising space in the newspapers, the public has, in some way, acquired the idea that a belt in which is sewed a few pieces of metal will not cure a disease that has been brought about usually through a lack of exercise, the use of unwholesome food, and various excesses that might be termed dissipation.

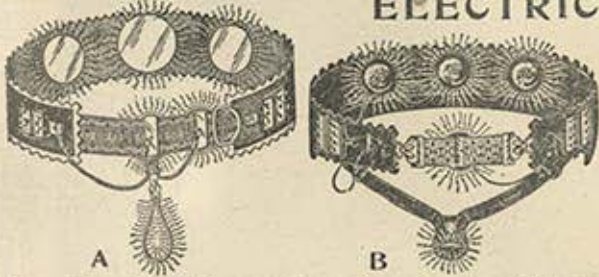
THE WONDERFUL POWER OF ELECTRIC BELTS

The average human mind is a very wonderful combination of sense, nonsense, and superstition. How we do cling to the old time habits! How difficult it is for us to climb out of the rut into which we usually fall in our early thinking years! Of all the frauds that have ever been perpetuated upon the human race, the electric belt is perhaps one of the worst. It never did cure disease and it never will cure disease. Disease is not superficial. It is internal. It is a part of you just as your nose is a part of your face, or your finger a part of

your hand. In nearly every case, especially when chronic, it is a part of every drop of blood in your body, and by what reasoning process one can conclude that the application of a belt containing a few metal discs will bring about the elaborate changes that are essential in the cure of disease, is utterly beyond my comprehension.

Electric belts are frauds—nothing more and nothing less. The purveyors of these belts usually charge you from five to twenty times the cost of their manufacture and in proof of this I am reproducing herewith illustrations and a description of so-called electric belts which appear in the catalogue of Frank S. Betz Co., Hammond, Indiana, and which show the actual cost of these belts to those who sell them.

ELECTRIC BELTS.



Patients will have them. You might just as well get from \$10 to \$40 for each belt, as to have your patient send away and buy from some mail order house.

A, with spiral suspension, male or female, elegantly made of silk or plush, retails for \$15. Our price \$2 each, or \$18 per dozen.

B, with sack suspensory, retails for \$35 to \$45 each. It has a rheostat for graduating the current.

Elegantly made of silk or plush, male or female. Other instrument houses sell this belt at from \$10 to \$16. Our price \$4.50.

Reproduced from the Catalogue of a Well Known Wholesale Surgical Instrument Dealer

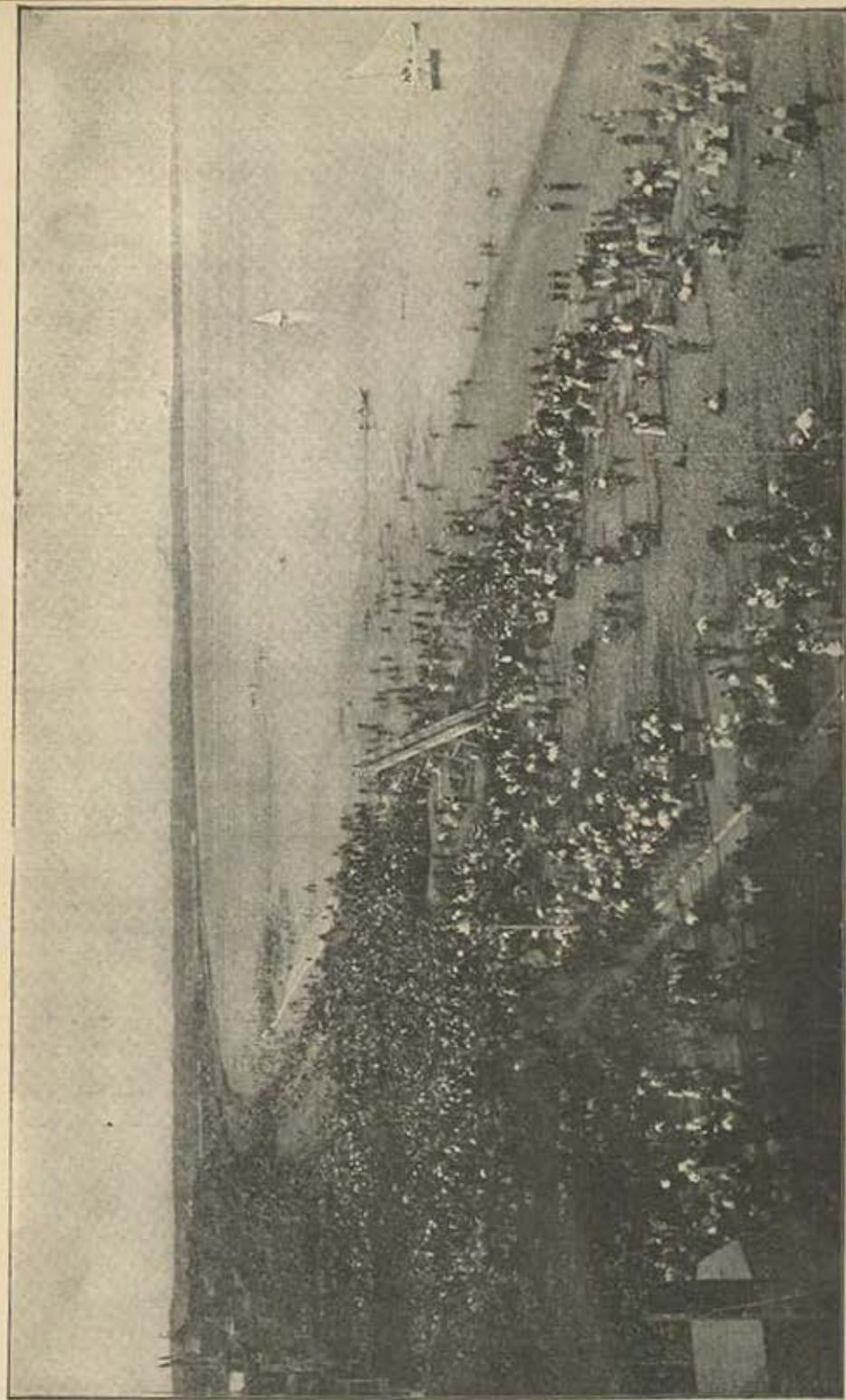
The average electric belt company will give you the idea that they make their own belts, but they usually buy them in quantities from the manufacturers, and you will note in the advertisement herewith reproduced, that they sell a belt which retails for from \$35 to \$45, for \$4.50, about 900 per cent. profit! They sell belts that retail at \$15 for \$1.50 in dozen lots. Thus you can see how much you get for your money in cloth and metal when you pay from \$25 to \$50 for an electric belt.

It is said that "a fool and his money are soon parted," but each individual at one stage of his career might be called a fool, for knowledge only comes from study or from experience and it is indeed shameful that poor, weak, suffering men and women groping in the darkness of medical errors, must be made the victims of conscienceless sharks and schemers like the "get-the-money-at-any-price" electric belt manufacturers.

Bernarr Macfadden

REMOVAL NOTICE.

The Main Office of the **PHYSICAL CULTURE PUBLISHING COMPANY** has been moved to the Flatiron Building, New York City. To insure prompt attention send all mail to this address.



Revere Beach, one of the Favorite Spots for Boston's Relaxation-Seekers During the Heated Term
(See Article on page 11, "How Boston Disports Itself in Summer.")

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PHYSICAL CULTURE

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

Vol. XVIII

JULY, 1907

No. I

Chest and Body Development

By BERNARR MACFADDEN

Exercises for Increasing Lung Power and for Strengthening and Developing the Muscles of the Chest, Arms and Abdomen.

EVERY male representative of the human race is desirous of being a man, in all that the word implies. No one likes to go through the world feeling as though he were not complete, as though he were lacking in some particular characteristic, either physically or otherwise.

In former issues of this magazine I have emphasized the value of exercise as a means of physical development and bringing about that condition of buoyant health which is necessary to what might be termed "complete superb manhood."

I know that a great number of men have an idea that exercise simply represents hard work. There is nothing to it, to them, but work, and they consider it of value merely to build muscular power, mostly represented by the ability to perform feats of strength.

I can not reiterate too often or emphasize too strongly that muscular strength means nervous power. Now nervous power is really the directing force of the body, as well as of the mind. The human body might aptly be compared to a storage battery. Each individual possesses a certain amount of nervous or (as we may call it) electric energy. Nervous power might be compared with electricity, and it is just as hard to define as that mysterious force. Electricity is one of the greatest mysteries in the mechanical world. This

wonderful power is but little understood by even the most expert of its many students. This marvelous force is capable of exerting almost incalculable strength, and it may be carried through a small wire. What is it? Where does it come from? Why it is as mystifying as life itself!

We are just about as much at a loss for a detailed explanation of this wonderful power as we are about our own individual identity. That self-questioning attitude usually leaves us more in the dark than when the first question of this nature occurred to us. Where did our particular individuality originate? Where did I come from? Where am I bound for? And all these brain-racking questions occur to every individual when he takes up what might be termed self-study.

The origination of the nervous power of the body is just as mysterious, but its importance is well understood by every intelligent human being. Some physiologists go so far as to claim that the entire strength of the human body lies in the nervous power—that the power of the muscles to exert a certain amount of force lies not in the muscle itself but in the nervous power that controls the muscle. Be this as it may, we all fully understand that muscular force and brain force originate in nervous energy.



Photo. No. 5. Grasping the chair as shown above, suddenly raise it straight upwards high over the head to arms' length, at the same time rising on the toes as far as possible. This movement does not have any special value if performed in a listless, uninterested manner, but if executed with energy and spirit you will find that it is a magnificent stretching exercise, and productive of splendid constitutional results. Repeat frequently until tired.

This wonderful engine termed the human body is the most marvelous piece of mechanism that mind can think of. It is really our duty to understand everything about this complicated machine. I say everything, but it is absolutely impossible for us to understand everything about the human body. There are many things that will remain to us a mystery—perhaps until the end of time.

But do not forget that each individual is his own engineer. Should one possess a complicated and valuable machine, such as that which is used in the manufacture of cloth, in turning out fine printing or other costly things, one would want a competent man to run it. And yet our own physical mechanism is perhaps a hundred times more complicated than these devices originated by the human mind, and anyone is supposed to be competent to run the complicated machine we call the human body.

It is the duty of every man to learn what he can about himself. It is the duty of every man to become a competent engineer, so as to properly feed and run the intricate human engine. The human body is not at all unlike an engine. It has to be cared for—it has to be used with a certain amount of regularity in order to continue in a perfect condition. No machine can remain idle and still keep in good condition, and the human body is controlled by similar influences.

Every part of the body must be given a certain amount of regular use. This exercise of the muscles increases their strength, it hardens the tissues, accelerates the circulation, increases the nervous power, and promotes the activities of the organs of elimination. Dead cells that are past all repair, that simply represent death, are inclined to linger in various parts of the body, but the acceleration of the circulation brought about through active use of the muscles, hastens this process of elimination. These minute corpses are hurried to that channel where they are ultimately discharged from the body. These dead cells represent death—they are really a part of death.

Many individuals go all through life

in what might be termed a half-dead condition. Their body is simply loaded to overflowing with these dead cells. They are logy, phlegmatic, slow to think, slower to act, and as far as getting any real pleasure out of life, as far as accomplishing anything of importance is concerned, they might as well be really dead and buried.

The exercises presented here month by month should encourage and enable my readers to keep alive from every standpoint, to keep the blood stream free from disease, to keep the nervous system at that delicate adjustment essential in maintaining a high degree of vigor. I believe in the use of every normal function and power of the body. The muscles of the body were made for use. They demand regular attention and unless their needs are recognized, the strength of the body will slowly but surely decline and with this decline in muscular vigor there comes a corresponding decline in digestive power and in nervous vigor.

The life of to-day is a fierce, strenuous battle. One must "keep up to the mark." He must be ready for the contest day after day. He must be in a condition at all times to grasp opportunities that may come his way, and should be alive and awake to every advantage that comes to those who are struggling in life's great battle for success and for happiness.

The exercises contained in this issue are simple, but they make use of the very important external muscles located about the chest, and the strength of arms and chest means a great deal, for this important region of the body, as you know, envelopes some of the most important vital organs.

A strong, muscular system means the possession of superior vitality, and such a muscular system can be developed simply by persistent use of the muscles. Day after day one must continue his efforts and slowly but surely there will be a gain in strength and with this

over somewhat when first picking up the chair. Return to the floor and repeat the exercise until tired. The movement can be made more vigorous by placing the chair at a greater distance in front of you, making it necessary to bend farther forward, and also increasing the difficulty of lifting it from the floor.

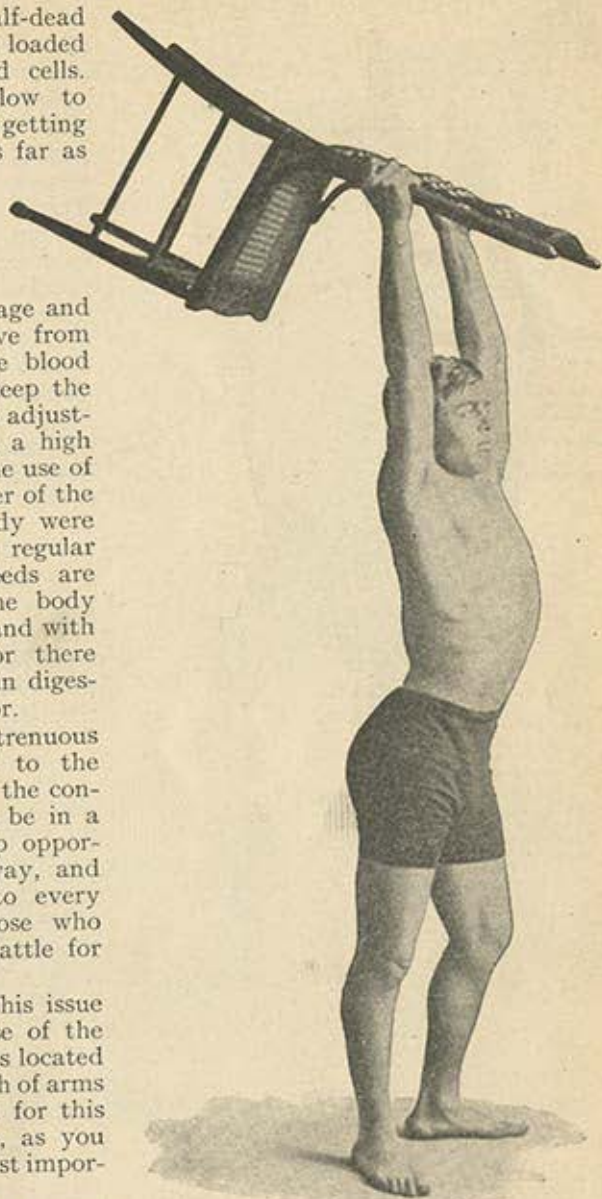


Photo No. 6.—First, place chair directly in front of you, with back towards you. Now grasp the back of the chair at the sides, and raise high overhead to the position illustrated above. You will find that this is not only a good exercise for the forearms and grip, but also calls into activity the muscles of the back. Of course it is necessary to bend chair. Return to the floor and repeat the exercise until tired. The movement can be made more vigorous by placing the chair at a greater distance in front of you, making it necessary to bend farther forward, and also increasing the difficulty of lifting it from the floor.



increased muscular vigor there will come additional digestive power, there will be a call upon the digestive organs to supply a better quality of blood, and those virile elements that will then be supplied with the blood, will work benefit to every part of the body. This explains how muscular exercise increases the nervous vigor, and how to a certain extent, it assists in clearing the brain, and in giving one a more pleasing conception of life and its possibilities.

It is in this last respect that these exercises are of such exceptional value. In addition to so strengthening the muscles and tissues that the organs may be held in their normal position, and improving their functional activity, they also bring about a general constitutional benefit by reason of the accelerated circulation of the blood, which of course affects all parts of the body, and this increased constitutional vigor in turn reacts upon the parts in question, all contributing to the final good results.

Photo No. 7.—Grasp a chair and bring it high overhead, then lower it backwards to the position illustrated herewith. At this point, bend slightly backwards and lower the chair still farther, always being careful to maintain your balance and perfect control of yourself. Then raise again high overhead and repeat the entire movement, continuing until tired. This will afford vigorous exercise for the muscles of the stomach and chest, as well as for the arms.

WHAT A FEW WEEKS MAY DO

TO THE EDITOR:

A remarkable proof of the virtues of your methods has recently come under my notice.

A relative of mine, a young woman, has for years been delicate, extremely thin and anæmic, with assimilative powers much impaired, as, though her appetite was large, she seemed to obtain little nourishment from her food. Doctors were consulted, and recommended the usual "plenty of fat bacon, milk, starchy foods, tonics, etc."—all to no purpose, as she became even thinner. A long change to a different climate proved of no avail, and latterly acute insomnia was added to her ailments. Family troubles seemed the climax, and she left home for a change pale, languid, looking and feeling wretched, so thin as to be emaciated, and with no interest in

life. Then, physical culture and in the short space of a few weeks she is a different girl! She is getting fat so quickly that her clothes are all too small, she is feeling so strong and vigorous that she outwalks all her friends, and pains from which she suffered in the region of the lungs have completely disappeared since the practice of deep breathing. Best of all, her spirits are exuberant, and she writes so cheerfully and hopefully, saying trouble now seems remote and unreal, and that she considers physical culture wonderful.

I feel so proud of my convert, as those who could not be induced to ascribe my own splendid health to physical culture, are now bound to be convinced.

(Miss) EMMA TRIPP.

New York City.

How Boston Disports Itself in Summer

By ELLSWORTH STAUNTON

WHEN, in 1630, John Winthrop and his associates settled on the little jagged peninsula, then christened Shawmut, later Trimountain, and finally and after many additions and developments, Boston, he necessarily knew nothing about the needs of the summer holiday-makers who were to come after him. Nevertheless, even if he had the gift of foresight in this regard, he couldn't have made a much better selection of land and local-

systems. If all the evidences of the traditional wisdom of Boston's people were lacking, the fact that they insist upon their due meed of wholesome recreation, as shown by their patronage of the resorts alluded to, would be sufficient to justify their reputation in this respect.

The majority of these same resorts are rich in the three essentials of the ideal landscape according to the artists, these being wood, water and undulations.



Marblehead Harbor, one of the Aquatic Beauty-Spots that Surround Boston.

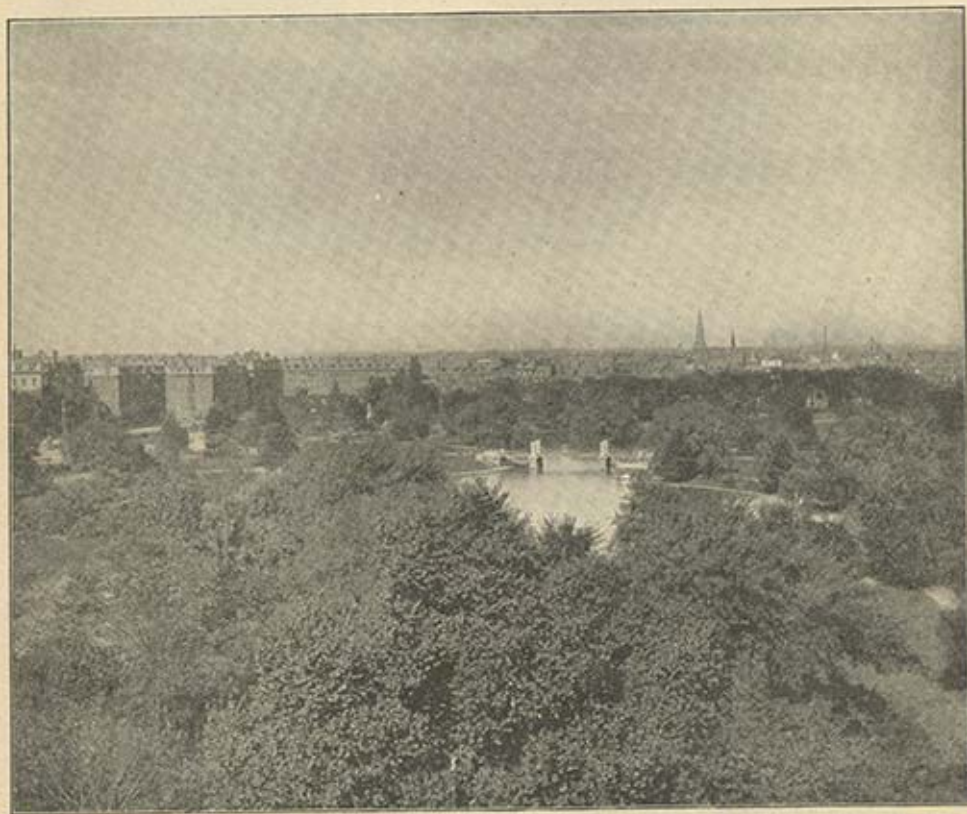
ity than he did. For Boston itself, by reason of its personal picturesqueness and usual freedom from torrid spells, is not only a desirable place of residence during the dog-days, but in addition, there are, within easy distance of its municipal boundaries, a host of seaside and other resorts, big and little, popular and exclusive. And these are connected with the city proper by an adequate series of trolley, railroad and steamboat

And the accessible coast line furnishes pretty nearly every phase of the beauties that arise from the meeting of earth with ocean-edge—the placid bay-nook, the sheltered estuary, the rocky slopes and basins, and the long lines of white-massed, roaring surf.

Also are the places to which Boston betakes itself in the summer—for the most part at least—possessed of historic interest; in which regard they differ

from the majority of places of a similar sort in other sections of the country. This fact adds to their attractiveness from the viewpoint of the average visitor, while in the case of the Boston man or woman, it is no small portion of their total desirability. This for the reason that the traditional and historic links which bind them to the big city, are many and intimate. The story of the rise, progress and expansion of the

what and attractively different from the rest of mankind. Not obtrusively or priggishly, you know, but merely and manifestly so; the same probably being the outcome of the educational atmosphere and social environments amid which the native of the "Hub" lives and moves and has his or her being. Now this same quality is more especially in evidence when Boston proceeds to relax its mental thews and brace its



The Magnificent Public Garden of the City, near which, is found, shown on opposite page

"Hub," is closely identified with that of its nearby islands, villages and towns.

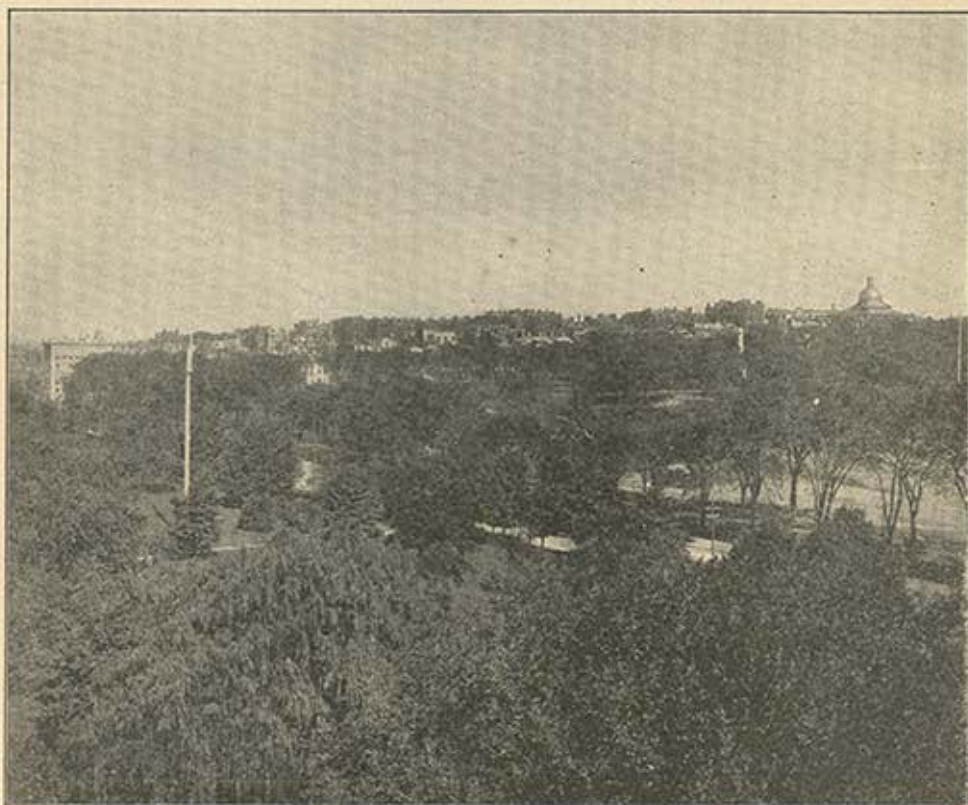
There is, as a rule, some basis to legendary attributes of the people of a city or locality. Thus with Boston. True it is that not everybody within its boundaries lives on a diet of beans, wears eyeglasses, reads Browning instead of the newspapers, swears by the Sacred Codfish and is of a grave habit and learned bearing. But for all that, the born and bred Bostonian is some-

physical sinews in the sea, on the shore or elsewhere. At such times, there is a simultaneous peeling of conventional clothing, customs and mannerisms and Boston stands revealed as herself clad only in the quality in question.

A very elusive something is this same quality. It is nearly as difficult to describe or define as the odor of a Jacqueminot, and is equally as grateful. But if one can't exactly state what it is, it is less hard to tell what it *isn't*. For

instance: Revere Beach, one of Boston's hot weather resorts, is in many respects, equivalent to Coney Island in the matter of general popularity. It is distinctively a cooling-off place for the masses. But rowdyism among its visitors is unknown or practically so, also all or most of those other things that are the drawbacks or curses of the majority of places where big and mixed crowds gather in the summer season. The

their educational wants, is a city of common sense and physical culture affiliations. Because of this, Boston is entitled to the regard and admiration of all physical culturists, insomuch as she has furnished proof of her being a city of the sort in question. When it is said that her Park Commissioners have already expended \$11,000,000, and that within the boundaries of "Greater Boston" there are 14,000 acres of park-



A Spot Famous in History and Rich in Natural Beauty—the Boston Common.

manifest enjoyment of the patrons of Revere is mingled with a sort of quiet, self-respecting cheerfulness that is entirely characteristic of Boston folk.

Boston, considered as a municipality, has a good many things of which she can justifiable boast, but in no one matter more than her system of parks. The city that gives practical and generous expression to her recognition of the fact that the hygienic needs of the people are fully as important as are

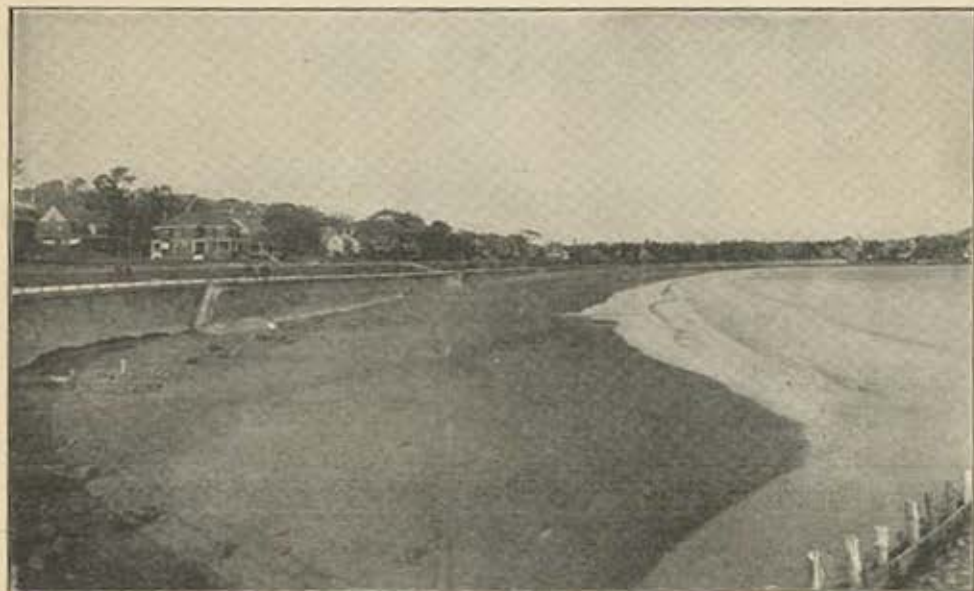
land and water, it will be admitted that there is justification for the commissioners' boast that "no other community in the world, is so bountifully supplied with beautiful and accessible pleasure grounds." And what stands true of Boston in this regard, is equally true of the towns in her immediate vicinity, such as Newtown, Malden, Waltham, Quincy, Hyde Park, Lynn, which has a forest of 2000 acres, and so forth.

This reference to Boston's parks is in

order because, during the summer, they are to tens of thousands of people, that which the beaches or the fashionable resorts are to the more fortunately circumstanced. Take the Common, for instance. Not so very big is it in the matter of acres, but it is rich in historic memories and mementoes, while its green turf and magnificent old elms make it, during the heated term, an acceptable refuge from the glare and rush and dust of the city. And how it is appreciated at such seasons, let its crowded benches and broad and shaded walks bear witness! Note too, that the majority of the idlers have a book or newspaper. Is

old of their city, there doesn't seem to be much excuse for the Bostonians who prefer to put in their vacations at distant points or abroad except on the score of wanderlust and the natural desire for a total change of places and people. But these wanderers are the exception. The rule is furnished by the thousands who are found every summer at the hamlets or resorts that dot the North Shore or the South Shore, or in quiet inland towns within a radius of twenty or thirty miles of the "Hub." Let us take a brief glance at some of the more popular or famous of these.

The North Shore, of Boston phrase-



View of Lynn Shore Reservation.

this a mere coincidence, or are Bostonians really possessed of the literary instinct to the extent with which they are popularly credited?

A glance at a map of Boston and its surroundings will show a tangle of land and water, hills and level stretches, beaches and bays, estuaries and islands, ocean fronts and land-locked harbors, and so forth, that in a geographical sense, promise all sorts of good times to those who want to or have to, spend their holidays without going too far afield. Indeed, and with such a variety of summering places at the very thresh-

old, is that portion of the coast of Massachusetts Bay which extends from Nahant and Swampscott on the southwest, to Gloucester and Cape Ann on the northeast—a stretch of breeze-beaten, ocean-kissed territory attractively endowed by Nature, and sanctified by historic association.

One of the resorts in it which is near to Boston, is Winthrop, a beautiful peninsula having about eight miles of beach. It is a prime favorite with the busy men of the city by reason of its being readily reached and yet furnishing the requisites of a place of summer so-

journing. One can get to Winthrop either by train or steamboat, and as a rule its hotels and boarding houses are taxed to capacity during the season.

Revere Beach, to which allusion has been made, is a gently sloping stretch of sand several miles long, lying north of Winthrop and ending at the Point of Pines. Here as has been said, Boston's masses gather and disport themselves in the water, on the beach or at those places provided for their amusement or accommodation. Excellent is the bathing here, and the establishments that cater to the public in this regard do a rushing business during the hot months. Boston loves its bath and the scenes in the surf at Revere bear witness thereto. As to the rest, the crowds at the Beach are in point of general good behavior, a revelation to the visitor who has experienced the "manners" of a multitude of merrymakers of other cities.

The oldest watering place on the North Shore, and one of the most popular among the wealthier Bostonians is Nahant, which is located on a rocky promontory, placed at such a clear-cut right angle to the coast, that the visitor on looking out from his bed-room window might easily be led to believe that he was on the ocean. A narrow neck of sand, some three miles long, joins Nahant to the mainland at Lynn.

Not so many years ago, the Ocean Street of Lynn was one of the beauty spots of the North Shore, to which the Bostonian alluded with satisfaction, and during his vacation, viewed with pride. The thoroughfare is still there, but like most things, it has felt the hand of progress and has changed thereby. Lynn, as most people know, is a flourishing city, given over to shoemaking and the summer entertainment of visitors from Boston and adjacent points.

Out of Ocean Street, Lynn, runs a shore road leading to the quaint village of Swampscott. This is a favorite resort for the Bostonian to pass the summer in simple pleasures, and the same class of visitors are also to be found at Beach Bluff, just east of Swampscott, and other nearby places.

Marblehead, with its storied and ancient annals, its crooked streets, queer, irregular houses and picturesque

surroundings, is the next northward stamping-ground for Bostonians and is well patronized by them in the summer. Marblehead Neck is an adjoining peninsula that has one of the best yachting harbors on the northern Atlantic coast.

Salem Willows is crowded during the summer with day-visitors from Boston, while Beverly, Manchester, Magnolia, Eastern Point and Gloucester—the most important fishing town in the world—receive their full share of the patronage of the holiday-makers from the "Hub."

Nantasket Beach, which is another of Boston's summer resorts, has something in common with Coney Island, but not as much so as Revere Beach. Yet it differs from the long sand-bar of the metropolis in many respects, notably in its natural beauties and general picturesqueness. As for the rest, it is a conglomeration of hotels, restaurants and those forms of amusement that seem to appeal to and keep the excursionists busy from the time that they step off the steamer or railroad car, until they re-enter them to return home.

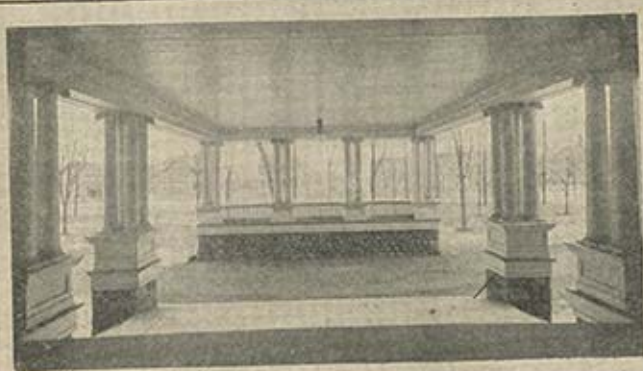
Of a quiet type, but rich in many of the things which go to the making up an ideal holiday according to some Boston standards, is the town of Cohasset—where by the way, is located a theatrical residential colony—with its noble, rocky sea-front and romantic scenery in general. Other of the seaside towns favored by summer visitors are Scituate, Marshfield and Duxbury, each of which has something or somewhat that makes it notable in the eyes of the literary or historic student. Then too, there is Plymouth, the resting place of the Pilgrims on their arrival to these shores.

And lastly, Boston, as an exponent of the possibilities of the linking of brawn and brain, goes in for athletics during the hot weather, in a vigorous fashion. Therefore are her public baseball games well patronized, while there are many and handsome club quarters owned by the devotees of cricket, the bicycle, tennis, rowing, riding and other out-door sports. And these, too, are among the many admirable features of a Boston summer.

Superb Health Within the Reach of All

IN the last issue of this magazine we announced our remarkable offer to our readers whereby anyone who is willing to spend some time among his friends securing subscriptions can pay his entire expenses during the sum-

mer vacation, even including railroad fare if he so desires. Every summer, physical culturists in search of health and recreation have to be crowded in small rooms and have to be satisfied with all sorts of indigestible foods in



THE
MAIN ENTRANCE
AND
VERANDA



A Glimpse at the Entrance to the Physical Culture Health Home at Battle Creek, which contains Accommodations for about 400 workers for this magazine.

order to get away from their usual environments.

They say that a change is the spice of life. It is not by any means true in all cases, but a vacation during the summer is unquestionably the of very great value to anyone even in the best of health. One wants a rest sometimes. "All work and no play makes Jack a dull boy." This has been quoted on myriads of occasions and every word rings with truth. There must be some fun in life. Continuous efforts with one view always in mind wear out both brain and body.

The readers of this magazine, for the coming season, will have an opportunity that has never before been offered to them. They can visit a resort where all kinds of recreation and exercise can be secured and where they can indulge their hobby for free active life without being made sport of by those with whom they come in contact.

At the Bernarr Macfadden Health Homes, located at Battle Creek, Michigan, and Physical Culture City, New Jersey, special arrangements will be made to accommodate our readers. If you do not want to spend any money for your vacation, all you have to do is to secure a sufficient number of subscribers and pay for the cost of your accommodations with subscriptions. Remember that two dollars worth of subscriptions will be equal to one dollar on your bill for accommodation. Surely there never was an offer more liberal than this.

We want to fill our subscription list to overflowing. We are anxious to secure a million subscribers. This is one of our attractive plans for inducing our readers to help us.

The Health Home located at Battle Creek is a magnificent building, luxuriously furnished and capable of comfortably accommodating about four hundred guests. Battle Creek is centrally located,

about three hours out from Chicago, and can be reached on any of the main lines between Chicago and New York. It is famous the world over as a health resort, and offers every advantage to health seekers.

There are two Health Homes located at Physical Culture City, N. J.—one just completed that will accommodate one hundred persons, and another that accommodates between thirty and forty. In addition to this, there will be numerous house-tents for the overflow.

Everyone interested in this plan should write us for particulars. Remember, you can earn the cost of your accommodations and even your railroad fare by soliciting subscriptions if you so desire. Accommodations at Physical Culture City are not nearly so luxurious as they are at Battle Creek, but you can rest assured that you will be made comfortable and that you will have a splendid time while here. Lake Marguerite is exceedingly attractive during the summer season, and gives you splendid opportunities for bathing and boating, and either at Battle Creek or Physical Culture City you will find splendid roads for walking, cycling, and driving.

Those suffering from physical complaints can be given proper attention in the treatment department on exactly the same terms as those who are simply seeking recreation and diversion. In other words, you can pay for your treatment by soliciting subscriptions if you so desire.

Write for full details of this offer. Please state which Health Home you wish to visit and when you desire to come—whether you simply expect to come for a vacation or desire special attention and treatment. Address correspondence on this subject to Subscription Department, Health Homes, Physical Culture City, Spotswood P. O., N. J.

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The "Fresh Air" Charities of New York City

By HAROLD C. FOSTER

AMONG the noblest, and certainly the most practical of the charities, which have their home in New York, Philadelphia and other of the big cities in the North which are in touch with the sea-shore, is that group of charities popularly known as the "Fresh Air Funds." It is with the

cooled by their passage over miles of sparkling water. The brief holiday which the children thus enjoy, means to scores of them much more than mere pleasure. To many it is salvation from the early death that would be theirs, were their lives in the tenements without the blessed respite which the holiday



Tenement Children at the Seaside, Enjoying the Exhilarating Influence of the Ocean Air

assistance of these Funds that thousands on thousands of little ones, who, for the greater portion of the year, breathe foul and chilled or foul and heated air in over-crowded tenements, are enabled to taste the delights and enjoy the benefits which arise from inhaling the unpolluted breezes born of the sea and

furnishes. To hundreds of others, it means the renewed strength that shall enable them to fight for ten months or more, the debilitating influences that surround them in the places that they call home. To other thousands, the stay by the sea-shore means the coming into their lives of something that is a

revelation, a hope and a promise for the future. And to all, the "Fresh Air Fund" brings blessings of a sort that we, who look upon our annual holiday as a matter of course, cannot understand or appreciate.

With the coming of the heated term, in New York City, there spring into existence a number of these "Air" funds, some of which are brought into being by certain of the metropolitan newspapers, others by private charities or individuals, while again, others are permanent institutions that lie dormant

York Bay or up the Hudson on large, airy barges owned by the Guild.

The scheme of each fund, or charity, as far as it has to do with the little ones, is much about the same. According to the needs of the children and the available finances, each youngster is given a longer or shorter time either at the sea-shore, or in the country. If it is an infant that stands in need of fresh air, the mother or, it may be, some older sister goes with it to give it those attentions no other person can render.

Not one of the least pathetic features



Four Products of the Slum Districts. Note the Pitifully Thin Arms and Legs

during the winter to awake into active life with the advent of summer. Of these last, that magnificent charity, The Children's Aid Society, maintains a children's summer home at Bath Beach, L. I., yet another seaside home for mothers with sick children at Coney Island, a fresh air farm at Valhalla, N. Y. and—the writer had almost forgotten to say—a cottage for sick and crippled children, also at Bath Beach. Then there, is the St. John's Guild, which, during the summer, gives mothers with sick children a daily outing on New

of the "Fresh Air" children are the "little mothers," usually 12 to 16 years of age, who give to their baby brothers and sisters a wealth of unselfish affection that is touching to witness. The "little mothers," the majority of whom have faces grave beyond their years, ungrudgingly sacrifice themselves to their babies, putting aside those sports and enjoyments in which they otherwise would take part were it not for their small charges. The Children's Aid Society is now proposing to recognize the work of these devoted little



Even the Conditions of a Crowded City Cannot Destroy all Traces of Childish Grace

creatures by building a special home for them at Bath Beach, so fitted and arranged that while the "little mothers" babies shall be given all the attention required, the "little mothers" themselves will be more or less free to bathe, romp, make sand pies or what-not.

Those who have an opportunity of visiting a typical Fresh Air institution, such as the one at Bath Beach, cannot fail but be struck with the intense enjoy-

ment which the youngsters exhibit on the sands or in the water. Also the zest with which they duck and dive or float or swim or do stunts on the sands or make beach houses is in most vivid contrast to the manner in which the children of the rich behave at, say, Bailey's Beach at Newport or at Narragansett pier. In the one instance, the little ones seem to know that the time at the sea-shore is so brief and consequently so precious, that they must



A Typical Group of Tenement House Children at the Seaside

make the most of every moment of it. In the other case, there is a blase, languid "gentility" about the movements of the children, that is in a sense quite as pathetic, as the almost feverish enjoyment of the less lucky little fellow creatures. It is sad to think that while the few children can breathe God's blessed air and lave in God's ocean whenever they see fit or at least when their parents so fancy, there are uncounted thousands of unhappy little ones, who never breathe such air, widespreading as it is, or who would never see the ocean, big and beautiful as it may be, were it not for the comparatively few charitable hearts and hands that make possible the Fresh Air Funds. The scope of these charities may perhaps be better understood with the assistance of figures than by any other means. Last year, for instance, The Children's Aid Society sent



Two Youthful Exponents of the Manly Art

to the seashore or elsewhere out of New York, nearly 20,000 youngsters, rather over half of whom remained for a week, while the others spent a day or so in fresh air and amid fresh scenes. This is saying nothing of the hundreds of worn, weary and dispirited mothers who, having sick babies, with the latter partook equally of the blessings born of the Fund.

If you who read this are familiar with the condition of tenement house life in New York City, and have had a chance of noting what such life means when summer comes along with stifling heat,



A Fortunate Couple of Seashore Visitors

and the sky is like red-hot brass by day and the pavements give out in darkness the heat that they have absorbed during the hours of light, and life is unendurable, and amid it all, there are babies—sickly, peevish, unhappy, heat-tortured, dying and alas! too often, dead babies—you will understand what a week at the sea-side means for these same babies and for that matter, for their mothers too. To be awakened in the morning by the cool splash of waves, to see one's baby sleeping calmly and with skin free from the heat-rash, to have the

touch of pure breezes fan one's cheek, to know that the meals for the day are assured and that toil for the next few days will be an unknown quantity, is, to these same mothers, a condition not very many degrees removed from Heaven itself.

If a man who makes two blades of grass grow where one was previously, is a benefactor to his species, how much more a benefactor is he or she who makes a little human life remain where otherwise there would have been an empty cradle and a tiny coffin.

WOMANLY BEAUTY IN CHICAGO



Courtesy of Chicago "Tribune"

Miss Della Carson, adjudged the Most Beautiful Girl in Chicago

The most beautiful woman in Chicago is a physical culture girl, says Jamison Handy, in the July number of *Beauty and Health*. Miss Della Carson, chosen by impartial judges from over 6,000 photographs entered in a beauty contest conducted by a prominent advertising agency of that city, and the popular choice of the public as the most beautiful woman in the great western community, is a firm believer in the value of the three great physicians: Air, Water and Exercise; and to careful and righteous living she lays the credit for the beauty that has come to her. The article is illustrated by beautiful photographs of Miss Carson, and the unique beauty of the new cover design is enhanced by still another delightful photograph of this fair and charming representative of Western beauty. The article and illustrations go far towards making this one of the most attractive and interesting issues of *Beauty and Health*.

An enthusiastic physical culturist is this beautiful blending of youth and early maturity and she never misses an opportunity to economize and give growth to her physical health.

A Strong Man's Diet Made to Fit a Poor Man's Purse

By BERNARR MACFADDEN

IN a previous instalment, reference was made to the fact that the unnecessary expense attached to the table of the average "poor man" is due not so much to extravagance as to a lack of judgment in the selection of the foods used.

A wise man once made the remark, since frequently quoted, that "ignorance is the only sin." The significance of this saying will bear careful study, though I have not space here to discuss the philosophy and truth involved in this remark. Nevertheless, it is true that a lack of knowledge in regard to foods and their respective values, is chiefly responsible for the dietetic mistakes in most homes, as well as the unnecessary expenditure of hard-earned cash for articles that not only have no actual nutritive value in themselves, but in many cases, are also of a positive detrimental character.

I will briefly point out here some of the most common mistakes made by the average "poor man." Let an individual clearly perceive his errors, and if he has intelligence, this perception is usually all that is required to enable him to correct them. The fact that thousands who cannot be considered in the "poor man's" class are also following mistaken dietetic habits, does not concern us here, for the extra money spent on useless foods does not prevent them from enjoying other necessities of life as is the case with the families of men who perform hard labor at a low rate of wages. Nevertheless, the suggestions given herewith should also be of interest to the wealthy and to the middle classes, by reason of the influence on health and strength building of the use of proper foods.

To begin with, the average man eats too many meals. It is obvious from this that the grocery bill is unnecessarily

high, simply because of the quantity of food consumed. But there is another expense attached to this unfortunate practice, and this consists in its useless expenditure of nervous energy and vitality, for the use of an excessive amount of food can only result in overburdening the digestive organs, taxing the functional energies of the body, and detracting from the strength and nervous energy which would otherwise be available for mental and physical work. It is true that one who does strenuous physical work can eat and assimilate more food than one following sedentary habits of life, and that three meals per day, if properly limited in quantity, may be a very satisfactory plan for such an individual. But where the laborer, as is so frequently the case, makes it a point to consume at each meal, an amount of food limited only by the capacity of his stomach, then assuredly, three meals are more than he requires. As a rule one will find himself perfectly nourished on two meals a day, even when doing the most vigorous work. In fact, under these circumstances, the stomach is better prepared to digest hearty substantial meals, and the worker will enjoy even a greater degree of energy with which to approach his daily tasks.

Of course, in alluding to the danger of over-eating on account of too many meals, it is well to remember that it is equally undesirable that one should eat excessively at any one single meal. The habit of "stuffing" should be avoided. Even though one attempted to live on only one meal a day, better results would be secured by making this one meal conform to the limitations of the stomach, rather than to overburden that organ with such an amount of food that it cannot perform its duties satisfactorily. Unfortunately, I have time

here only to hint at this matter, but "a word to the wise is sufficient."

I have already referred to the importance of simplicity as a factor in making for economy in diet, as well as health, and in this respect, I would again call your attention to my last month's allusion to the diet of European peasants, Arabs, and to various other peoples of the earth who enjoy the very highest degree of health, vitality and longevity, on the most simple and meagre of diets; whereas, those who boast most of their alleged civilization and culture, and who consider that no meal is satisfactory unless it includes a variety of at least six or twelve different dishes, are notably weak, ailing, and, in all too frequent cases, physically, mentally and morally degenerate.

The habit of eating too fast is a factor to be remembered in the consideration of this subject. Eating too fast is conducive to difficulty in digestion, for the food when it reaches the stomach has not been sufficiently prepared by the saliya for the processes of digestion, and the result is that one actually assimilates only a portion of that which has been swallowed. On the other hand, when food has been very thoroughly masticated, insalivated and reduced to an actually liquid state before it is sent to the stomach, then the work of digestion and assimilation is much more perfect, to the extent that a comparatively small amount of food will yield one as much ultimate nourishment and strength as a much larger quantity that has been "bolted down." Nay, more; for the reason that rapidly-eaten food is more or less of a tax upon the functional powers of the body, and is inclined to finally weaken the digestive organs themselves.

For ordinary purposes, I would suggest that the toiler would do well to eat two meals per day, though if he uses three meals, it would be better to make those in the morning and evening, the most substantial, the latter being the most hearty of all. There is no doubt that a heavy meal at noon actually unfits a man for hard work immediately after. One will always find himself more readily and willing to resume his labors after the noon hour, if he has eaten

little. Of course, when one has eaten a hearty meal at this time, and partaken of some stimulant in connection with it, either coffee or something else, then this result may not be so apparent. Nevertheless, the ultimate depression and depletion of the bodily energies will be all the greater. Anyone who has had the experience of eating a heavy dinner at noon, and then been compelled to pitch into manual labor of a strenuous kind, and who has felt that he would very much rather lie down in the shade and sleep, will understand what I mean. The feeling of laziness at such a moment, is a perfectly natural one. Indeed, laziness is invariably a natural manifestation of a definite condition of the body. Often it is that of partial exhaustion or lack of energy. Laziness is simply an instinctive warning on the part of Nature that the body needs rest. Hence, the folly of toiling strenuously on a full stomach.

All of these mistakes contribute to the apparent poorly nourished condition of great numbers of workingmen, farmers, and even men of business and professional occupations. Then, in addition to this, there are the other very serious errors of judgment in the selection of foods already referred to. That is why I am trying to emphasize the value of simplicity in diet and the use of those wholesome and completely nourishing articles of food which are usually available at a low price.

Oatmeal is an exceptionally valuable food in this respect. Its popularity as a breakfast dish is well deserved, and in many instances, a breakfast would be more satisfactory from a dietetic point of view if it were the only food used at that meal. Naturally the brands of oat meal sold in packages are most reliable, for the reason that they have usually been cleaned and carefully sifted. However, from the standpoint of a poor man's pocketbook, it may be satisfactory to buy oat meal in bulk, provided any of the grocers in your neighborhood handle it in that manner. Some years ago, it was sold much more largely in bulk than at the present date, when the practice of buying all kinds of food in pasteboard packages has become the rule. In the bulk form, oatmeal can fre-

quently be purchased at one-half the rate per pound, or less than in the paper carton.

I have already made reference to the value of raw rolled oats as the basis of a substantial meal. Of course, there will be those who do not care to make such a sudden and radical change in their diet at short notice, and for these I would suggest oatmeal moderately cooked, which would be nearly as satisfactory. Oatmeal, as commonly served with milk or cream, is somewhat too mushy and liquid a dish; one that does not provoke mastication. I would particularly suggest that it be eaten cold, either for breakfast or any other meal. In the process of cooling, it assumes a more or less jellied and solid condition, and inclines one to more thorough chewing. For some reason or other, one seems to realize the flavor of the oatmeal more keenly when taken cold, and it seems perfectly palatable and satisfying without the use of milk or cream or sugar. A slight bit of melted butter or olive oil may improve it, according to individual taste, but it is delightfully satisfying, even without this.

The same may be said of flaked wheat, or the entire grain of wheat, that has been stewed or steamed. Indeed, rye, barley, and other cereals can be treated in the same manner, any one of them providing a fairly satisfactory meal in itself.

Whole-wheat bread (in which the wheat truly consists of the entire grain, and nothing has been eliminated in the process of milling) is one of the most satisfactory of all cereal preparations, and can be particularly recommended because in its very nature it involves the necessity of more or less thorough chewing. If you have difficulty in securing genuine whole-wheat, or in buying a satisfactory whole-wheat bread, I would particularly commend the use of the whole wheat grains, oat groats, or any of these cereals, rolled and prepared as suggested, eaten cold. It is best to cook them over a very slow fire, and a good plan is simply to bring to a boil, and then remove. They are particularly valuable for keeping the bowels regular and in good condition.

Rice is another cereal that can be highly recommended for general use. In many localities it is chiefly popular as a basis of dessert preparations, puddings of various degrees of simplicity and complexity being prepared with rice as a basis. I would like to emphasize, however, the value of this article of diet as a staple and substantial portion of the meal, or even as an entire meal in itself, served without sweetening. I would suggest that the unpolished rice be secured if possible, for though not so beautiful in appearance, it is far more valuable from the nutritive standpoint. The process of polishing the rice accomplishes very much the same results that the bolting of white flour does, in the case of wheat. It removes the outer coating, which contains organic salts, phosphates and other of the most valuable elements of the rice. However, even in spite of this, the ordinary polished rice still has great value from a dietetic standpoint. If properly prepared, it does not need any fancy dressings or sauces to make it palatable. As in the case of the other cereals mentioned, a little melted butter will improve it, according to the taste of some individuals, but it should not really be necessary.

While I am discussing cereals, I would say a word in reference to the value of corn, and corn meal preparations, though this is scarcely the season of the year in which corn meal is to be recommended. Owing to its heating and energy-producing qualities, corn meal is a particularly valuable food for use in cold weather. It has a higher percentage of fat than cereals in general, and may be used through the winter in very much the same manner as rolled oats and wheat mentioned above. Of course, in the summer time, the fresh green corn is available, and it so appeals to the appetite that there is no need of any special commendation. Probably corn bread, or "Johnny-cake," is the most satisfactory method of serving corn, not only on account of its extreme palatability, but because it inclines one toward more careful mastication than the corn meal mush.

The present season of the year presents some specially gratifying opportunities for delightful menus, owing to the avail-

ability of so many fresh vegetables and fruits. Meats are particularly objectionable at this time. All those who live in the country or have who even a little ground space allotted to them in connection with their habitations in the city, have the privilege of doing more or less gardening, and can raise their own vegetables. Peas, beans, new potatoes, squash, beets, lettuce, radishes, onions and other fresh vegetables can be recommended as particularly suitable to the season. Many fresh meats are also to be secured, particularly berries of various kinds. I would suggest that these be eaten with nothing added in the way of sugar. I believe that if you discontinue the use of sugar and cream with berries, and eat them in their natural state, you will appreciate far more keenly their own natural delicate flavor, and shortly find out that you enjoy them more when served in this way.

Naturally with so many vegetables available, one can readily make use of a somewhat larger variety than I have suggested above, particularly if you grow vegetables on your own ground instead of being compelled to buy them. In presenting various menus from time to time in connection with this series of articles, please remember that I do not attempt to present an exhaustive number of menus, showing an unlimited number of combinations, but simply to suggest the manner in which one can provide satisfactory meals, and yet preserve that simplicity for which I have been pleading. For instance, in the following menu, string beans or green lima beans might be substituted for the peas; or summer squash might be used instead of the potatoes.

Breakfast

Berries in Season,
Rolled Oatmeal.

Lunch

Lettuce Sandwiches,
Seasonable Fresh Fruit.

Dinner

Stewed Green Peas,
Stewed New Potatoes,
Whole-Wheat Bread,
Berries.

The *cold oatmeal* mentioned can be served in the manner described above. The absence of heat in this dish should appeal to one, particularly in hot weather.

It is unnecessary to specify what kind of berries, for almost everything in this line is satisfactory, and if they are to be had in abundance, they can be used to advantage three times a day, if they are appetizing.

Lettuce Sandwiches are particularly refreshing and cooling for a mid-day lunch in summer, and they are prepared simply by placing lettuce leaves between two slices of bread, lightly buttered. As a rule they are more pleasing if the bread is cut in thin slices.

Green Peas are prepared very simply by adding a little water and cooking until tender, with a pinch of salt. When removing from the fire before serving, a bit of butter or olive oil might be added. Creamed peas are very delicious, though the writer sometimes thinks that one enjoys the flavor of a given article more keenly, the less there is mixed with it.

New Potatoes. Nothing need be said about new potatoes and their attractive qualities. They are best cooked with their "jackets on," that is to say, unpeeled.

THE VIVISECTIONIST

Can vigorous health spring from the surgeon's
knife

Which takes away, too often, human life?

And vivisection! That Satanic lure

Points not the road to e'er a single cure.

Such brutal schemes ne'er did, nor ever can
Yield ought to ease the varied ills of man,

Yet! given this, what profit then, has he

Who sells his soul to lengthen misery?

His victims cries no mercy may arouse!

He claims the right to flay alive a mouse—

Those criminals can teach no lasting good

Who write their science down in words of
blood.

—L. BRIGGS.

Award of Prizes in the "Vacation Suggestions" Contest

In attempting to render a just decision regarding the winners of this contest, the task of the judges was rendered unusually difficult by the almost uniform excellence of the contributions, many hundreds of which were received.

The first prize (\$15.00) was awarded to Miss Marie Macklin, of New Springfield, Ohio, whose suggestions appeared on page 405 of our June number. The second prize-winner is Miss Margaret Bird, 42 Holmes Ave., Allston, Mass., whose letter appears below. Some of our readers will, perhaps, disagree with us regarding the comparative merit of the contributions, but we have attempted to make the awards in all fairness, keeping in view the value of the suggestions to the average individual, and their general practicability. Although the contest has closed, we will publish in our next issue a number of letters which are of such merit that we regret that there are not prizes enough for them all.

Vacation Jaunts—Past and to Come

"I will go to some spot which no one but God and myself knows about," I said to myself when I planned my vacation last summer. But a preliminary visit to a former country landlady proved my plan's undoing. I found her wringing her hands because of the non-appearance of some expected "help."

"Set me to work," I said. "I'll do anything you say."

"Then pick me some blueberries to-morrow morning," she replied. "My boarders have been promised berry pies—and berry pies they must have!"

Did you ever get up at four o'clock in the morning and pick blueberries with the dew on them? This, when to the exhilaration of the dawn was added the feeling of conscious virtue which comes from helping a friend? Then you will understand why I changed my mind about the sequestered valley I had had in my mind's eye. To be sure the summer-contingent looked at my fruit-and-vegetable-blackened fingers doubtfully, but my backbone was sufficient to stand even this. Nevertheless, the advent one day of a boarder democratic enough to assist me in my self-imposed tasks, and intellectual enough to discuss Kant, Schopenhauer, Bernard Shaw and vegetarianism, was a stay and a comfort.

Another comfort was acquaintance with a shy little woman who lived alone on a nearby hill. I hope and believe I was a comfort to her, too; for once after an all-day's expedition, she said to me softly, "This has been the happiest day of my life!"

So my vacation passed, filled with work and happiness. Never have I felt better than at its close. One cannot be humane and "decent" without having the reward come in overflowing measure.

My next vacation is to be spent in an un-stereotyped trip abroad with the democratic boarder, whom I have promised to marry. (Democracy is a strong bond!) We shall walk through parts of England, Ireland and Scotland—not forgetting the Druidical altars at Stonehenge; then cross over and see the continent in the same way. Of course we

must visit Paris, Rome, the Louvre, and other great cities and galleries, but standing out as the largest star in our horizon is Athens. Not until we sit on the Acropolis and gaze up at the Parthenon shall we feel really satisfied—and turn our thoughts homeward again.

MARGARET BIRD.

42 Holmes Ave., Allston, Mass.

The Best Equipment for Your Summer Holidays

Choose a river not too far from home, and with as few portages as possible. If the course of the river leads through an occasional town supplies can easily be procured.

Now decide on a canoe trip. And remember that "the more the merrier."

For each company of two the following are needed.

A six by seven foot tent, a sixteen foot canoe (cedar preferable).

At a point in the front of the canoe a reel made from an electric wire spool wound with stout cord may be fastened. Then tie one end to the luggage bag. The use of this is, that if by any chance the canoe should be tipped, the weight of the bag would unwind sufficient cord to allow the bag to rest on the bottom of the river. Then there would be no weight on the canoe to prevent it being righted, when the bag could be pulled up and replaced in the canoe.

Some of my readers may laugh at this idea. But let him upset by accident and lose everything and he will say that it is better to be sure than sorry.

The luggage bag is made of two pieces of heavy canvas. Have the bottom piece round and two feet in diameter. It should be about three feet deep and sewn with stout linen thread. Rope handles can then be fastened to the sides. The tent and bag should be painted with a water-proof mixture of:

Two gallons sweet skim milk and one gallon raw linseed oil. Mix and put in some vessel in a warm place. Stir once or twice for several days until fermentation sets in. For coloring use two or three pounds to one

gallon of liquid or ochre, chrome yellow, umber or any good dry color. Then supply one or two coats and allow to dry thoroughly. The different things should be put in separate bags and then put in the large water-proof one.

A piece of sheet steel with two holes and folding legs serves as a stove and a small axe will be needed to chop the wood.

An aluminum pan, pot and pail make up the cooking outfit. A plate, cup and saucer, a knife, fork and spoon for each will be sufficient.

Meal for porridge is almost a necessity. Crack some fresh eggs. Put on a plate in the sun. When thoroughly dry, pulverize. In this way eight dozen eggs can be put in a half-pound tin. When ready to eat place a teaspoonful in a pan and moisten with hot water. This will make omelet sufficient for four persons. Potatoes may be treated similarly but dry in oven.

Two blankets apiece with the necessary amount of clothing and the outfit is completed.

Now go ahead and enjoy yourselves.

HERMANN S. JOHNSON.

A Girl's Vacation Under Canvas

It was one of these sultry, rainy days in August when I left Boston for a two weeks' vacation at Physical Culture City, and at dusk the next day the train stopped at a station forty miles from New York and let me off. While looking about, a young man approached. He wore no shoes, hat or coat, and was tanned a ruddy brown from out-of-door life. A few minutes' walk brought us to a camp ground, where, in small tents, were camped vacationists from all parts of our country, as well as England and Canada. I was soon made comfortable in one of the tents with the promise of a tent-mate in a few days.

I must confess to a timid feeling at first, with the thought of spending the night alone in an open canvas tent among strangers, but this soon gave way to one of perfect safety, and my first night in camp was spent in sound, refreshing sleep.

The next day was Sunday and I was up early and down to the lake for a bath, after which I had a glorious romp in the woods. What with meeting of others of this great family, getting dinner at the Physical Culture Restaurant near by, and writing letters, the day passed altogether too soon, without one thought of loneliness.

I should like to tell you how the other days were spent if there was space, but can only say, that, with long tramps in the woods, sometimes spending whole days, after a delightful shower bath in the lake, swimming, boating, gathering pond lilies, watermelon parties, excursions to near-by beaches, straw-ride parties—always living as near Nature as it is possible to do, with diet almost entirely of fruit—lectures by Mr. Macfadden and others, dances and entertainments, practicing at the gymnasium when we felt inclined, or had time—in this way the golden days passed altogether too quickly and before I hardly

realized it, it was time to say good bye to the many and pleasant friends whom I had met.

I returned to my duties rested in mind and body, to live again in memory those happy days so free from the conventionalities which take the pleasure from so many vacations.

Boston, Mass.

MARY L. BOWEN.

Two Vacations in Two Weeks

Your invitation to relate vacation experiences is one that could hardly be declined by a lover of Nature, I will always remember my last summer's vacation as the most pleasant one of my life.

Like all other persons engaged at sedentary occupations the summer outing was a matter of no little thought and to obtain the greatest amount of enjoyment out of the two weeks granted by my employer was a problem which presented itself as soon as the time was definitely decided upon. I might have gone to some fashionable resort, but as that did not appeal to me as a good method or recuperation I worked it in the following manner:

I spent the first week on my uncle's farm in an isolated part of the country about three miles from any town or railroad. I here had the opportunity to live close to Nature, having the advantage of pure air, pure food (although my diet was the subject of ridicule among the farmers), and dressing as I pleased. My attire consisted of an old shirt, an old pair of trousers and a pair of shoes. Long walks in the woods, noon-day naps and assisting in the work on the farm was the makeup of my daily programme. I was surprised to note my power of endurance when working with the farmers, and the absolute indifference to the sun's rays, although I still carried out my regular two-meal-per-day plan.

To obtain variety and the advantage of a trip the second half of the vacation was spent in the tent colony at Physical Culture City, N. J., where one has every opportunity of living close to Nature. While I did no work plenty of exercise was to be gotten in the pine forests and in the gymnasium.

My expenses during these two weeks, regardless of railroad fare, was about nine dollars, and it was with keen regret that I returned to the confinement of an office, but work which seemed a drudge before now seemed a pleasure. I am firmly convinced that it pays to take a vacation and to those who contemplate an outing this summer I would say with Bryant, "Go forth under the open sky and list to the teachings of Nature."

I might say in conclusion, that the people I met at Physical Culture City, were the most sociable and moral I have had the pleasure of meeting, and this is not said as vain flattery, either.

CHAS. A. STEEL

Allegheny, Pa.

Fun on a River Bank

My last summer's vacation was spent in the woods on the banks of the Mississippi River, four miles below Savanna. One July morning found myself and friend skimming over the water in my launch for the above

place. Our boat was not heavily laden with provisions, for we had resolved not to get the stuffing habit. A half hour's running and we were at our destination, after which our launch was moored to the bank and a row-boat substituted, the rowing being fine exercise. The rest of the day was spent making our camp comfortable, and erecting a large spring-board over the high bank. Hats and shoes were discarded and a bathing suit took the place of shirt and trousers. In this garb one feels light and free. Awakening in the morning a plunge or two off the spring-board thoroughly awoke and refreshed us. After breakfast we rowed three miles to get our supply of milk, and it was always enjoyed. The rest of the morning we put in doing stunts on a bar we had across a couple of trees, and with the punching bag. Tiring of this we would lounge in the hammock and read. After dinner about an hour would be spent reading, pitching horse shoes, jumping or swinging on the big grape vines which were numerous around our camp. The big sand-bar, a quarter of a mile distant, afforded lots of sport, digging for turtle eggs. This was an ideal place to practice hand-springs and hand-walking, as the sand is soft. After rolling around in the shallow water awhile we would lay on the clean, white sand and bask in the sun. When big steamboats passed, riding the high waves was exciting. On windy days sailing was enjoyable. Riding logs down the swift current is great sport and one must be quick and on the alert to accomplish it. Throwing a cork in the water and swimming after it is laughable, especially if two are after it, as your waves will bob the cork out from under your hand when you try to grab, and it is sometimes impossible to get it before you are exhausted. The high mud bank can be made slippery by splashing water on it, then go to the top, sit down and you can enjoy "shooting-the-chutes," on a small scale. I think my next summer's vacation will be spent in the same manner.

CARL COLEBAUGH.

A Successful Co-operative Camping Party

Two summers ago, I was camping on Puget Sound with a party of friends on the co-operative plan. And the outing was a complete success. Five years previous to this time several school teachers desiring a summer outing with little expense formed a company and bought ten acres of land that was sold for taxes, there was several buildings and a quantity of bricks on the property, as it had been a brick-yard originally. They converted the buildings into a large living-room, dining-room, and kitchen, using the bricks to have a chimney built, so we enjoyed cheery wood fires on the hearth in the sitting-room in the early morning and evenings. A large brick oven out-doors was also added; tents were used for sleeping purposes. A president, secretary and treasurer, also a housekeeper, were elected each year. Each stockholder was entitled to issue a certain number of invitations to friends who desired to camp during the summer, the number in camp at

any one time not to exceed forty persons. The president appointed all committees, and every person in camp, old or young, was on one of these committees, and was on duty from two to three hours each day. First came the breakfast committee, consisting of three or more, whose duty it was to prepare that meal, ring the rising, and breakfast bells and serve the meal. They were then entirely free for the day. Then came the breakfast dish-washing committee of four, who washed the dishes, swept the dining-room and washed the dish towels, leaving the kitchen in order for the luncheon committee. The house-keeper always attended to the left-over food, and was ready with suggestions as to how it should be utilized. There was a bread committee of two, who baked twenty loaves of bread every other day. One man was appointed to build the fire in the brick oven and get it ready for the baking. I served alone on baking committee and found it very easy, as it only took a part of one morning every other day. The children were used on committees for setting the tables for lunch, gathering kindling, etc. The older ones were a boat committee whose duty it was to row to the adjoining town each morning for the mail, get the milk, meet the steamers when guests arrived or departed and attend to the proper fastening of the row boats. The men furnished wood for the camp, dug clams and made improvements when necessary. The secretary kept a roll in the dining-room of every guest and the number of meals eaten. Each person on entering camp paid a deposit, and furnished their own silver, napkins and bedding. At the end of the season the secretary made out each person's bill, pro rata or the expense account. We had splendid home cooking, nicely served fresh fruits, vegetables, and milk and cream in abundance at the cost of twenty-five cents a day.

Mrs H. W.

My Last Vacation—and My Next

My last vacation was spent in unpremeditated missionary work. This is how it came about.

Knowing the "eating habits" of most farmers, I took for my protection, on my summer jaunt to Maine, a package of physical culture food, consisting of "Strengthfude," triscuits, date pudding, nuts, etc. When I produced the "Strengthfude" the morning after my arrival, the family inquired if I expected to eat that "raw stuff," prophesying dire dyspepsia if I did. However, they seemed to have no fears for the four-year-old twins, who were eating steak, sausage, and fried potatoes like day laborers! They even urged upon them some omelet which had been prepared for me, at my request.

At noon we had more meat, of course; this time, roast pork. The twins rebelled, declaring they did not want any dinner.

"Nature is speaking," I thought. "Will their parents heed?" But no, the infants were not allowed to leave the table until they had eaten some flesh. What wonder that they fretted irritably all afternoon and were

put to bed at last, really sick? As I watched the household at supper attacking various kinds of cold meats and greasy pies, I wondered that they did not succumb, too!

"I don't see what is the matter with those children," exclaimed their mother worriedly, as we sat talking that night. "They act as if it was worms, but it can't be, for I never let them eat anything sweet. I am very particular about their diet. It seems as if we'd had more than our share of afflictions this summer, for we've all had bad turns."

I couldn't keep still any longer, but started in on a talk upon overloaded stomachs. At first my listener was obdurate, then passive, then yielding. In the end she was converted.

The next day the reform started, beginning with the twins. It did not stop until the "eating-habits" of all the family were metamorphosed. "Secing is believing," said the old farmer as he gracefully fell into line after the others had ceased having "bad turns."

I feel that I have not lived in vain. Next summer I intend carrying the good work elsewhere, hoping that it will spread on and on, in ever-widening circles, as it has from the household of my host in Maine.

Boston, Mass.

ELEANOR ROOT.

Cycling Tour Across America

I believe I intend to spend about as ideal a vacation as possible. On June 1st a friend and I intend to start from Iowa and ride bicycles to the California coast. The trip has been planned for several reasons, but mainly to experiment exhaustively the three great principles of physical culture, namely, exercise, fresh air and an uncooked food diet. Of course a long trip like that on bicycles will be a tremendous amount of exercise, for, in addition to riding, there will be long stretches where we shall have to walk. Our average amount of travel has been reckoned at forty miles a day or over. It is our intention to travel straight through Iowa and Nebraska, and when we arrive at Colorado Springs, Col., we shall start over the mountains by Ute Pass. Our route will include Glenwood Springs, Yellowstone Park, Salt Lake City, and finally we hope to wind up at San Francisco.

We intend entering but few houses on our way out there, for we want to keep entirely in the fresh air. We are going to provide ourselves with blankets to be strapped with our packs on the back of our wheels. At night, instead of sleeping in houses we intend to sleep out of doors, using our blankets when it is too cold for no extra covering. We have agreed that our diet will consist of raw vegetables, fruit and nuts, which we can obtain from the farmers or grocers in small towns.

In this ideal physical culture way we hope to reach the coast, and to be benefited wonderfully from it. Our clothes will be of the lightest material possible, and no coats will be worn, except over the mountains where it may be cold. Our clothing will be net underwear, flannel shirts, knee bicycle trousers, golf stockings, and bicycle shoes. We expect to keep our caps off as much as possible.

When we reach the coast we ought to be sun-browned, hardened and healthful specimens of humanity. I am sure that our vacation could not be spent in no other way which could be more beneficial.

RUSSELL STAPP, JR.

315 Com. Bank Bldg., Houston, Tex.

Some Places to Go

As summer approaches and we are awakened each morn by the sweet songs of the birds, we look forward to the time when we can forget our laborious cares and enjoy ourselves as we may choose.

Plan your vacation early for there is pleasure in the anticipation, as well as the realization of the days to come when you are free to roam the shady woodlands or follow the mountain streams. If you have worked diligently and need rest, don't plan a long trip which will necessitate traveling far by rail. Vacation to the majority means "rest" and one cannot obtain it riding in the chair car or sleeper during the hot summer months.

To those living in a mountainous region, I would advise the seashore and salt air. A sea trip to Maine on some palatial steamer offers many advantages to the vacationer. The route is picturesque and instead of the crowded and dusty coach, one can obtain a spacious stateroom, and with it, comfort, quietness, and above all, the pure air of the ocean.

To those who seek the simple life in the country, there is no place like a quaint old-fashioned New England farm in the Berkshire Hills. Home-made bread, fresh eggs, and delicious fruit from the orchard, always prove a treat to the city people. After breakfast one can recline in the hammock beneath the maples and read the morning paper or latest magazine. Then a stroll to the village for the mail, inhaling freely the invigorating air scented with new mown hay from the meadows below. After dinner, a climb up to the highest peak or picnicking in the woods, and in the evening, a straw-ride with the boarders to a church sociable or concert, all tend to make the vacation enjoyable.

I am contemplating spending my vacation at the Jamestown Exposition this year. If my plans mature, I will leave Jersey City in September, stopping at Philadelphia, Baltimore, and Washington. I will leave Washington about 8 A. M. in the morning and cruise down the Potomac River and Chesapeake Bay, arriving at Norfolk in the evening. I will camp at "Camp Jamestown" which has been established near the Exposition Grounds, and camp life in Virginia is much more desirable than the hotels. The exposition is both an educational and historic affair and offers many attractions. There is hunting in the famous Dismal Swamp and fishing and sailing in Hampton Roads. I will also visit Annapolis, Richmond, Yorktown, Fort Monroe and Old Point Comfort, from which point I will sail on an old Dominion steamer for New York.

MR. J. D. NORTHRUP.

Honeysuckle Villa, Otisville, N. Y.

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.

Another View of Civil Engineering

TO THE EDITOR:

In a recent number, Mr. Charles Pease recommends civil engineering as an ideal physical culture occupation. In my case, it has been anything but such, and I am inclined to believe that Mr. Pease's experience as a civil engineer (or more probably as a civil engineer's assistant), has not been varied.

During four years in the employ of the United States Geological Survey, I have sizzled in the Great American Desert, frozen in the high Sierras, and soaked in the reeking tull marshes of the Sacramento River; I have drank water that stunk—literally—because I could get no other; and I have worked and slept in the same underclothing for a month at a time because the exigencies of the situation made it impossible to do otherwise. There was always wholesome food when it could be got—but the sins of "hobo" cooks are deserving of a separate and special perdition.

Of the men I know who follow the profession of engineering, many, though of strong and robust appearance, have "something the matter with them:" rheumatism from the everlasting wet in Alaska, deafness or catarhal trouble, caused by exposure, such as arriving at a mountain peak in a lather of sweat and then standing for hours in a cold wind; or several varieties of fever contracted in the pestilential swamps of the tropics.

That there are exceptions, goes without saying—there is engineering and engineering. But to my mind, a California rancher, if he be his own boss, has a better opportunity to follow a physical culture regime, than the engineer. The rancher can usually come in when it rains; he can select his own food and supervise its cooking and he does not have to forego bathing because the water has to be packed-in on a mule, as the engineer often does.

Again I say, Mr. Pease's experience is probably not varied.

PERCY TURNER.

Tulare, California.

Dr. Woods Hutchinson Again

TO THE EDITOR:

Many men do not seem to be able to comprehend that certain conditions may exist in spite of certain facts, and not because of them. One Woods Hutchinson, an hygienic writer recently criticized in the pages of *PHYSICAL CULTURE* (which criticism would entirely meet with my approval except for that it is not half-severe enough), appears to be such an individual. One of Hutchinson's hobbies seems to be the infallibility of instinct. It is far superior to reason as a dietetic guide, he says. That instinct, universally recognized as created for our guidance, may become perverted, does not seem to have entered his head. In a recent article he has shown conclusively (to himself at least) that it is instinct that has caused all races, as they approached the modern standard of civilization, to turn gradually from coarse brown and rye to a white bread diet. Therefore white bread must be superior to brown—their instinct could not guide them wrong.

Again, he takes great delight in showing what wonders have been accomplished on a salt pork diet. Explorers have reached extreme latitudes and lumbermen, acknowledged examples of hardihood and brawn, have cleared our northern woods. Could it not be that by reason of this very hardihood and active out-of-door life they have been able to thrive on this diet which would soon incapacitate a man of sedentary habits? Might not one as well reason that the plug tobacco, which these men consume so voraciously, is the source of their strength?

Perhaps the most amazing statement forthcoming from Doctor Hutchinson is a recent article in which he attempts to show that man is even now leading a normal and ideal life, to change which is only the fanatical desire of a limited number of "faddists." After reciting some tales in which men have, with no other weapons than those provided by Nature, come off victorious in encounters with lions and bears, to show that man has always been the physical as well as mental

superior of the brute creation, and that there is nothing to the assertion that the wild beasts enjoy better health than he, he goes on to offer the sage advice that we give but little thought to what we should eat and what we should drink nor worry about our physical condition while we are in normal health. And when illness does fall upon us it will be full time enough to give thought to the matter, call in the wise physician, and be quickly healed. Such advice universally followed would doubtless result in great benefit to the doctor's pocketbook and be received with joy by his fellow practitioners, but the day for such blind obedience by the layman is happily past.

GEORGE LOCKWOOD.

Objects to the Navy

TO THE EDITOR:

In the question column of your magazine, you compare the conditions of the average enlisted man in the navy as favorable to the average civil occupation.

I read your magazine with interest, but I am not so well pleased with your comparison as indicated above, because it is misleading. In no way is the average enlisted man's opportunity for culture, physical, spiritual or mental, to be favorably compared with civil life.

The long periods of confinement aboard ship in hot foreign countries make veritable brutes of some of the men. The diet of white bread and canned meat is not fit food for these climates. Apples, oranges, nuts, etc. are only served about three or four times a year—New Years, Christmas, and one or two other holidays. Men can buy fruit but must pay out of their own pockets.

There is no choice regarding ship, station, dress, food, time of rising and retiring. No two ships' companies are treated alike in the matter of privileges, food, liberty and punishment. Punishments consist in being confined aboard the ship for months in iron chains around the wrist and ankles, besides losing two or three months' pay. A promise made by a recruiting officer does not bind the captain. A deserter is not necessarily a coward, especially in time of peace, but one who knows that it is useless to ask for a discharge. Men addicted to drink do not desert. The chance of an enlisted man becoming a commissioned officer is about one in 5,000. Ability and sobriety do not insure promotion; an enlisted man is to have no ideas. The absence of the refining influence of women brings out undesirable traits in deportment and in speech.

M. O. P.

Manila, P. I.

A Girl's Opinion of the Condemned Serial

TO THE EDITOR:

Just a word in behalf of the serial story, "Growing to Manhood in Civilized (?) Society." Let me tell any of the readers who are against the story, that it was hearing and seeing just such disgusting things, set forth in the con-

demned story, that kept me on the right path in life. Seeing and hearing of things pertaining to sex in such a manner, when a girl of sixteen, made me completely disgusted with the world and I immediately stopped going to dances and any place of gaiety, and my only wish was to die. It seemed as if there wasn't any innocent pleasure for me any more. I would say things in innocence and immediately one of the dirty minded company would turn the meaning around until I was afraid to utter a word, so I dropped my companions and married, without love, hoping to die of childbirth. But it was decreed to be otherwise and I have gained knowledge and wisdom by that expensive teacher, experience.

"Growing to Manhood in Civilized (?) Society," is not one bit overdrawn and is the whole truth of society, behind the scenes. No doubt, the story is shocking to unhealthy minded readers, who think it is awful to have such things told right out loud to everyone. I have been reading the discussions for some time and I can control my voice no longer. Let the story continue, is the wish of

"A FIGHTER FOR PHYSICAL CULTURE."

Butte, Montana.

Facts About Farmers

TO THE EDITOR:

For several years, I have been a reader of your magazine and am especially interested in the Comment, Counsel and Criticism department. As I am a farmer's son and work on a farm the year round I take great interest in the letters about farmers, and one by R. L. King, in the April issue deserves a reply.

I agree with R. L. King, that a farmer has a better chance to live a physical culture life than the city man, but does he use his chances? I will proceed to answer this question.

I don't know in what part of the country R. L. King may live, but it is certain that his description of farmers is not true of the farmers in this section or any other where I have been. Most of the houses about here have the windows closed tightly from fall till spring, and no outside air is let in except when someone goes in or out the door. The farmers about here get up in the winter time at any time between six and ten o'clock. I am beginning to believe that R. L. King lives in Alaska or else he overdraws for effect, for in central Minnesota, where I live, there are seldom more than half a dozen days—and many times not that many—in the winter when the thermometer is twenty below zero. On these days the farmer generally stays in the house all the time except the two or three hours a day that it takes him to feed and water his stock. It must be a very poor manager who would wait till the coldest days to get wood to keep his family warm, and it must be a very poor country where a man must work from two hours before daylight till dark every day to make a living. Instead of the frigid atmosphere which R. L. King tells of, most farm houses that I know of are

warm enough in the morning so that a man does not have to fall over himself dressing.

The farmer's diet consists mainly of white bread, pork, potatoes, coffee and cake, and it is seldom one sees a healthy farmer in this vicinity, although this is considered a very healthful climate. I think I have said enough, and I think that my description of the farmer is a far more correct one than R. L. Kings. I am a physical culturist myself, and I hope that conditions will soon change and make the farmer's life the ideal one.

Beardsley, Minn.

R. T. STEGNER.

Why are We Vegetarians?

TO THE EDITOR:

There are several reasons why people are vegetarians. Some, like myself, hold to the idea primarily for moral reasons. Others believe in it from a health standpoint, also a moral reason, though not exactly in the same sense as contained in the first mention of the word. But I do not think there is one who is a vegetarian because he wishes first of all to hurt the live-stock trade of this or any other country. And, on the other hand, I do not believe any of our flesh-eating brethren indulge their appetites for flesh foods solely to uphold the great and glorious live-stock trade—except John Franks of Kansas City. To this lone patriot belongs the honor of being a meat eater solely to support the American live-stock and dead-stock trade. Maybe I do this friend too much honor. But his letter, which appears in a recent number, would suggest that I am right in attributing to him this lofty motive.

I have been a vegetarian quite a long time now, five years or more, and of course have heard all kinds of reasons advanced why I should not be a vegetarian. But I must confess that Mr. Frank's objections are the most humorous and ludicrous I have ever yet encountered. I am well acquainted with the names of the men who compose the beef trust. None of them, however, is that of your correspondent, and so I cannot impute to him motives of self-interest, unless he indulges lowly but honorably in the physical culture occupation of raising fowl or cattle, and incidentally killing one or two occasionally.

In view of Mr. Frank's statements, it is perhaps useless to state that of all branches of trade, there is none in which so much fraud and adulteration obtain than in the live-stock and dead-stock business. One wonders if he ever heard of a book called "The Jungle." It is evident from the tone of his letter that he knows little or nothing of evolution or progress in any shape or form. For instance, he says that if you hurt the packer, you hurt the farmer and dairyman, and eventually, the whole country. Now it is a moral axiom that if a thing is wrong, it must go, though the heavens fall. But, in this connection, will the heavens fall, will the country be ruined? History and experience teach that the march of events, generally adapt themselves to the people and existing

conditions. For instance, when electric cars superseded the old horse cars, were the horses immediately shipped to Kansas City stock-yards, and the men drowned in the Missouri? Not at all. The changes came gradually, and conditions altered according to the needs of the people. So in the matter under discussion. As the vegetarian cause progresses, and the demand for meat grows less, there will be an increased demand for fruits, cereals and vegetables. And the farmer, the dairyman and the packer will gradually fall in line with these new industries, and the change, from an economic standpoint, will be practically imperceptible. As to the objection that, while meat is subject to disease, so also are plants—as to this, it is too much for me. I merely mention the name of Mark Twain, and pass on to the Bible, which our correspondent brings forth to defend his views. In this connection, I am reminded of Shakespeare's words,

"What damned error, but some sober brow
Will bless it and approve it with a text."

We are told that as far back as Bible and historical times people ate meat. So why change now? Ye gods—this from a reader of *PHYSICAL CULTURE*. As far back as Bible times and as far back as history relates, people indulged in drunkenness and immorality and vice of all kinds. So why change now? Why indeed!

In conclusion, let me say that the question of vegetarianism is a very large one, and not to be disposed of by such ridiculous reasons as I have just dealt with. Nor must it be dealt with too dogmatically by either side. Time alone will prove which diet is best suited to mankind. Such sordid considerations as business and profit-making will not be considered, nothing but the one grand aim of all true physical culturists everywhere, which is a happy and healthy manhood and womanhood.

JOHN C. TEEVAN.

Hamilton, Can.

Marry a Physical Culture Girl

TO THE EDITOR:

"Intaglio," who recently asked the advice of your readers, is indeed placed in a very puzzling predicament, at least it would be so to a great many. He loves a girl who does not believe in physical culture principles, who absolutely refuses to discuss the same, and will not commit herself. What assurance has he that after marriage she will not also refuse to discuss the matter, or to adopt physical culture ideas and practices? She may insist on wearing corsets, high-heeled shoes, dope herself with innumerable potions and pills from the druggist's, insist on drinking coffee and tea, and gorging herself with the thousand and one indigestibles so common on the American table. Ill health is sure to result sooner or later, no matter how robust and healthy she may be now.

Nature, thus outraged, cannot always properly perform her functions, and as health

fades away, so will beauty. Ill health not only means loss of beauty of face and figure, but also peevishness, irritability and other things even worse. Under such conditions, motherhood, if not impossible, would become repugnant to a woman, to say the least. Could you consent to be a party to bringing into this world an unwelcome child; one who is hated and despised even before it is born; a child hampered for life by a prenatal influence of hatred and resentment, of bitterness of spirit, to say nothing of its physical shortcomings? Under such influences are born the future criminals of the earth, and even if not criminals, do you suppose such children will ever become great and good? Even the influence of a loving father cannot always counteract or make up for the loss the child has sustained in being deprived of its inalienable right to be well-born. And if the child is unwelcome, born of chance, do you suppose that in the first tender years of its existence, when it must necessarily be entrusted to the care of its mother or the not always tender mercies of a nurse, it will get the care to which it is entitled? Could you, would you dare, as a believer in, and an exponent of physical culture principles, so curse your own offspring, your own flesh and blood? When the child grows up, could you look him or her in the eye without feeling that you are guilty of a crime? Yes, crime is the word, for I can think of no greater wrong than that done to the unborn generations who as yet can offer no protest.

You speak of love; you love the girl and she loves you. How long do you suppose love would last under such a strain? It would die a speedy and violent death. Even love cannot always dethrone noble principles and right. Just picture to yourself a wife, with health and beauty gone, a peevish and irritable temper, a household of strife and dissension, and worst of all, children, cursed physically, mentally and morally, not only to carry their load through life, but to further hand down their shortcomings to the next generation.

Of course there is a chance that you may convert her to your side after marriage, but it is a risk you cannot afford to take. It might take years to do so and then what have you? One or more children perhaps, in the predicament I have just mentioned.

Look around you, my brother, before you take the fatal step; look at the women you meet in the street, how many of them do you see in whose eyes the light of love and hope has died out, women, stooped, old before their time? Look into the eyes of their offspring and see the effects of such marriages; pale, sickly, listless children, whose parents through ignorance have given them frail bodies; the children of lust, in whose eyes you will find the criminal instinct lurking—dormant perhaps, but there nevertheless, only waiting for opportunity to make itself manifest; the children of chance, idiotic or perhaps worse. The picture is something awful to contemplate, yet I have merely stated a few facts. Let every young man and every young

woman watch and look into the eyes of those they meet in the streets and the eyes will tell their own story. I have no words at my command strong enough to picture the warning I would like to give to the coming fathers and mothers of our race. It is high time for every young man and woman to think a little more of the serious side of life when contemplating matrimony. Life is not merely a song, an existence of love and kisses and other nonsense. I believe love and kisses or a little sentimentality are essential, or at least go far toward promoting happiness, but we have a duty to perform and we should do that duty well or let it alone altogether. It is far better to go through life single and alone, than to bring forth offspring that is a menace to posterity.

Even if you do not love the physical culture girl, marry her anyway, if you can. With your high ideals and lofty natures, peace and contentment will reign supreme in your home, bright happy children will grow up around you and love will follow naturally. After all, love is more of a physical trait than mental, and soon dies where there is no physical attraction. By all means marry the physical culture girl. If you can win her, you will have a treasure that the wealth of earth cannot buy, not only as a wife, but the coming generations will grow up to reverence your memory for giving them that greatest and best of all heritages, "A sound mind in a sound body." From an old warrior who has been in the battle.

SCARS.

Dangers Must be Pointed Out

TO THE EDITOR:

In "Growing to Manhood" you have laid bare many facts that surely ought to guard youthful minds from errors that evil associations are prone to bring. These associations are the peculiar conditions of perverted society. The young folks are quick to see and hear. We old heads were young once, and we never were parentally cautioned about these perversions. We had to learn as best we could, and only by accident did many of us escape the dangers perverted society seemed to set for all youth. Your serial seems to take the right course to properly instruct. Dangers must be taught as clearly as plain English can tell. If parental guidance is lacking, then public advice and instruction should be in plentiful evidence.

"W. D. W." is in error when saying: "The study of disease increases disease." "The study of poverty multiplies the poor." Can't we banish both diseases? It's a poor encomium upon both parental and public morality that allows disease of any kind to exist and thrive. No medical, clerical or legal doctors have the potent save-all tableted and are applying the cure. Why not? Heroic causes require heroic methods—plain talk and honest pointing out. The pioneer mode of enlightenment was to show what dangers really are. Go ahead, Mr. Macfadden, PHYSICAL CULTURE is filling the void the other doctors are leaving.

J. N. LEE



THE VIRTUES OF OUR METHODS PROVEN

A Consumptive Cured

TO THE EDITOR:

I cannot begin to tell you the benefit you and your magazines have been to me, personally, and it is also a great satisfaction to me to know that I have done others some good by teaching your principles, in one case with the result of restoring to health a young lady who had consumption. A little over a year ago, Miss Ina Wightman, of this city, was pronounced a victim of this dread disease by two of Little Rock's best physicians, who advised her to go to Denver, Colo., as soon as possible. Meeting her by chance shortly before her departure, I undertook to give her lessons in deep breathing, dumb bells, Indian clubs and body movements. She improved rapidly. Going to Denver, she found the trip too much for her and returned soon very much worse, and much discouraged. After much persuasion she took up physical culture again in earnest and is now quite well. In this case it was pure air and exercise alone, since she would not fast, that wrought the cure.

Her father, after reading my statement, says I have not made it "strong" enough. The physicians positively refused to prescribe any medicine, and after seeing the system I had laid out for her, plainly told her that exercise—physical culture—was the only thing that would save her life.

I am forty-four years of age. By exercise alone with no attention to diet, I increased my weight eight pounds in six weeks—bringing it up to the standard. I take from five to fifteen minutes exercise every morning, sometimes running a mile or half mile, followed by a cold water bath, (snow or ice when there is any,) and rub-down. Ride a bicycle three miles to my work—and then I feel in condition to work. I take a hot bath often enough to keep clean, but am chary of hot water, as it has a depressing effect.

Just "keep on keepin' on" in the good work, and the reward of a well-spent life—a noble work well done—will be yours.

J. E. T.

From Sickness to Health and Happiness in Sixty Days

TO THE EDITOR:

I feel that I ought to write to you, after sixty days of physical culture treatment.

I have done nothing for five long years but doctor. I have visited and taken treatment from sanitariums and regular physicians from one to the other. I took four courses in sanitariums in four years, one

course each year. For the past thirty days I can say I have my health fully restored; I feel just as well as I ever did, and work and feel fine and I am so thankful that I cannot help praising God for allowing me to live and enjoy everything. I was so discouraged that I thought I would be better off dead than left to live and be miserable. I felt a sort of fear of everything and everybody, and I could not sleep well, now I sleep as soon as I go to bed, and never wake up until five in the morning and I go to bed at eight in the evening, and wake up feeling very much refreshed.

I must tell you what made the change. First, I stopped eating three meals a day. Formerly I thought I must eat or I would die of starvation and I often ate when I was not hungry, thinking that I must. Now I eat my breakfast at eight A. M. and supper at four and I do not eat half as much as I did, and I chew my victuals thoroughly. This has made a change in me that I cannot describe. I greatly enjoy the morning cold bath and friction-rub and I go bare-footed all the time except when I go to the town or to church. I was in the mercantile business for twenty-six years at Sioux Falls, South Dakota, and I had to quit it on account of my health. Doctors advised me to go out on a farm and take a rest. I bought a farm in California, but I am sure it was not the farm that cured me—it was the advice I received from Bernarr Macfadden. I see now that it is as you told me—a nervous man can not digest more than two meals a day, but I tell you I get very hungry between meals, for I get up at five in the morning and work until five and six in the evening and I enjoy every minute of my life—something I have not done for five long years. I am now forty-six years old and feel as good as I did when twenty.

JONAH JONES.

Long Beach, Cal.

Physical Culture vs. Drugs and Doctors

TO THE EDITOR:

I took up physical culture two years ago and after carefully following your instructions for a short time I recovered from rheumatism and catarrh, after doctors and drugs failed to even relieve me. I shall always be a physical culturist because its indulgence affords me pleasure as well as perfect health. I wish to express my thanks to you for the satisfactory results I have already achieved.

MR. C. D. WINGET.

Springfield, Ohio.

An "Incurable" Enthusiasm

TO THE EDITOR:

I wish to state that I haven't any of the incurable diseases you mentioned, thank God, for which I am very lucky. I wish to make it known to you and the public that before I took your system of physical culture exercises I was weak and puny—and I am very proud of the development I have obtained from your instructions, for which I am very thankful to you. And if I may be of any assistance to you in your good work I will be very glad to do so.

My back, chest, legs and stomach are all ridged with pure muscle; and there is not one soft spot on my whole person. Some boy friends of mine say I should pose, for they say I would take well.

HERMAN C. ORTH.

Allegheny, Pa.

One of the Life-Saving Influences of Physical Culture

TO THE EDITOR:

When about twelve or thirteen years of age I fell in with several other boys and together we formed the acquaintance of an old bachelor, who would give us money to spend, and all sorts of amusements, but with it he filled our minds with filthy talk, and I learned from him the horrible habit of masturbation, and in my ignorance and lack of parental teaching along this line, practiced the disgraceful habit until about a year after I broke down and had to stop school. Of course father and mother did not know what was the trouble, and after consulting several doctors, each of whom "treated" me for all sorts of ailments, and doctoring with one of them for about a year for "heart disease" I was about ready to die. I was filled with disgust, and having some vitality left I stopped the habit, but was left weak and nervous, with a bad case of indigestion and catarrh. I suffered thus, being only half alive, until last summer, when I broke down and had to give up my position, and again consulted the best doctor in the city where I was then living. He did me no good whatever, and I was having two and three hemorrhages from my throat every day, and weighed about ninety-three pounds. I came home to C— and consulted another doctor, who filled me with his tonics, douches, etc. I improved for a while, but as soon as I stopped his medicines I went back to the same condition as before. I had about lost hope, when I determined to try physical culture methods. I sent for your book on *Virility of Manhood*, thinking the former habit of self-abuse was the cause of my weakness, and began the exercises, friction and sitz baths, and immediately noticed an improvement. This was four months ago. I have continued these exercises since; gained 18 pounds; eat and sleep better and filled with hope, I am now on the way to normal health; although I have not yet perfectly attained it, I am determined to keep on until I do, even if it takes months and years to accomplish, for I was about gone, and I know it

takes time to cure. I have learned how to eat, what to eat, and when; get all the fresh air possible, and although my home folks and friends make fun of me for eating so slow, and chewing my food "a thousand times" (they say), I will not be discouraged. I have given up sugar, sweet stuff (which I could not get enough of), and masticate thoroughly every mouthful, and drink no liquid (I now drink water and milk only) until after meals, and have about cured my indigestion, and am almost free entirely of the catarrh, which the doctor said had almost reached what he termed the "tertiary" or critical stage.

I am now 25 years of age, and if it was Christian-like, oh, what revenge I would take on the bachelor who robbed me of some of the best years of my life! I have since learned that other boys have been ruined by him, and his own brother died from the effects of this "damnable" habit learned from him. I wish I had known then what I have now learned from your books, but am thankful for the saving of my life now by physical culture methods, for the doctors had failed utterly—yet they had to have their money for doing more harm than good in my case.

W. T. B.

Physical Culture Made Him a New Man

TO THE EDITOR:

For some time past I have bought your most excellent magazine at the news-stands, and read it with a great deal of interest, and I want to say that it has done me much good. For some years I was troubled with a weak stomach, brought on perhaps by nervous strain. I also had frequent colds. Since reading your magazine, and profiting by hints suitable to my case, gleaned here and there, I have by these simple methods, exercises, fresh air, abstinence from worry, proper food, moderate eating, thorough mastication, dry rubbing of the body, cold sponge baths in the morning, proper clothing, and various other sensible remedies suggested by your publication, entirely cured my stomach, and have not had a cold for over two years. My brain is clear, my circulation perfect and my entire body is full of vigor. Pessimism has given place to optimism; the world seems bright and cheerful and business is a genuine pleasure. Thanks to your efforts!

I have watched your struggle against odds in an unselfish fight for a noble cause—the physical and moral upbuilding of the human race. Let the fight go on, boys, you have the thinking people of our country with you in spite of Comstock and other misguided "mistakes of Nature" of the same ilk, to the contrary notwithstanding. The world is gradually waking up to the fact that it is facing stern realities, and that the manhood and womanhood of the nation is at stake. Let us hope that when it gets sufficiently aroused the quacks and patent medicine swindlers will be matters of history only.

Yours for a vigorous mind in a healthy body.

L. J. BERKEY.

Minneapolis, Minn.

General Question Department

By BERNARR MACFADDEN

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

Reducing Weight

Q. I weigh 260 pounds. I work in a store in a city in which there is no gymnasium available. I have no other opportunity for exercise. How would you advise me to reduce my weight, and to what extent?

A. Gymnasiums are not necessary for purposes of exercise, as I have repeatedly tried to demonstrate in this magazine. You can take all the ordinary movements that you require in your own bedroom and without apparatus, if you are energetic enough to really desire to improve yourself. I would especially recommend long walks after your working hours, and particularly long tramps on Sunday. During these walks you should breathe deeply, and the pace should be brisk enough to make you perspire if the weather is warm. If you are vigorous enough, long runs, or rather jogs, would be exceptionally valuable. Do not, however, carry these to the point of exhaustion. Tennis and other exceedingly active games would be of advantage. You must remember, however, that there are a number of factors which tend to produce your excessive weight, among them probably your diet. This must be given attention. You should eat two meals per day instead of three, and, if you still find that you cannot reduce weight, adopt the one meal per day plan. You should find yourself much stronger and more energetic when following this plan. It is impossible for me to state arbitrarily just how much you should weigh, for this will depend upon your own temperament and height. You should reduce to that weight at which you feel most vigorous and capable of the greatest amount of work physically and mentally, whether this be 150 pounds, 175 pounds, or any other weight. When at your best weight you should be capable of the best athletic activity, and, of course, you can judge this better than any one else.

Fasting for Thin People

Q. Can a very thin person take a short fast in summer with benefit? How much would one lose in weight in one week while fasting?

A. It is obvious that the more flesh one carries the longer he or she will be able to fast without losing too much vitality. Nevertheless, it is frequently the case that a short fast of one or two weeks will be of very marked benefit to one who is already much reduced in flesh. This, for the reason that a lack of flesh is often due to a weakened digestive system, poor assimilative power generally, and perhaps a stomach that has been overburdened by excessive food. The result of the fast is to strengthen the digestive powers by giving the organs a rest and the opportunity to recuperate. It is usually the case that after one builds up tissue at the conclusion of a fast he weighs more than he did before. If there is any constitutional condition such as impure blood, or any other diseased condition which seems to call for a fast, then, unquestionably, it would be of benefit. The question as to how much one would lose in weight in one week, would depend largely upon the activity of the individual and the amount of water consumed during this time. If water is used freely, there is not so much loss in weight.

Chronic Drowsiness

Q. I am annoyed a great deal with a feeling of drowsiness, which comes over me every day during my work. I apparently sleep enough at night, but I am always sleepy when I arise. Can you give me a remedy for this condition?

A. As a rule the best remedy for sleepiness is sleep, though if you already spend a sufficient number of hours in sleep, the feeling in your case must be due to some abnormal habit or condition. For instance, your functional system may be overtaxed by the practice of over-eating. Your drowsiness when at work is perhaps the result of having eaten too hearty a meal at noon time. If you are subject to dissipations of any kind, these may be responsible for your complaint. There may be a number of other circumstances which have resulted in your arriving at a conclusion of low vitality, perhaps, habitual lack of exercise among these. Any one who lives a life of virtual physical stagnation can hardly expect to retain a normal degree of functional and nervous energy, and it is simply the lack

of energy that makes you sleepy. I can state nothing more definite in reply to your query without knowing more exactly your general habits and conditions of life.

Muscle-Tensing Exercises

Q. In exercising with dumb-bells, is it better to make the movements with muscles vigorously tensed, or simply to make energetic movements without such tension, or does it make any difference?

A. The answer to your question would depend largely upon the individual and the object to be attained by the exercise. If one does not possess a very vigorous development, and merely desires exercise sufficient to accelerate the circulation for the purpose of building health, then it would be satisfactory to make the dumb-bell movements without any special tensing of the muscles. Of course, I assume that you refer to very light dumb-bells. However, if one wishes to gain a powerful muscular development, he can attain his results more quickly by energetically tensing all muscles concerned with each movement. Of course, if heavy dumb-bells are used, it will not be necessary in order to build up great strength, but ordinarily the use of great weights cannot be recommended. There is no physiological injury that you need fear in connection with the practice of tensing movements, although one or two so-called physical culture experts have appeared to condemn this method of exercise. If you wish to gain strength in any muscle, it is only necessary that it be vigorously used, and it does not matter whether the resistance furnished consist in weights or other apparatus external to the body, or in an opposing set of muscles. I might say also that it is not so much what system of exercises one uses, as the fact that the muscles are exercised in some manner or other, that is of greatest importance.

Consumption and Office Work

Q. My parents, two sisters and one brother have died with consumption. I am engaged in office work, but my lungs are in excellent condition, and so far I have no indication of the disease mentioned. Do you think it will be safe for me to continue to do office work, if I take an hour of gymnasium work each evening, and spend one hour in the open air each day, engaged in brisk walking combined with deep breathing exercises?

A. Of course the confinement of an office is always more or less against one, though the length of your working hours and the ventilation of your office are important factors to be considered. However, in ordinary office work, you can feel satisfied that you need have no fear of the disease mentioned

if you take one hour of gymnasium work each day and walk for one hour in the open air, especially if you make a practice of deep breathing during this time. You need not be alarmed at what appears to be a hereditary tendency towards consumption, for if your own habits of life conform to the laws of Nature, you need have no fear of the disease. I would caution you against one thing, the danger of over-work and consequent exhaustion which is frequently a possibility in connection with confining office work. *Low vitality*, as a result of over-work, is one of the most common causes of consumption.

Base Ball Arm

Q. I have a continued soreness in my right arm, just above the biceps, as a result of pitching ball, which has annoyed me greatly for several months. Will you kindly suggest exercises to remedy this?

A. The complaint you mention is unquestionably in the nature of a strain, and for that reason you should avoid exercising that part in any way until the affected tissues have had an opportunity to mend. A strain of any kind requires absolute rest, and if you have continued playing ball since your injury, that fact will account for your failure to note an improvement in your arm. Each time you use it, you strain it again, and thus perpetuate the trouble. Wrap a cold wet cloth around the affected part each night on retiring, allowing the same to remain until morning.

Canned Foods

Q. Will you kindly advise me as to the value of canned foods or fruits as compared with fresh and uncanned articles; also if any ingredients enter into the preserving process which could be classed otherwise than harmless?

A. It is always well to be skeptical in regard to the character of canned foods, especially those put up in tin, or those in which pleasing color enters into the attractiveness of the food in question. It will be impossible for me to state definitely that certain articles are adulterated or impure, nevertheless, it is a fact, that in many cases certain chemicals are used for preserving purposes, which are injurious to a greater or less extent. Since there has recently been a great deal of agitation in regard to food adulteration, we may expect an improvement in the quality of canned goods in general, nevertheless, it is an excellent thing to avoid them as much as possible, and confine the diet to fresh and uncanned foods. Those articles of diet which are preserved by the process of drying, such as beans, peas, and evaporated fruits, can be recommended in place of similar foods preserved by canning.

The Organs and Their Purposes

No. 6.—THE NERVOUS SYSTEM

This is the sixth of a series of articles having to do with the various organs of the body, the part that they play in the total scheme of the system, and the manner in which they perform their work. It is a curious and lamentable fact that although a knowledge of the machinery of our bodies is of prime importance to us, yet as a rule, we are more or less ignorant of it, and its actions. One of the fundamental laws of health and happiness is embodied in the maxim "The proper study of mankind is man", in both a bodily and spiritual sense. Nevertheless it is the law that is most ignored, with resultant sickness and unhappiness. It is true that in our schools there are so-called physiological courses, but these are alike unto the majority of the other "courses" that are inflicted on our children by the usually idiotic public school curriculum. That is to say, the physiology so taught, is shallow, insufficient, and of such a nature in general that it is promptly forgotten by the child who has learned it in parrot-fashion. In these articles will be told tersely but intelligently, the story of the organs on the lines indicated.—Bernarr Macfadden.

THE nervous system is the energizing and harmonizing apparatus of the body. It consists of two kinds of nerve tissue—first, gray matter or nerve cells, and second, white

end-organs are specialized apparatus for the immediate transmitting or receiving of impulse for motion or sensation.

The whole nervous system of the body



Upper Surface of Brain



Median Vertical Section

matter, composed of nerve fibres and end-organs. In the gray matter are nerve cells or the central source of nerve energy, the white nerve fibres are the wires over which this is sent, while the

may be compared to a telephone system; the gray matter, the central offices; the white matter, the wires; and the end-organs, the local telephones. The gray matter or central offices, like a telephone

system, has one great exchange and many smaller ones. The great central exchange is known as the brain, while the smaller ones are such as are found along the spinal cord, and many other parts of the body, in the form of small lumps of gray matter called ganglia. In the white matter—the nerve fibres or wires—we have the same simile carried out, for we find single fibres or wires going to certain end-organs or local phones, as well as large cables or

bunches of wires passing along through the body giving off here and there one or more wires; the greatest example of which is the spinal cord.

In our discussion of the nervous system, which will continue through several issues, on account of its length, we will take up, first, the separate divisions of this great human telephone system, and when these are described it will be our endeavor to explain in what manner and to what end the whole works as a unit.

THE BRAIN

First and foremost in this description comes the brain—which is the great central telephone office—situated in the skull and occupying the whole interior of the same. It is easily divided for purposes of description into three parts: the cerebrum, or fore-brain, the cerebellum, or hind-brain and the medulla or connecting link between the above two parts and the spinal cord, or great cable. The cerebrum, or fore-brain occupies all that portion of the skull situated about the level of the openings of the ear, it is held in place by a stout white fibrous membrane, which encloses it in a firm, elastic case, by which it is attached to various places in the interior of the skull. It rests upon the floor of the skull from the forehead as far back as the rear of the ears, and thence to the back of the skull it is supported by a strong, fibrous membrane which is known under the name of the roof of the cerebellum. This membrane separates the fore-brain from the hind-brain.

The cerebrum or fore-brain is roughly of the shape of half a walnut kernel, its average weight being forty-nine ounces in man, while the brain of the average woman weighs five ounces less. It is soft, easily torn, and is held together for the most part by a very fine network of elastic fibre which permeates all its parts. The gray matter or nerve cells of this part of the brain is found in a layer of about one quarter of an inch in thickness all over its surface. This surface is not smooth, but is thrown into multitudes of tiny hills and valleys, a good deal like

the markings on the surface of the walnut kernel previously mentioned. This formation is for the purpose of making a larger extent of surface than if the exterior were smooth.

The rest of the fore-brain, or the inner portion of it, is composed of white nerve fibres which connect not only this brain with the hind-brain or cerebellum, but also with the spinal cord, and also each portion of the cerebrum with every other portion thereof. The cerebrum is divided by a large fissure, running from the front backward, into two equal parts, lying one on each side of the cavity of the skull; these are called hemispheres. Between these two hemispheres we have a band of white nerve fibres, running transversely, which connect the two sides of the cerebrum together. This band is known under the name of the "hard body." Then there are bands of white nerve fibres passing from one portion of each side of the cerebrum to other portions of the same side, and also running downward from each half of the cerebrum in the form of a cable which afterwards divides into two cables, one connecting with the hind-brain, the other with the medulla, and this cable is known as the arms of the cerebrum. In each half of the cerebrum there is a large irregular space known as a ventricle, which is more or less filled with fluid known as cerebro-spinal fluid. This cavity is a water cushion, and is for the purpose of taking up any and all shocks which may come to the brain, and of making them harmless to that tissue.

(To be continued.)

Paralyzed Legs Made Useful

Unable to Stand for Nine Months, Mr. Ferguson Acquires the Use of His Legs Under the Influence of Physical Culture Methods

IT will probably be considered unbelievable by many readers that physical culture methods should attain the results so aptly illustrated in this article. Mr. J. R. Ferguson, a resident of Clinton, Mass., has been ailing for several years. For the last nine months he was not able to stand on his feet. His hips and legs were entirely paralyzed. They were growing gradually useless.

sults following physical culture methods so emphatically illustrated and described by the editor of this publication, and determined to give these methods a trial.



Mr. J. R. Ferguson, of Clinton, Mass., who was unable to stand, his legs and hips being paralyzed. Within less than four weeks after inaugurating a course of physical culture treatment he walked nearly half a mile for the purpose of being photographed.

He had tried all the best physicians without benefit and notwithstanding their most earnest efforts, he was slowly but surely going downward toward the grave. He heard of the wonderful re-

Now, please carefully note the results. One week after Mr. Ferguson began a thorough course of the methods we advocate in this magazine, he was able to stand and take a few steps. Day by

day he was able to increase the number of these steps. In three weeks' time, with the aid of two canes, he was walking a considerable distance, and in less than four weeks he walked nearly half a mile to have his photograph taken for this magazine.

This sounds like a fairy story but these are simply unquestionable facts that can be verified by anyone interested in physical culture methods who cares to take the trouble. Mr. J. R. Ferguson is a mason, a well-known and respected citizen of Clinton, Massachusetts, and every word contained in this article will be vouched for by himself and his friends.

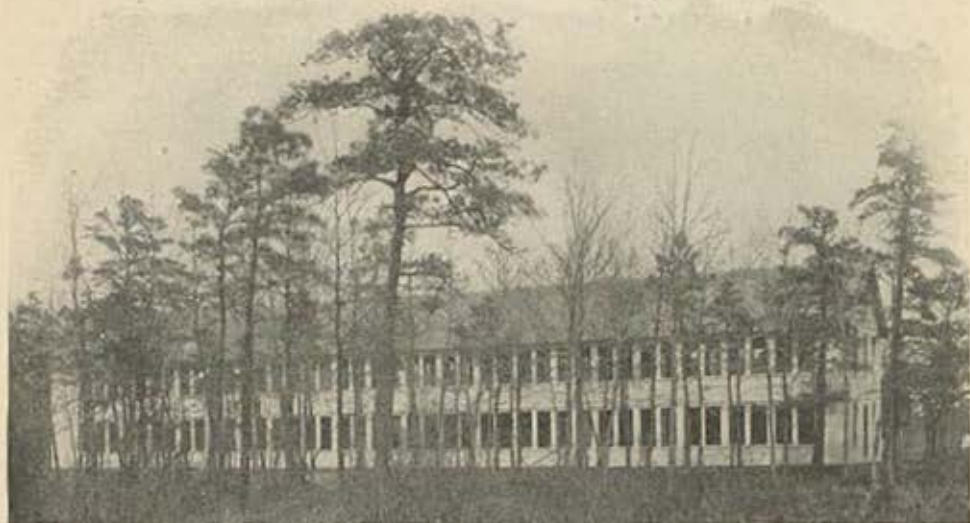
The drug cure for disease is a thing of the past. It began to die slowly but surely a few years ago. It is dying more swiftly at the present time. It will die still more speedily in the future and the time is not far distant when the drug superstition will be only a memory. Drugs do not cure diseases, they simply modify symptoms. A chronic disease is usually made more chronic through the use of drugs.

Through the subscription department of this magazine, anyone who is desirous of following out in close detail a course

of instruction adapted to his particular needs for treating any ailment, regardless of what may be its nature, can secure treatment by simply obtaining subscriptions for *PHYSICAL CULTURE*. This gives every one of our readers an opportunity to help along the magazine as a business proposition, and at the same time to help themselves. Remember, that no disease is incurable if you have vitality enough to remain alive and are not about to drop into the grave.

Weakness is a crime. You have no business to be sick. If you are sick and ailing it is your own fault. A remedy is surely within your reach if you will adopt proper methods. We want to relieve every ailing subscriber of this magazine, and all we ask is that you make some effort to help along the magazine by securing subscriptions.

We have a plain business proposition to make to every reader who is not satisfied with his physical condition. If you have followed the advice contained in this magazine and do not seem to be able to secure satisfactory results, you simply need individual attention to your particular case, and we will be pleased to give you this through our subscription department.



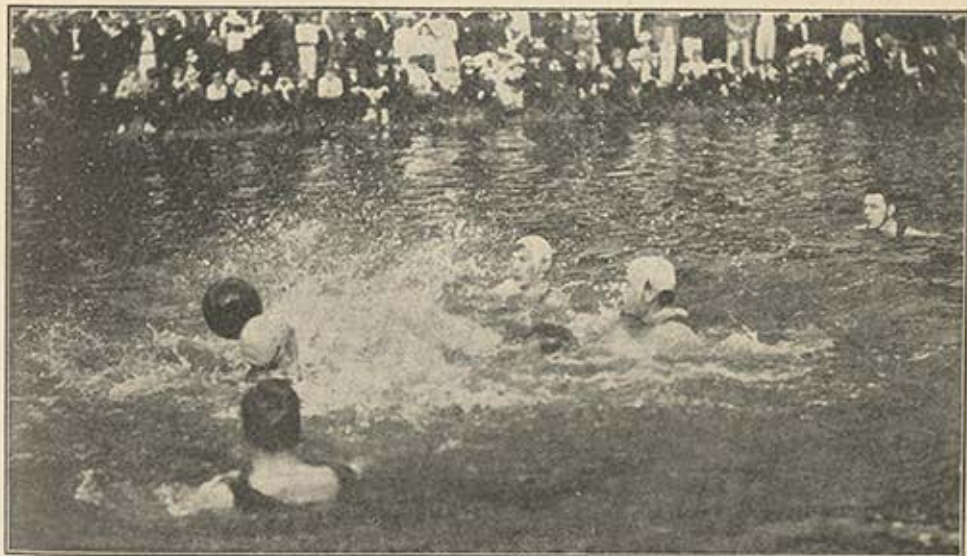
The New Health Home at Physical Culture City. This photo was taken in early spring, before work of construction was completed

The Game of "Socker" or English Water Polo

By L. deB HANDLEY, Captain and Coach N. Y. A. C. Swimming Team

WHEN Mr. George Dockrell, the Irish international water polo player, undertook to teach English or "socker" water polo to the members of the New York A. C., he little dreamed the upheaval that the introduction of the new game would cause in aquatic circles. Coming as it did, just at the time of the outcry against brutal football, many saw in it an expression of the general opinion that in

have it recognized as the official inter-collegiate game. The movement did not succeed, nor could it, for an area of at least 75 by 30 feet is necessary to play "socker" properly, and some of the leading universities do not boast pools of this size. Nevertheless, the game is gaining in favor, and will prove a boon to those good swimmers who would like to play a game of some kind but are not quite up, physically, to the American



The most deadly encounter in "Socker."—A player has just been ducked and passed the ball. Players wear caps so that mates and opponents may be easily distinguished.

water polo, too, a less strenuous sport was desirable than the one then being played under American rules.

Although such was not the case, hope of international competition being the real motive, several teams were formed to give "socker" a fair trial. Results proved beyond the shadow of a doubt the merits of the game, and it was taken up all over the country, some of the colleges going as far as to attempt to

style. It is a great point in favor of "socker," that while it requires great skill to play it well, even a beginner may take part in a match without spoiling it and without undergoing the punishment that is the lot of the green recruit at the American game. This is leading a number of novices, the future champions of America, to devote their attention to it.

To explain the workings of "socker"



How the ball is picked up in "Socket," and then thrown.—First, hand is laid flatly on top of it; second, it is drawn back until arm is at full length behind; third, by a quick twist and turn of the wrist it is conveyed to the palm, where it is balanced, then by a tread-water motion, aided by the free hand, one raises the arm and shoulder out of water and passes much as a bowler does in cricket.

so that the spectator as well as the prospective player may profit by the explanation is not easy, but I realize that the approval of both is necessary to the popularizing of the game, so I attempt the task.

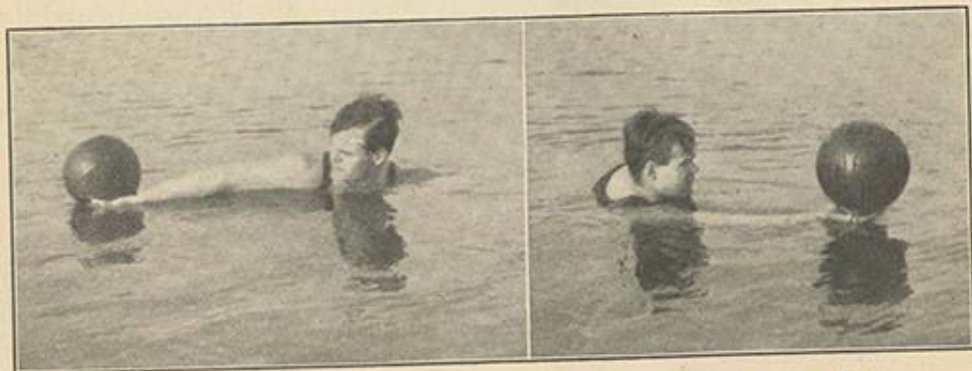
English water polo has been christened "socket" by our swimmers so as to distinguish it from "Rugby," the American game. The names come from the two varieties of football, whose characteristics the different water polo games represent. "Socket" is a contest between two teams of seven, having as object the scoring of points by throwing an inflated leather ball (we use the regulation basket-ball in America) through a ten by three-foot goal situated at each short end of the field of play. This goal is marked by the water, two three-foot uprights, and a ten-foot cross bar.

The teams are divided into two forwards, a center, a half-back, two backs and a goal-tender. The forwards are stationed on either side of the field of play, about ten feet from the goal line; the center stays about half way between his opponents' goal and the middle of

the pool; and the backs cover the rival forwards and center, so that the players are all coupled off, side by side, with the exception of the two goal-tenders, who seldom move from beneath the goal they are defending, and are not allowed to go further than four yards from it under penalty of a foul.

At the start of play, the two teams line up in the water, either on a line with their goals, or a little in front of them, and the ball is thrown into the center of the tank. Then a signal is given, generally with a whistle, and the former dash after the ball. The one who reaches it first flips it over his head to the half back, who has followed him out and then all take their positions. The offense (forwards) having formed, the ball is passed back to them and they attack the enemy's goal. Then the game is on in earnest.

"Socket" is a passing game entirely, and the skill that some men attain in shooting the ball around, using the most extraordinary ways imaginable, is simply wonderful. Our illustrations show a few of the passes most in use, but



A backward pass.—How ball is sent overhead to a half-back at start of play.

experts indulge in gyrations of the body and arms which cannot be clearly described—let alone pictured by two or three photographs. To pass a ball sounds very simple, but to juggle a great big slippery football with only one hand, while in the water, is a thing that requires natural ability and no end of practice.

Mass plays and scrimmages are not known in "socket" water polo and no tackling is allowed. True, if a man is in actual possession of the ball, he may be thrust under water, but "Rugby" players will laugh at the idea of calling this tackling. The English rule compilers took good care to insure against every possibility of rough work, by

are numbered: Touching the ball with both hands at the same time (goal-tenders alone being exempt); holding on to the side of the pool or the railings; standing on the bottom while in actual play; impeding, holding back, pushing off from, or in any way interfering with an opponent who is not in possession of the ball; carrying the ball under water when tackled; pushing off from the side or jumping from the bottom in order to tackle an opponent or play the ball; turning on the back and kicking an opponent; assisting a player at the start or restart; throwing the ball at the goal from a free throw; refusing to play at the order of the referee after a foul, or after the ball has been out of the field



A floating pass.—In making this the player lies on his back and passes forward.



A backward pass.—Ball is shot to a team mate by a quick backward flip of the forearm and hand.

decreeing that on no condition would an opponent be held under water. And as if this were not enough they ruled that if the possessor of the ball did not relinquish it immediately on being ducked he was guilty of a foul. The effort to make the game clean has been carried so far that almost every move one makes is now hemmed in by stringent rules, the breaking of which constitutes a foul. Fouls, as a matter of fact, are the keynote of the game, and as the understanding of them is absolutely necessary to the understanding of the game we will look over their list, noting the punishments they entail.

There are two kinds of foul: the ordinary and the wilful. Among the former

of play; for the goal-tender to go more than four yards from his goal or to throw the ball across the center line.

Among the wilful fouls are: Starting before the word "Go," deliberately wasting time; changing position after the whistle has blown for a foul; taking a position within two yards of the opponent's goal; and purposely splashing water in the face of an opponent.

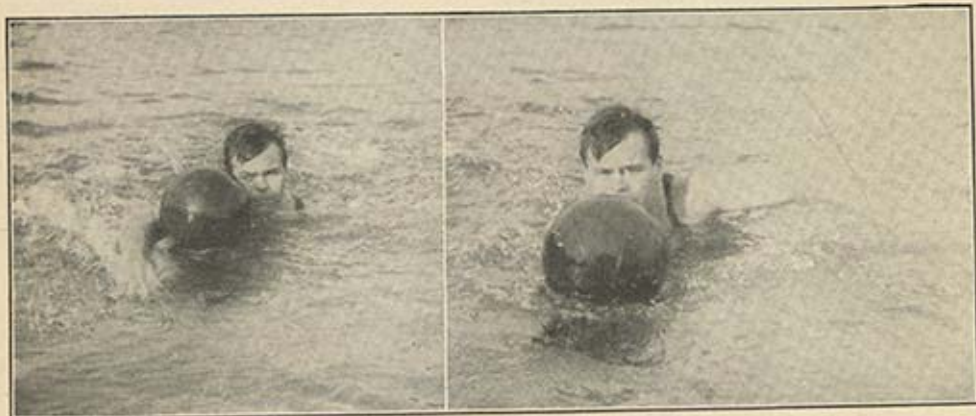
A veritable catechism!

Ordinary fouls are penalized by allowing a free throw to the other side; the man nearest the offender is given the ball where the foul took place. A goal cannot be scored direct from a free throw, the ball must first be handled (played with the hand, below the wrist)

by at least one other player. For a wilful foul the offender is put out of the tank until a goal is scored, and even then he may not re-enter until instructed to do so by the referee. If, in the latter's opinion, an ordinary foul is committed wilfully, it is also punishable by expulsion from the game. Should a wilful foul be committed within four yards of the goal the offender is first put out of the water and then the offended player is given a free throw, called a penalty throw, from any point he may choose on the four yard line. On a penalty throw the player may score directly, without the ball having to touch another player first, so that when one is given, it practically amounts

in between them, as in basket ball; only, the ball cannot be played until it has touched the water.

As may well be understood, all these restrictions do away with all possibility of roughness, and also insure a clean, open game, in which every move is visible. There is no doubt that "socket" fills a long felt want in more ways than one. First it gives us a game that can be safely played in open water, without the danger of fatalities, ever possible in a scrimmage under American rules; next, it provides a pleasant and beneficial pastime for those swimmers who love not strenuous sport, and lastly it presents to the uninitiated an opportunity of seeing an aquatic contest



Dribbling the ball. Ball is kept between the arms and batted ahead by the action of the arm in sprinting.

Another way of dribbling. Sending the ball ahead while sprinting, by nudging it with the nose or chin.

(A player cannot be tackled while he is dribbling.)

to conceding a goal. This severe punishment was made necessary by the constant fouling that occurred on the part of the backs when a score seemed imminent. The defense men realized that if a foul saved a probable goal it was worth indulging in, since no player could score a goal direct from a free throw, and so they fouled at every chance until the game degenerated into a free fight every time a attack was made. Now this has been eliminated entirely.

When both sides are guilty of a simultaneous foul, players from each side are lined up face to face and the ball thrown

which they think they understand thoroughly.

A good feature of "socket" is that individual worth is at a discount. Team-work is even more essential in this game than in others, and no team will reach perfect form unless every player is willing to sacrifice his chances of grand-stand exhibitions on the altar of common interest. Until a man can conscientiously say to himself: "I don't care who scores," he is not really a good player.

In its present stage in America, "socket" does not appear at its best. Most of the promising players have been brought

up to the principle of never allowing a chance to tackle to pass by, and to hold their tackles to the bitter end. What it means to them to refrain from even interfering when an opponent is within four feet of the ball may be imagined—it is practically an impossibility. Just now fouls are so numerous that the game has to be interrupted every few seconds, and especially when play is stopped at a critical moment, it is very annoying. The evil is unavoidable, though; everything new has to undergo a period of trouble before striking smooth water, and there is no doubt that as the players

no team can boast of being very much better than the others.

Speed is a very important attribute in the player, of course, but a man of average speed, capable of, say, 30 or 32 seconds for the fifty, may be far more valuable than a 27-second man if he handles himself better, or shows more ability in other respects. A man who can shoot goals hard and accurately will do a team more good than a speedier man who fumbles and cannot throw. Therefore no one should think that proficiency is beyond them. Let everyone try it. This is a game which can be



The three forwards of the N. Y. A. C. team of "Socker" players. (Left to right) Ted Kitching, C. M. Daniels, Captain L. deB Handley. In background can be seen the "Socker" goal. Forwards start in this position.

get used to the new rules, the fouling will disappear. Some of the clubs are making their swimmers choose between American and English water polo, so that no man will play both, and the point is well taken, for one is the very negation of the other, and only the most versatile and heady of players can tackle both at the same in time in a satisfactory way.

One of the reasons which encourages the taking up of "socker," lay in the fact that it is new to everyone, and that

played for the mere pleasure of playing it, as there is no drowning or punishment attached to it, and a friendly match can be arranged on the spur of the moment at any of the beaches or summer resorts where bathers collect.

We can afford to support two kinds of water polo; we have plenty of swimmers who will be glad to take up one or the other, and there is no reason why they should conflict. Both have proved their merits, and should be adopted without prejudice.

Free Speech? Not Yet—Not Yet

By PARKER H. SERCOMBE, Editor of the "Tomorrow Magazine"

Following are given some portions of the speech of Mr. Sercombe at the reception tendered to Mr. Moses Harman, at the Masonic Temple at Chicago, subsequent to the latter's release from prison. Mr. Harman was and is the editor of the publication entitled "Lucifer," which is an advocate of Eugenics or Human Culture. Some months since, prudens in office, took exception to statements made in "Lucifer" on the ground of their alleged "obscenity," and Mr. Harman was arrested, tried, found guilty and sentenced to a term of imprisonment. Public feeling was aroused in his behalf, the authorities were denounced and when he was freed, his friends and sympathizers gave him a reception of so cordial a kind that it must have done much to console him for being the victim of what many did not hesitate to characterize as a legal outrage.—Bernarr Macfadden.

UNDER the protection of secrecy, the sex life of millions of our race has become a graft, a debauchery, and an outrage, that publicity would prevent or cure, and yet imprisonment has been the fate of some of our noblest humanitarians—victims of collective ignorance and false modesty, which in the interest of a wrong system have cried "obscene, obscene," until they have forced decisions of judges and juries.

Our forefathers thought that they took a marvelous stride forward when they declared for free press and free speech, whereas the conception they had reached was exactly what the Pilgrim Fathers had run away from—viz., a freedom to discuss the affirmative side of what the majority already believed in. So instead of inaugurating free press and free speech, they simply set up a slightly different set of ideals, and proceeded to punish with ostracism, imprisonment and death those who opposed them, while the spirit of "toleration" involved not only remained unchanged but is still unchanged to this very hour. Witness the conviction and imprisonment of those who dare to write contrary to the fashion of the day on matters pertaining to human sex relations.

It is thus seen that even to this very hour, from the standpoint of the race as a whole, what we call toleration is but a dream; legislation and ostracism continue to condemn, convict and imprison and despoil those who speak or live contrary to the fiat of the majority.

That which we have referred to as free press and free speech in the past is seen to be only a pretense, and we may discern that the reality of free press and free speech can never be experienced in any community of human beings until each individual has achieved democracy in his own heart, a democracy based on such keen habits of justice that it recognizes the privilege of others to express themselves in speech and in life according to the inspiration of their souls.

* * * * *



Mr. Parker H. Sercombe

Moses Harman was sent to prison because he made use of his prerogative of free speech, and the fact that J. Max Barber, editor of *The Voice of the Negro*, was compelled to leave Atlanta on an hour's notice in order to escape death at the hands of a white mob, and the added fact that others have been presented by official prudery for the courage of their convictions, indicate that in the matter of free press and free speech we are not in advance of the days of good Queen Bess.

Athletic Training for the Young People

BY HARRY WELLINGTON

MY young friends will remember the instructions given in my article of last month in reference to running and athletic training in general. I would repeat, for the sake of emphasis, my warning against the dangers of strain or over-exhaustion of any kind in connection with athletic sport. Of course, this caution should apply in reference to exercises of all kinds, but in the enthusiasm of athletic competition there is greater liability of strain than in the practice of ordinary movements for the sake of building strength. I would particularly call attention to the necessity for restraining your athletic activities within the limits of personal comfort. Just as soon as your running races, boxing or wrestling bouts tire you to a point of distress and marked discomfort, it is time for you to stop immediately. The pleasure you experience in the exercise of your sport is evidence that it is doing you good, and you can be sure that as long as you can enjoy it thoroughly, you will build strength and health by the practice of it, but if you attempt to test your endurance day after day and continue your training until you find it painfully "too much like work," then you can make up your mind that you are over-doing it and that it will only result in exhausting you.

I wish to give a few general hints this month which will enable my young readers to hold a "field meet," or, in other words, a general athletic carnival. For this purpose it is desirable that you should understand how to conduct a handicap contest as well as a relay race.

The relay race is really a team race and consists usually of four men in each team, and is a good means of ascertaining the competitive strength of two or more different schools or clubs in respect to the average running ability of the members. The relay race is

usually the most exciting kind of a contest. We will suppose that the distance to be covered is 400 yards, which would be a suitable race for boys, each boy to run 100 yards. In college athletics the distance is usually one mile,



Pyramid-Building by Mr. Wm. Schmidt, of Paterson, N. J., and his three boys. This shows a good way for physical culturists to dress in hot weather, when in camp or any other place where one can dress as he pleases.

each runner covering the quarter mile. Suppose that two boys, one of each team, make the start of the race side by side. At a point 100 yards distant, another member of the team stands ready, and as soon as the first runner

touches him, this second boy is off, running the second 100 yards. He in turn touches the third boy, who finally touches the fourth runner, who runs the last 100 yards and finishes the race. It is necessary that each boy touch his team-mate with his hand in order that he may continue the race, the prize finally going to that team whose last runner reaches the finish first. This is usually very exciting. If the first runner of your team happens to be beaten in the first 100 yards, there is a good chance that the second, third or fourth runner of your team will catch up the distance lost and finally win out. I would suggest that a relay race be given at every field-meeting for the sake of the great interest which naturally arises.

The handicap race is a valuable arrangement for the sake of promoting sport. It is obvious that if all runners start at the same line and run an equal distance, there will be one, the champion of the club, who will win every race, and that the other runners, who have little chance to win, would be discouraged. The handicap plan overcomes this difficulty by making the faster runner run a slightly greater distance, so that there will be a fairly even chance of the slower runner winning the race. The point at which each competitor starts in the race should be determined by someone selected for that purpose, who uses his judgment, and his knowledge of the ability of the different runners, as shown by their previous races. For instance: In the 100 yard race, the champion would start on "scratch," (which is the back mark) and accordingly he will run 100 yards exactly. Another athlete might be placed on the five yard mark, and naturally he would only run 95 yards, thus having some chances to win in spite of his inferiority to the champion. Still another runner might be placed 10 yards in front of "scratch," thus having what is called a handicap of 10 yards. The same plan applies to longer or shorter distances. Sometimes a handicap may not be greater than two feet, and in a long distance run it may be 100 yards. In jumping or weight-throwing contests the so-called "scratch"

man is expected to throw the weight, or to jump so many feet or inches farther than his competitors, according to the handicap which is determined upon.

I would make a suggestion that boys organizing athletic clubs or going to school might hold the athletic meets among themselves once a week, each Saturday afternoon. They would soon determine the relative ability of the different members, and learn how to handicap each other fairly.

Signals for starting should be used as follows:

"Get on your marks." This means that each runner should take a position on the line or within a point from which he is to start. The next signal is "get set." This means that the athlete settles himself and is ready for the signal to start at any instant. Finally, the word "go" or else the crack of the pistol.

Last month I started to give some hints about running. I will continue with these, and ask that you give them very careful attention. You should keep your arms down at the sides, swinging powerfully forward and backward with each step, the right arm forward when the left leg forward, and vice versa. Don't throw your head far back, and don't let it hang loosely forward. Hold it erect. Don't run stiff-legged. First bring the knee forward and upward with each step. This will lengthen your stride. Don't throw your heels high up in the air behind you, as if trying to kick your back. This is wasted motion. Bringing the knees forward as suggested, will help you to correct this. Do not attempt to run on the flat of the foot. Run on the toes and ball of the foot. You cannot possibly run well otherwise. Lean forward slightly, *but only slightly*. If you lean forward too far, you will go stumbling, pitching forward, in a clumsy manner. If you stand up too straight, or seem to lean backwards slightly as you run, you will find yourself acting like a man trying to climb a flight of stairs, throwing the feet too high in front. To prevent this, avoid swinging the arms too high in front, never higher than the chest.

Sources and Manifestations of "Modesty"

By RICHARD J. LESTER

THE fact that we are accustomed to associate the word "modesty" with a total suppression of all reference to, or indications of, the sexual function, is in itself, an indication of the narrowness and bigotry of

modesty is made up of a variety of elements, of which the sexual is but one. It is characteristic of prudes, however, that they seize on this one particular point and make it the standard by which to measure the morals of the rest of their



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Tusumu Warriors of a Village near Takasu, showing a Rugged, Athletic Type of "Nature Men"

those who are responsible for our mistaken beliefs in this regard. Also is it a sign of the underlying pruriency of the self-elected guardians of our alleged purity. For that quality or attribute common to all humanity which we call

kind. The other elements that as a whole constitute modesty, are ignored, and there is an everlasting harping on the subject of nudity, whole or partial, suggestive or obscene," to quote the language of the so-called reformers.

The truth about modesty is, that its manifestations are so modified by climate, custom, local needs, religious observances and so forth, that those of them which are considered entirely proper in one country would be looked upon as highly improper and even disgusting in another. This statement, radical as it is, may seem to be open to question. But it is made on the auth-

and nudity or practical nudity obtains from childhood to old age. Apart from the high standard of morals that goes with this nakedness, there is a coincident physical perfection which, it is reasonable to suppose, is more or less due to the absence of trammelling garments.

Professor Havelock Ellis, one of the most brilliant and profound of British writers on sexual topics, in his "Evo-



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Women Engaged in Field Work at Basako

ority of dozens of distinguished scientists who have investigated the subject in all parts of the world, and who in consequence have positive proofs of the facts just cited. Perhaps the most remarkable aspect of the matter is, that among certain tribes or races in which morality is the rule and immorality the rare exception, modesty, as we are taught to understand it, is unknown

lution of Modesty," points out that the complex quality in question consists in the main of "an instinctive fear, a prompting to concealment of some part or parts of the body; of (in the female) artifices to create masculine desire; an effort to prevent a feeling of disgust in others; the necessity on the part of the female to restrict the period of love making to certain seasons; protection from

inclement weather, and the use of clothing to enhance or emphasize the charms of the wearer."

It would seem by this, then, that modesty, so-called, is more of a feminine than a masculine attribute. But the truth is, that, as Professor Ellis points out, the fear of exciting disgust is a factor

in modesty which is as strong as any of its fellows, not even excluding that of sexuality. Hence modesty or its manifestations, is usually as evident in a man as in a woman, although arising from a less complex series of motives, and expressing itself in a somewhat different fashion.



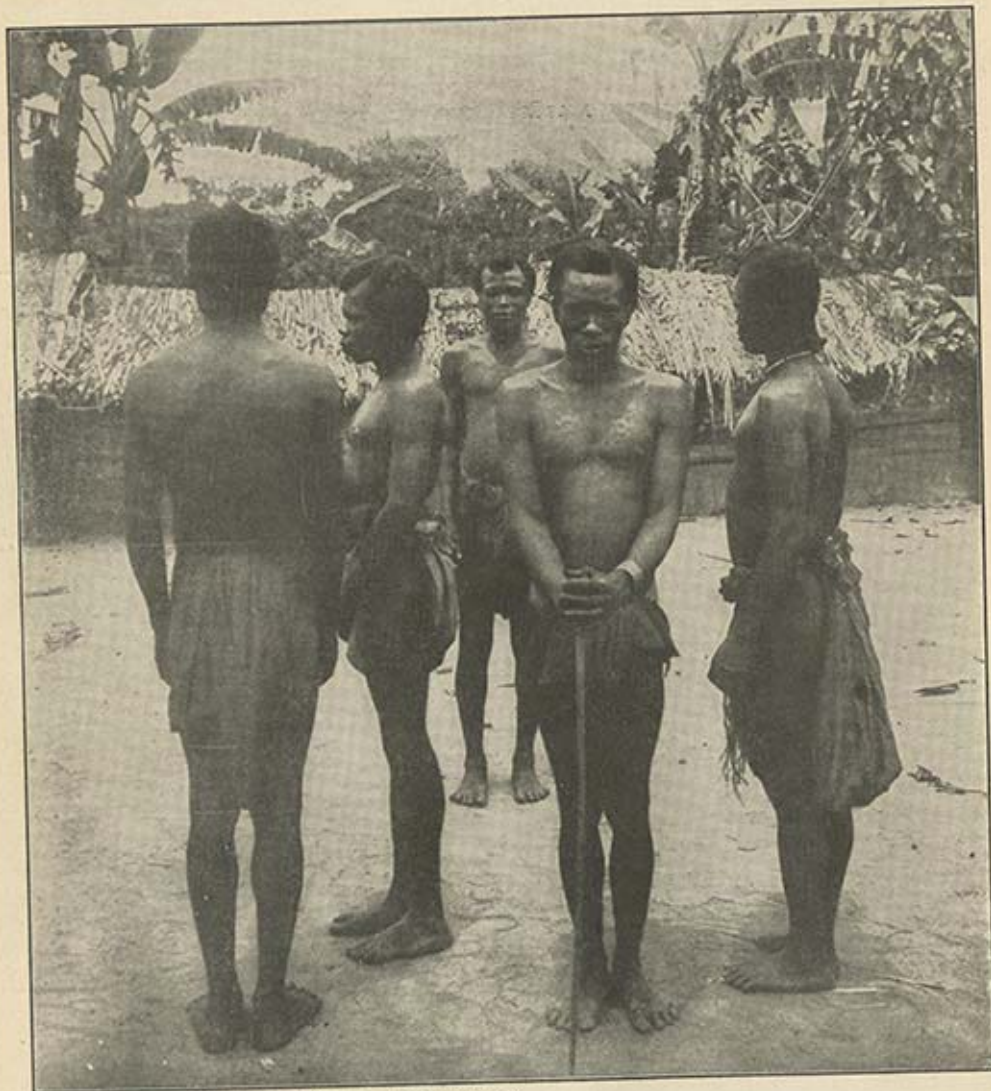
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Pottery Making at Basako

As has been intimated, the usual conception of modesty is the exclusion of any act or word, look or gesture which shall have a sexual suggestion or significance, no matter how indirect or trivial. Especially is it insisted that

and invincible than among the civilized."

Travelers among the Indian tribes living in the vicinity of the banks of the River Amazon, in the Brazils, are almost unanimous in declaring that while the aborigines are highly moral yet the



From Stereograph, Copyright, 1907, by Underwood & Underwood, N. Y.

Along the Congo, Africa. Note the Vigorous Muscular Development

lack of clothing, or what the prudes hold to be such, is equivalent to a confession of immorality. Let us see how this conception accords with that held by savages, among whom, to again quote the Professor, "modesty is far more radical

"clothing" of both men and women consists either of a mere cord, not infrequently of a scarlet hue, or of a little triangular piece of bark (sometimes carved), called the *uluri*, or a sort of tiny flag, usually of a bright color.

H. Crawford Angus, who spent many years in Central Africa, writes in a magazine devoted to Ethnology: "It has been my experience that the more naked the people (African aborigines), and the more, to us, 'shameless their manners,' the more moral and strict they are in sexual matters. Yet they look upon such matters, not as things to be ashamed of or to hide, and being thus openly treated of and no secrecy made about them, you find in this tribe (the Azimbas) that the women are very virtuous. They know from the first, all that is to be known and cannot see any reason for secrecy concerning natural laws or the powers and senses that have been given them from birth."

Is not the good sense of these so-called savages, in striking contrast to the idiocy of those who seek to keep our youth in ignorance of the things that are of the primest importance to budding manhood or womanhood?

A curious bit of testimony to the questionable influences of civilization, is furnished by Mr. T. H. Parke in his book, "My Personal Experiences in Equatorial Africa." He says: "The women of Upoto, wear no clothes whatever, but came up to us in the most unreserved manner (they had not been taught that it was shameless to be nude). But an interesting gradation in the arrangement of the female costume has been observed by us, thus: as we ascended the Congo, the higher up the river we found ourselves, the higher the women's dress reached, till it has now at last culminated in absolute nudity." In other words, the nearer the approach to primitive conditions, the more the evidences of primitive purity in sexual affairs.

Contrast the purity of thought and action of Dr. Freeman's savages with the "modesty" of the debased and morally filthy Kabyle whose pet vices are of an unnameable nature. Says Batut of the Kabyles and allied tribes in the "Archives d' Anthropologie Criminelle": "In spite of their great licentiousness of manners they possess great personal modesty and with difficulty are persuaded to exhibit the body nude. But is it the result of real modesty or their inveterate vicious habits? Whatever the cause, they hide their persons with

their hands or handkerchiefs and are disagreeably affected by the slightest touch."

Could Batut, even if he had deliberately tried to do so, given a more faithful description of the typical prude? Foul at heart and "modest" of action a both of them—the prude of the desert and the prude of the civilized city!

Another famous African traveler raises his voice in protest against "the excessive zeal of the missionaries in urging their converts to adopt European dress. This the natives are only too ready to do, which is much to be regretted, since the close-fitting, thin garments of civilization are less modest than the loose clothes they replace, besides being much less cleanly." The point is well taken. The nudity, partial or whole, of the natives of tropical countries, is for the most part, the outcome of climatic conditions and the hygienic experience of centuries. To insist, therefore, upon the converts adopting the garb of civilization is as cruel as it is stupid.

Among the Tynamwas (East Coast of Africa), it is considered highly improper to let the throat go uncovered, but in other respects, they are absolutely naked.—J. M. Cross, in "Zanzibar and the Neighboring Coast."

Among the Warrua of Central Africa, the Bakairi of Central Brazil, some of the Malayans and a great many of the South Sea Island tribes, bodily nakedness is not considered improper, but it is held to be highly indecent to eat in public.

Among the Mohammedan women, immodesty consists in unveiling the face. If this precaution is observed the exposure of other parts of the person is, among many of such, a matter of comparatively little importance.

In Moruland (Africa) the women are mostly nude, but some wear a girdle with leaves depending behind. If the women are deprived of this girdle, "they immediately throw themselves on the ground in order to hide their nakedness."

Scores of other customs or cases might be cited to prove that as already stated, modesty has as many sources as it has manifestations. But the foregoing will suffice.

Editorial Comment on Items from Everywhere

By BERNARR MACFADDEN

Over Sixteen Pounds of Beefsteak at a Meal

The capacity of the stomachs of some individuals is almost beyond human conception. Between the stimulating qualities of alcoholic liquors and meat there seems to be an influence which appears to develop what may be termed a marvelous digestive capacity.

Herman Smith, a boss plumber, recently ate sixteen and one-half pounds of meat and called for more. There wasn't any more and he determined to let it go at that. Previous to this year it is said Mr. Smith's appetite had not been very good. He could eat twelve or fifteen pounds and cause thirty or forty bottles of the "best imported" to disappear, but he did not seem to be in the championship class.

Recently, when his fellow club members assembled for a feast, he was in fine trim, and he won out "hands down." Charles Ruger made a good start, and came in second with twelve pounds of beefsteak to his credit, while Frederichs Schnauer took third place with nine pounds. Mr. Smith, however, ate with such avidity that he took all the nerve out of his opponents. In addition to the honor of being the champion beefsteak eater, he also won a wager of \$250.

There are foolish contests of all kinds, but an eating contest, in my opinion, would take the prize for folly. And everyone who enters a contest of this nature ought to have a special place reserved for him in the "foolish house." Stuffing the stomach in the ordinary way is baneful enough in its influence, but to deliberately enter a race to see who can stuff the most food into this important organ, is the acme of foolishness.

A man expects to use his stomach all his life—he is likely to need it next year and the year after and the several

years to come, and to eat large quantities of food in this manner is unquestionably liable to bring about serious, life-long injury.

Girls Break Records

At a recent field-day of the Vassar College, Miss Mildred Vilas and Miss Inez Milholland broke several records. Miss Vilas made a new record for fence-vaulting, and succeeded in going over a fence 4 feet 10 $\frac{1}{2}$ inches high.

Miss Milholland put the eight pound shot 31 feet 8 $\frac{1}{4}$ inches. She may have use for physical vigor, as she states she is fitting herself for woman suffrage work in Great Britain, and from the frequent reports that reach this country of the strenuous contests that occur because of the enthusiasm of the advocates of woman suffrage, it would be decidedly to her advantage to acquire all possible muscular vigor.

Miss Milholland is said to be the strongest girl in Vassar, and within the next two years she expects to establish a number of new records in athletics.

Clothes and Modesty

In a paper read before the Twentieth Century Club of Detroit, Mrs. O. A. James, speaking of the science of artistic dress, said that the people accustomed to seeing the human body nude are always less vicious than clothed nations. She stated that clothing adds allurements to the mystery of the human body. We quote the following from her lecture:

"Women wear tight-fitting bodices on the street and exposed busts in public gatherings, like the opera, and yet we blush at the exposure of the ankles and call it immodest. What is there more essentially modest about the exposure of the upper than of the lower limbs?"

"Modesty is the latest evolved of all the virtues, and originally is the effect rather than the cause of clothes. The first chapters of Genesis show that clothing originally was the result of moral degeneracy. Because we are clothed are we human beings more virtuous than the unclothed horse we drive?"

"The very adoption of clothing by the human race in the beginning was a mistake hygienically. Compressed waists, distorted spines, bunions and other physical ailments are the penalty, as well as the hate, envy, grief, extravagance and vice that accompany their use. There was positively no excuse for people of warm climates to adopt clothes originally.

"The garments worn by Japanese women are the best of all models, considered hygienically, for women's wear, yet the Japanese are discarding them for Western styles.

"Clothing to be really modest, must be so from the universal standpoint, and the clothing worn by the heathen nations is really more modest than that worn by we Americans.

"Who shall say that the dress of the South Sea Islander is less artistic than that of the twelfth century dames?"

The Duty of Parents to Their Children

At the twenty-second annual convention of the Episcopal Church of the Diocese of Massachusetts, a committee that was appointed at the last year's convention to make a report on public morals, made the following public statement:

"We call upon parents to feel their sacred responsibility for judicious instruction of children as to sex and the relation of personal purity to health and happiness. Mothers especially, should instruct their daughters, for young women are strangely ignorant in these matters. They should tell their daughters the fearful risk they undergo if they marry men who have led immoral lives. Parents should know the companions of their children, especially the young men with whom their daughters are acquainted.

"A serious responsibility rests upon the church. Clergymen should teach

positively the glory of purity. They should insist upon a single standard for men and women and urge the reformation of the social code in this respect.

"The ambitious standards of social life and the increased cost of living are largely responsible for the postponement of marriage; and late marriages are in part answerable for immorality. The average age of the first marriage of men has within a century changed from twenty-two years to twenty-seven years. Public sentiment should honor young people who are willing to endure comparative poverty and privation in order to establish a home."

Pittsburg and Morals

The trustees of the Carnegie Institute of Pittsburg have ideas of their own with regard to morality, and as a result, artists and those with artistic minds who have visited the new Carnegie Institute have occasion to smile when they gaze at the statues in Statuary Hall. A despatch to the *New York Herald* has this to say regarding the matter:

"When Mr. Carnegie planned the institute he told the trustees to spare no expense in Statuary Hall. They sent agents to Europe and tried to buy up some originals, but when they found neither love nor money could obtain them they set sculptors to work making copies of all the masterpieces. They gave orders for exact replicas.

"John W. Beatty, Director of Fine Arts, was delighted when the statues arrived. He placed them on their pedestals and invited the trustees of the institute in to show them how well the work had been performed. But the praise he expected did not come.

"The trustees were shocked. They declared the morals of Pittsburg could not be offended by such nakedness. First they wanted to drape the figures. Director Beatty was in tears. Finally a happy thought seized the trustees. Half a dozen local sculptors were called in, and soon the walls of Statuary Hall were ringing with the blows of mallet and chisel.

"When the local sculptors had completed their work a two-bushel basket full

of refuse stood in one corner of the hall, and the statues were shameless no longer; but the work had almost cornered the fig leaf market. The trustees were delighted with the transformation that had been wrought, but Director Beatty refuses to be comforted. The local sculptors had to tell their friends, and thus the story got out."

A Snake Forced to Eat

It seems that the idea of the medical profession that three meals a day are needed to keep you alive, whether you need them or not, has so imbued the public mind that even the curator in charge of the snakes and other curios at the New York Zoological Gardens has considered it necessary to apply this ruling to an enormous snake on view in Bronx Park.

This snake, Salome by name, is twenty-seven feet long, weighs three hundred pounds and has a thirty-eight inch waist. It is said to be the biggest snake in captivity and for three months has refused to eat. Recently the curator procured two rabbits, a chicken, and as nice an assortment of sparrows as a snake would care to see, and ten men lugged Salome into the open as though she were an enormous hose, and the food was spitted on the end of a fish-pole and forced down the throat of the snake in spite of its protests.

This is perhaps a little bit worse than the methods of the well-meaning friends of various invalids, when they prepare chicken broth and various other so-called delicacies and insist upon their being eaten, regardless of the ability of the stomach to carry on the digestive processes.

Living Art in England

There has been considerable comment recently throughout England because of the living statues which have become a feature of music hall entertainments over there. Public opinion seems to be divided as to the propriety of such exhibitions. They have been condemned by the Archbishop of Canterbury, though W. T. Stead states that the exhibitions are indecent as statuary

is indecent—no more or no less. "La Milo," was one of the first women to pose in this fashion throughout England and the extraordinary success of her entertainment has caused many others to imitate her. Instead of wearing tights, as is quite usual in exhibitions of this character, the body is simply painted, and many of the English people seem to think that this is going to extremes.

The Army and Physical Training

In a recent editorial in one of the prominent dailies it was urged that the great advantage of army training and the physical welfare of young men was really a good reason for continuing the vast army now maintained by Germany and other European nations. Though war is to be deplored, nevertheless, the preparation for war unquestionably furnishes a training that is of very great value to young men and to the nation.

We quote the following from the editorial referred to:

"No one can visit Germany or Austria without being struck by the fine bearing of the younger men; no German or Austrian visits the United States without noting the slouchy carriage of many young Americans. Great benefit results upon the physical side from army training. The soldier learns something of sanitation and the value of pure air. He learns to take care of his eyes and his teeth. The average German conscript is larger and stronger than in 1848. The average French *piou-piou* is larger and stronger than in 1870, in spite of the lamentable effect of the earlier Napoleonic wars in lowering the physical standard of the army.

"Practically every German learns neatness of his drill-master along with the goose-step. He even learns how to eat soup neatly and how to behave in the street when not in uniform. He learns from men of other provinces to drop the village view that the people in the next valley are no better than they should be. From his comrades he frequently learns to vote the Social Democratic ticket, so that 'militarism' is curiously allayed by its own excitant specific of conscription."

Hot Weather Beverages

By GEORGE J. CRAWFORD

IF one were living an ideal life in a dietetic sense, water and water alone would be the only beverage used or desired. Even as it is, as far as the strictly consistent adherent of rational methods of life is concerned, "Adam's Ale" is the usual thirst quencher and the ordinary "soft" drinks, the exception. But it is practically impossible nowadays for all of us to live the natural life in its entirety. Our companionships, our general conditions and our environments prevent us from so doing. One of the results of this is, that even the average physical culturist is accustomed to use a variety of beverages, while, during the hot weather, he has more or less of a craving for such. This craving is usually the outcome of a recognized bodily condition and hence is of normal sort. Consequently we cannot well afford to ignore it, but on the contrary should try to satisfy it. The question of the summer drink or drinks is of more importance than we generally suppose, inasmuch as it has a direct bearing on the health of the drinker.

One's hot weather thirst is, in the first place, due to certain physiological changes brought about in the system by the rise in weather temperature, and the second to the incidental increase of perspiration. The former can be met and aided by the ingredients of the beverages, the latter can be offset by the water which forms the bulk of them.

But what are the physiological changes alluded to? Stripped of technical terms and words of five syllables, they are something like this: During the cold weather, the body demands foods which are rich in fats and carbohydrates or heat-makers. Also, and unfortunately for humanity at large, we are accustomed to bundle ourselves up in a whole lot of unnecessary clothing, huddle over stoves and heaters and take but little exercise when the Snow Man flourishes or Jack Frost is strongly

in evidence. This, of course, applies more particularly to the average individual, although there are some disciples of the creed taught by this magazine who hygienically sin in a like respect.

Now this combination of heating foods and lack of exercise, results in the blood becoming charged with waste material, much of which is of an alkaloid nature. To use a popular phrase, "our blood is too thick." Thick, indeed, with matter that should have been eliminated by the excretory organs. But these last have become sluggish by reason of the general winter-induced sluggishness of their owner.

Along comes the warm weather. There is no longer need of the excess of carbohydrates. But the aftermath of these is still in the system. You feel feverish, headachy, upset and irritable. And you crave "something sour" to drink. Why? Because, as stated, the poisonous waste in your blood is more or less alkaloid. Acids neutralize alkalies. Nature, good, old patient Mother Nature, instead of leaving her silly child to his fate, prompts him to drink those things that alone will save him from an otherwise inevitable attack of disease of some type and degree of virulence.

But she goes further than this. She has prepared the "something sour" in the most delectable forms. The acids of fruits supply all the needs of the situation, and they are so skillfully blended with sugars and flavorings as to make them a joy to the palate as well as a clarifier of the blood. Still more; fruits contain certain organized salts which play their due part in the general scheme of health-restoration and health-maintenance and these, together with their associated acids, form natural laxatives that, unlike the laxatives of the drug store, are not only harmless, but highly beneficial. Physical culturists need not be reminded of the

tremendous importance that attaches to the work of keeping the bowels in active regularity. "Eat apples and live forever," says a Chinese proverb. "Eternal youth wears a chaplet of cherry blossoms," avers a Spanish maxim. "The fountain of unfading beauty is in an orchard," the ancient Romans declared. The meaning is the same in each instance. Health and the consumption of fruit are interchangeable terms, mainly because fruit is at once a stimulator and regulator of the excretory organs.

Now the bearing of all this on summer drinks is plain enough. From what has been said, it will be evident that the ideal hot weather beverage is that which has for its basis, the juice of some fruit. And the less there is added to this juice—outside of water—the better. Additional sugar, coloring matter and so forth, are not only superfluous, but defeat the intention of Nature. She has so delicately proportioned the ingredients of her fruits, that any meddling with them is likely to interfere with or neutralize altogether, their beneficent qualities. For this reason also, the raw juice instead of that which has been subject to the action of heat is, as a rule, to be preferred. Cooking is apt to bring about certain chemical changes in the fruit salts which alter their character altogether and consequently nullify their influence for good.

Some of these juices,—such as sweet cider, grape juice and so forth—can be used in an undiluted condition. But there should usually be a liberal admixture of water with them. One can use wholesome as well as harmful foods to excess. A tablespoonful of juice represents a good many tablespoonfuls of the fruit itself. Hence it will be evident that several tablespoonfuls are the equivalent of a pound or two of fruit in effect if not in bulk. Obviously you would be putting your digestive apparatus in peril by swallowing this amount of fruit and therefore it would be unwise to absorb the juice that it contains. In the case of the apple or the grape, the percentage of water they normally hold is so great, that, as stated, their juices can be used just as they issue from mill or press in much larger quantities than

is possible with other kinds of fruit juices. Beware the "pure fruit juices" that are commonly sold over the candy store counter or in a bottled form by unscrupulous dealers. Just prior to the passage of the Pure Food Bill, a half dozen samples of these "juices" purchased in New York proved on analysis to contain no particle of fruit, but instead, were made of glucose, coal tar "extracts," or flavorings, sacharin—a chemical many times sweeter than sugar that plays havoc with the stomach—and aniline dyes! The measure alluded to will allegedly make the vending of these vile compounds impossible in the future. Nevertheless we advise our readers to refrain from buying fruit juices of any kind whatever except those that are put up by firms or individuals of reputation on whose goods the public has by long usage set the seal of its approval.

One of the advantages of the fruit drink is the ease with which it is prepared. "Juice, water, and mix" is the simple formula, to which may be added: "Repeat when again thirsty." You can hardly drink too much or too many of them, for as long as the desire for them continues, you may feel pretty sure that your system needs them. In this respect they are totally unlike such intoxicating drinks as whiskey and beer; or drug drinks proper of which absinthe is an example; or stimulative beverages, in which category are tea and coffee. More than that, they tend to decrease thirst because they destroy the conditions which create it, which is precisely the reverse of the result of drinking the rival potables named.

Another of their excellent features is, their variety of flavors. Monotony in diet like monotony in everything else, is the assassin of enjoyment. When there is no enjoyment on the part of the palate, but little good results from eating or drinking. Nature seems to have considered this fact when she fashioned her edible fruits, and of all the good things which she has given us to eat or to drink none are more deliciously distinct, each from each, than the flavors that she has imparted to the products of her orchards, and fruit-bearing plants.

As has been intimated, the summer thirst calls particularly for acids to

assuage it. It follows then that the more or less acidulated fruits should be used in this connection. The writer makes many of his dog-days drinks thus: Get a "shaker" and draining spoon, such as are used at soda fountains. Crush the fruit chosen in the "shaker." Pour in about four times as much water as the fruit occupies in bulk; that is to say, if the fruit pulp fills one-fifth of the "shaker," fill the latter to the brim with water. Shake thoroughly and strain. A small piece of ice may be added before shaking, but this will be unnecessary if the water is cool in the first instance. Any fruit may be used that is fairly pulpy. Do not add sugar except in the case of the extremely acid fruits.

Some very palatable summer drinks are made of roots and barks. The old-fashioned "root beer" of our grandmothers is a case in point. Without admitting all the miraculous medicinal qualities that are ascribed to it and similar beverages by some of its admirers there is no doubt but that the "beer" is both harmless and refreshing if made in all honesty and without the addition of artificial flavoring or coloring. Some of such that is offered to the public is not many degrees removed from mild poison. On the other hand, very excellent extracts for the purpose are put up by firms who cannot afford to jeopardize their business standing in the community by attaching their names to an indifferent or impure article. The only safe rule for the public to observe is to refrain from buying root beer or any other "soft" drink which is too cheap to be good and is put up by anonymous firms or individuals. The so-called "sodas" of various flavors, a quart of which costs but a few cents, bottle and all, are plainly open to suspicion on this score.

As to the aerated waters—such as vichy, seltzer, etc., ginger beers and so forth, including those sold at the fountains of drug and candy stores, there is something to be said *pro* and *con*.

In the first place, there is nothing really harmful in a water charged with carbonic acid gas, which is the gas that causes the effervescence in the beverages in question, provided always that the

water is pure and that no drugs have been added to it. Of course we know that when inhaled, the gas is a deadly poison. But when taken into the stomach it is otherwise. Indeed some authorities claim that when introduced into the digestive process it is absolutely beneficial, combining with and destroying poisonous gases formed by the fermentation of badly assimilated food. However that may be, it is certain that a drink with a "fizz" in it is usually more pleasant than one that is flat. And, as has been stated as palatability is a factor that the dietetician can never afford to ignore, the value of the gas from this viewpoint will be evident.

The fact is, that the harm which unquestionably results from the excessive and even moderate use of these drinks, is due to their always being used when near the freezing point. This remark applies to the purest of them as well as to those that contain harmful ingredients. The results of swallowing either very hot or very cold liquids are exactly the same in a physiological sense. The work of digestion is suspended until the stomach recovers its normal temperature. Therefore a series of iced drinks is equivalent to an attack of indigestion. A good many authorities hold that we are a nation of dyspeptics, simply because of our excessive use of ice in the manner told. There is no reason to doubt that there are excellent grounds for believing the statement, remembering always that improper mastication and unwholesome food, are also contributory causes to the weakness of the notional stomach.

Abroad, the iced drink is the exception rather than the rule. The desire to swallow something that is unnaturally cold and in irrational contrast to the bodily temperature, is an acquired one, and like most of such habits, is a bad one. A wish for a cool drink on a hot day, is reasonable enough. But between one that is merely cool, and one that is next door to freezing, there is a vast difference. The first is dietetically permissible, the second, dietetically disastrous. The required coolness can be easily obtained. A very small lump of ice, will rob the liquid of its tepidity.

Or if it is placed in a vessel of some porous material around which is wrapped a dampened cloth, its temperature will soon be lowered to that degree which is at once healthful and palatable.

For those who have to do hard work in the open, or who are in other ways exposed to the direct rays of the sun, one of the most wholesome of beverages is made of oatmeal and water. A handful of the cereal to a quart of water just as it comes from the faucet, are about the right proportions and the mixture has the advantage of not only quenching the thirst but of keeping it quenched for a longer period than do ordinary drinks. There seems, by the way, to be an unexplored field in this direction. There is no apparent reason why other cereals should not be used in like manner or why the beverage should not be improved by the addition of fruit juices and so forth. If any direct proof were needed of the practical value of this drink it would be furnished by say, the public transportation companies of New York, or contractors who employ large numbers of men whose only capital is their muscle.

Buttermilk is another of the hot weather food-drinks that is worthy of all commendation. It contains among other wholesome elements, a certain proportion of acid which as already stated is so essential to the summer drink. Indeed, any of the milk preparations, fermented or otherwise, which possess this acid quality, are to be recommended at all and any times of the year as has been explained. Unless there is a constant and reasonable supervision of the diet, there is a tendency on the part of the body to make too much alkaloid matter. It follows, therefore, that it is well to correct this tendency by eating or drinking those things in due proportions that tend to keep it in check.

This article would be incomplete did it not include a reference to that beverage which, as a famous temperance lecturer poetically puts it, "was fathered by the sun, mothered by the ocean, born of the clouds and cradled on the mountains to discard in sparkling blessings to the valleys below—water!"

After all said and done, water is the

one and only drink of humanity. It may be disguised, poisoned, colored, tintured, flavored and in other ways made to look or taste as unlike itself as possible; but there it is all the same, the basis and the bulk of everything that we swallow in a liquid form. When through disease or dissipation, stomach and palate revolt against all else, they gladly accept water. This for the reason that the system instinctively recognizes its curative as well as its potable qualities. And the man possessed of the ideally normal body, will for the same reason choose water in preference to all liquids for drinking purposes.

Considered as a summer beverage water should never be iced, but simply cooled for reasons given. Unless its source is above suspicion too, it should invariably be boiled before being used. The immunity of the Chinese from most intestinal fevers is said to be due to the national habit of water boiling. Especially should this precaution be taken in the summer time, for then it is that noxious water-growths, both animal and vegetable, are most numerous. Some of the bottled spring waters on the market have a justifiable popularity on the score of their possessing the purity claimed for them. The same remark applies to several of the so-called "table waters" although the editor of this magazine is strongly opposed to those that have aperient qualities. The use of a standard proprietary spring water certainly saves trouble and insures water of the necessary qualities.

Finally do a little experimenting of your own in regard to hot weather beverages. See if you can't invent an entirely new drink that every physical culturist can endorse and enjoy. Study up combinations of fruit juices so that the result shall be a revelation in the way of a palate-tickler and body-cooler. Don't confine yourself to fruits during your researches. The Japanese make a capital drink out of crushed sorrel leaves. There are doubtless whole lots of other leaves or even flowers that will lend themselves to the same purpose. Can't you discover some of such? Whether or not you do so, don't fail to let us know of the outcome of your pleasant labors.

Timely Health Hints

By BERNARR MACFADDEN

Exercise to Keep Cool

A great many imagine that exercise is "out of place" in summer. "It is too hot," is the statement frequently offered as an excuse. But few realize the value of exercising as a means of maintaining a satisfactory temperature of the body during the summer. If you want to keep from suffering from the heat, there is no better remedy than an hour's exercise in the morning or in the evening. It gives you a chance to rid the body of surplus perspiration, and while you are continuing your ordinary duties you are not nearly so warm as you would be if you did not take daily exercise.

Of course you will be warm while you are exercising. You must expect this and prepare for it. The discomfort incidental to excessive bodily warmth is due more to sticky clothing than to the heat. To be more plain, discard your clothing, or a large part of it, and you will find that although you may perspire profusely while exercising, there will be no special feeling of discomfort with it.

In fact, the influence of exercising in hot weather, when one perspires freely and easily, is decidedly the opposite of unpleasant. Because of the free perspiration, one eliminates a vast amount of impurities from the body and you really secure more actual benefit from exercise in the summer than during other seasons of the year.

Turkish and Russian baths are taken with benefit by thousands of people simply because of the perspiration that is eliminated through the influence of the excessive heat. But it must be remembered that in such cases the body does not by any means, secure the greater strength that comes when profuse perspiration is induced by exercise. Impurities eliminated in the latter manner are nearly always accompanied by an increase of strength, which is not the case in those instances where

excessive perspiration is produced by heat, and without muscular exertion.

Nervous Strength in Summer

Summer heat to many individuals is what one might term exhausting. It seems to take away all their strength, making them dull and languid and lopy. Work of any kind requires a great effort.

Now, in every instance, this condition can be changed through systematic exercises—with a reasonable amount of attention of course, to proper diet. Regular exercise is absolutely essential to maintain nervous vigor during the heated term. It keeps the blood at a proper consistency, the impurities are more readily eliminated under such circumstances and the body is then thrilled at all times with life.

There is absolutely no excuse for feeling out of sorts whenever the hot weather appears, if you take proper care of the body, when you realize the necessity for regular use of every muscle of the body.

As to the character of the exercise, it does not make a great deal of difference, provided every muscle is brought into active use with a fair amount of regularity. Not only do the unused muscles become weak, flaccid, and ill-shaped, by the condition of the nerves, but all the tissues surrounding such muscles suffer to a similar degree. Only in activity is there life. Stagnation means disease and ultimate death in every case.

Swimming as a Summer Exercise

There is perhaps no exercise that is more beneficial during the summer than swimming. It brings into use nearly all the muscles of the body, keeps you actively interested, and as a rule it is so pleasurable that you forget you are exercising. In other words, it is fun and sport, and is enjoyable in every way.

I would advise my readers to indulge in swimming at every opportunity. Of course there are various styles or methods of swimming, and it is interesting for the average swimmer to experiment with them. It must be admitted that there are many adults who have yet to learn the art, and these will find it a fascinating exercise.

It is usually of advantage to learn first of all to float, for then you will feel safe at any time unless you are in rough water. For detailed instructions, I would refer you to almost any hand-book on swimming, or some good instructor.

Salt Water and Fresh Water

There is a decided difference in the influence of fresh water and salt water on the body. This is more noticeable in those who are below what might be termed normal weight. Salt water is more of a tonic than fresh water. It seems to have a more beneficial effect in the building up of vital strength. One can remain in salt water longer than he can in fresh water, with benefit.

Too much fresh water swimming is sometimes inclined to lessen the vitality, though the same cannot be said of salt water. Of course, when I say too much swimming, I mean several hours a day. Half an hour or an hour spent in fresh water, if possessed with ordinary physical vigor, could hardly be otherwise than advantageous. Then, too, it is well to remember it is a little bit easier to swim in salt water than fresh water. The body is more buoyant and will float more easily in the former.

A great many have the idea that a cold bath is dangerous at times when the body is what might be termed overheated, that is, when you are perspiring profusely. It is far better to take a cold bath when the body is heated, than when it is in the opposite condition. For instance, when the feet and hands are cold, it is usually far more difficult to recuperate from the effects of a cold bath than when all parts of the body are warm.

The merits of a cold bath can only be tested by your powers of recuperation. If you recuperate quickly with a feeling of warmth after a cold bath, you can depend upon it being beneficial.

There is no need of fearing a cold bath, even if you are dripping with perspiration. At such times you can always recuperate much more quickly with a feeling of warmth, and a cold bath under such circumstances is always beneficial. I realize that some call attention to the shock of the cold water when the body is heated in this manner and claim, because of this, that a cold bath at such time is harmful. It is, however, quite the usual practice of athletes when training, to take a cold bath after a hard run or a long exercise and, although I have known hundreds of athletes to follow this method, I have never heard of one who has suffered because of the practice.

Suspenders or Belts

It is quite a problem during the summer, as to which is the better to wear, suspenders or belts. Belts compress the body at the waist line and to a certain extent, if they are at all tight, interfere with normal breathing. And then suspenders are often a source of considerable discomfort and on a hot day make one's shirt cling to him about the shoulders, in a manner that is far from pleasing. Then, too, it is well to remember that the average suspender is inclined to make one round-shouldered. There is a very slight inclination, in the average suspender, to pull the shoulder forward and downward, when the healthful position, as we all know, is downward and backward.

Whether you wear suspenders or a belt, there is still the necessity for maintaining a normal position of the body and the value of keeping cool and comfortable. Belts should not be too tight or if suspenders are worn, they should be broad and any inclination to become round-shouldered should be resisted.

A Substitute for Suspenders or Belts

If we would have sense enough to go back to the method employed in our boyhood there would be no necessity for suspenders or belts. In other words, if we could have our trousers buttoned to our shirts, I am decidedly convinced that it would be much more comfortable in every way.

There are many good things in boyhood life that we miss when we are

grown to the adult age, and the comfortable garb of our younger days is certainly one of them. If you can have your shirts made this summer in such a manner as to be able to button your trousers to them just as you would to your suspenders, I am satisfied you will thank me for the suggestion. There will then be no need for constriction at the waist line or the discomfort incidental to suspenders clinging to the shoulders.

Acid Fruits in Summer

I have previously called attention to the value of acid fruits during the heated term, but I cannot reiterate too often the value of foods of this character at this time of the year.

Not only do they assist in keeping the blood in a proper condition but they are also said to be of great value in destroying the various disease germs that are supposed to be so active at this time of the year.

Apples, peaches, pears, oranges are especially delicious during the summer and the desire for them should be indulged in freely at all times.

Although I am especially in favor of the two-meal-per-day diet, I admit that an occasional deviation is allowable when there is a strong desire for acid fruits of any kind. For instance, an apple or an orange eaten between meals is often of considerable value in assisting the digestive powers, which might have been retarded through the needs of necessary acids.

Buttermilk as a Summer Drink

Do not forget that buttermilk is a very valuable summer drink. The acid which it contains is just about as valuable to the digestive processes as that which is found in acid fruits of various kinds. In fact, when one cannot secure a supply of acid fruits, buttermilk furnishes acids that make a fairly satisfactory substitute. It has often been stated that buttermilk is of great value in whitening the complexion, and it might be said that it has merits of this character, for the reason that it is undoubtedly valuable in purifying the blood, and a better quality of blood will

of course, cause an improvement in the complexion.

"Aerated Sumik"

I have had to explain so often that the sour milk we have advocated in this magazine is not the sour milk that one usually has in mind that I have concluded to give it another name and that is "aerated sumik."

Sumik, as you will note, is not far from sour milk as far as spelling is concerned, and aerated simply means that it is mixing with the air.

Now, aerated sumik is prepared in a very simple manner. The milk can be allowed to turn to a clabber in an ordinary vessel, though it has a better flavor and makes a more satisfactory drink if it is allowed to turn to a clabber in an air-tight vessel. An ordinary fruit jar can be used to advantage. Simply fill a fruit jar with sweet milk and screw down the lid very tightly, using the rubber ring that is essential for this purpose and being sure that the jar is air-tight. Now, as soon as this milk turns to a clabber, it is ready to prepare.

The preparation consists simply of thoroughly aerating the milk with an egg-beater or some similar device. Milk should be beaten until it is frothy, like whipped cream, and if prepared in this manner, it will in no way taste like ordinary sour milk.

Distilled Water

Though pure water is necessary at all times of the year, it is to be remembered that during the summer the system requires a great deal more liquid and naturally, water of a proper degree of purity is more especially important at this time.

Distilled water is the purest and the best. It is really the most pleasant variety of drinking water, if it is aerated before it is used. By pouring water from one pitcher to another one-half dozen times or more, the water will be satisfactorily aerated, and you will find that it materially changes its taste.

Of course, rain water, coming from clean roofs and stored in clean vaults has been distilled and aerated, and cannot be improved upon in any way,

though but few of us have opportunity to secure water in this manner.

The next best thing is to secure a water still and distill our own water, and if it is aerated after having been distilled, it will be found a most pleasant drink.

Germs and Disease

The germ theory of disease is in complete possession of the medical profession. These minute atoms which cannot be discerned by the naked eye are supposed to be the cause of all disease. Everyone must live in continual fear of being attacked by one or more of these so-called invincible germs.

The theory of germs being responsible for nearly all the ills that flesh is heir to may be all right as far as they have power to create diseases to which they are an accompaniment, provided they come in contact with "fertile soil" in the form of a weakened organism or devitalized tissue. In other words, if you sow seed in soil that had been properly manured or which contained those elements necessary to the growth of that seed, it will grow and thrive. But plant this seed on a barren soil and it cannot grow and multiply as it has no source of nourishment.

There is no occasion for fearing disease germs. They are innocuous, and entirely harmless to any healthy individual. The average individual who lives in a large city no doubt breathes millions upon millions of such germs every day and if there were fertile soil in his body or surplus impurities in which the germs of disease so much delight, the disease to which that particular germ is allied, will naturally appear.

But even suppose such a disease does appear, from one standpoint it is an actual gain. Disease is a process of purification. It comes as a means to cleanse and cure the body, and as I have stated before, it is not an enemy, it is a friend. If a disease germ finds within your body fruitful soil, he helps just that much in the process of cleansing the body. Therefore, if disease germs were looked at in the proper light, their influence would be beneficent rather than malignant—and to my mind they are simply scavengers.

Don't be afraid of disease germs. If you will realize the value of a strong body and will keep every organ in a condition to properly perform its office, there will be no "fertile soil" upon which disease germs can feed.

My Special Recipe

By BERNARR MACFADDEN

Under this heading frequently hereafter, I intend giving my readers a recipe for a cooked dish that I can especially recommend, not only as a wholesome article of food, but which I can guarantee, will be delicious. I was always fond of experimenting with cooking, and never confined my diet to the recipes furnished by others. As a result, I have originated a large number of combinations, or special methods of preparing foods, that are of considerable value—Bernarr Macfadden.

TOMATOED RICE

For a full-sized can of tomatoes or an equal quantity of fresh tomatoes add a teacupful of rice. Salt to taste and place on the stove. Allow the mixture to simmer until the rice is about half cooked, then add three or four onions chopped fine. One or two minutes be-

fore the mixture is done, a small quantity of cheese can be added, after which it is ready to serve. Some like this recipe without the cheese, though, as a rule, its addition will be found to give a pleasing flavor to the combination.

Appendicitis Operation Meets Further Condemnation

By WILSON McDERMOTT

IN the June number of this magazine there appeared an article on the crime of the appendicitis operation, its author, a well-known physician, giving startling and horrifying evidence as to its needlessness in almost all cases, and the criminal greed which prompts the average surgeon to perform it. Within a few weeks of its publication the newspapers of this country printed a long cable dispatch from Europe to the effect that some of the most prominent leaders of medical thought and practice in Paris and Berlin had, after a careful study of appendicitis and the "popular" operation for its alleged cure, officially stated that the whole theory of the surgeon's work was wrong or nearly so, that in the great majority of cases investigated, it was found that the operation was absolutely uncalled for; that in other cases, the diagnosis was at fault, and that there was an urgent need for a totally different method of treating the malady. In other words, it was a notable confirmation of the statements made by the physician whose article appeared in this magazine as stated.

Part of the cable dispatch ran thus: "A sensational statement has been made by Prof. Dieulafoy before the Academy of Medicine in Paris, France, to the effect that many people merely suffering from typhlocolitis are wrongly operated on for appendicitis. In cases of mucomembranous typhlocolitis * * * * there is pain in the right iliac fossa, which resembles that caused by appendicitis. He expressed the opinion that the number of errors of diagnosis and unnecessary operations in the case of appendicitis were ever on the increase. It was necessary, therefore, that great care be taken in making the diagnosis, as it was time to put an end to useless surgical operations. The Professor gave an estimate of the percentage of cases in which the diagnosis was wrong, and

still another estimate of the percentage in which the operation was totally unnecessary. These two percentages prove that, in practically all cases, there was no necessity for the work of the surgeon.

"Prof. Doyen, another famous European medical authority, in supporting the views of Prof. Dieulafoy said: "I could cite many, many cases where an operation was decided upon merely because the diagnosis was insufficient. There has been a tendency to blindly decide upon surgical intervention, and operations have even been carried out on patients in the early stages of typhoid fever. Quite recently, a child was brought to me. I was asked to proceed to an operation for appendicitis. Instead of operating, I examined the child and found the symptoms to be simply due to the presence of worms in the intestines. Nevertheless, the parents were so convinced that it was a case of appendicitis that an operation was performed by another surgeon the next day."

As intimated, a number of famous German scientists have confirmed the assertions of their French colleagues.

And now mark this that follows, which is so entirely characteristic of a certain type of medical man. A week later, the question of appendicitis again came up in the Academy of Medicine and Professors Cornil and Richelot undertook to reply to Professor Dieulafoy, defending the current craze for operations for appendicitis. But what think you was the nature of the defense? The writer believes that the reader might make a thousand guesses in regard to it and yet never guess correctly. Well, here it is. To quote the words of the dispatch, "Prof. Cornil expressed the opinion that because the appendix has a healthy color when removed by a surgeon, *it does not follow that a serious case of appendicitis*

might not have ensued if it were not removed."

This reminds one of the story of the old Irishwoman who was found one day weeping bitterly. She explained that her tears were due to the fact that, when her daughter was married—she wasn't even engaged—she might have a baby girl instead of a baby boy, and the weeping one had set her heart on having a grandson, to be christened Pat. Something akin to her logic is to be found in Prof. Cornil's defense of the appendicitis surgeon.

The whole contention is but another illustration of the blunders that have distinguished the medical profession in every phase of its history, and in every aspect of its work.

It may be that in the medical profession, as in other walks of life, it is better to find out a blunder late, than never. But what of the hundreds and thousands of graves that are filled by these so-called "blunders"? What of the orphaned children and bereaved survivors? What of the useless agonies inflicted on the victims? What of the cutting off of young lives full of promise, or of lives charged with usefulness and matured happiness? What of the economic loss to the community? What of the dangers that, through these "mistakes," yet threaten those who are ailing? And lastly, is there no punishment for these brutal or mercenary jugglers with human lives; these unfeeling carvers of human flesh; these "scientific" murderers whose homicides go unpunished because they are protected by an M. D. attached to their names?

In regard to all these queries, the law and the people remain equally and strangely silent. But the need of treating these medical assassins in the same manner that an ordinary assassin is dealt with, becomes more and more

evident in the face of confessions such as those made by the European professors of the so-called healing art.

While penning the above, the writer's eyes rested on a medical journal which was lying open on his desk. And this is what he saw in front of him. "Case 2. A young man was suddenly seized with pains and tenderness in the region of the appendix. Tenderness and muscular resistance were extreme. * * * There was free blood passed from the bladder * * * In a few hours, a small renal calculus was passed. *This patient might easily have been operated on for appendicitis.*" The italics are ours. As a matter of fact he was suffering from what is generally known as stone in the bladder, but this fact was detected only by accident, and if this accident had not taken place he "might easily etc., etc."

Do not instances of this kind emphasize the fact that the "healing art" is still a maze of guesswork where it does not rest on a foundation of greed?

Very recently, Dr. Hiram J. Hampton, of Tampa, Fla., was arrested, charged with manslaughter in connection with a surgical operation which he performed on Mrs. J. W. Evans, of Thomasville, Ga. The charge was based on "lack of care," but the probability is, that as most surgical operations are, it was of an unnecessary nature. He was convicted and was sentenced to five years imprisonment in the penitentiary. The case was appealed and on a second trial he was acquitted. It will be remembered that the conviction of a doctor for malpractice is a very rare thing indeed. This is probably due to the fact that there are medical organizations for the express purpose of protecting doctors in a legal sense, who find themselves in the same predicament as did Hampton of Tampa.

"When I see about me, in the field of intellectual attainment and culture, in the walks of business, and in family life, so many disasters and tragedies long drawn out, of failing health, and collapse of nerve, brain, and muscle, I feel that health is the only bulwark upon which everything we prize—intellectual culture, and religious affection, can ever be reared; so the fact that science and art are bringing so many of their most prominent resources to bear—as I hope to show—upon this new cause of physical training, I think is significant in our national history."—G. Stanley Hall, Ph. D.

The Need of a National Department of Health

By J. PEASE NORTON, Ph. D.

Assistant Professor in Political Economy, Yale University, New Haven, Conn.

Extract from paper read before the American Association for the Advancement of Science, Ithaca, N. Y.

THERE are four great wastes to-day, the more lamentable, because they are unnecessary. They are preventable death, preventable sickness, preventable conditions of low physical and mental efficiency and preventable ignorance.

The facts are cold and bare—1,500,000 persons must die in the United States during the next twelve months; equivalent to 4,200,000 persons will be constantly sick; over 5,000,000 homes, consisting of 25,000,000 persons, will be made more or less wretched by mortality and morbidity.

Of the people living to-day over eight millions will die of tuberculosis, and the federal government does not raise a hand to help them.

The Department of Agriculture spends seven million dollars on plant health and animal health every year, but, with the exception of the splendid work done by Doctors Wiley, Atwater and Benedict, Congress does not directly appropriate one cent for promoting the physical well-being of babies. Thousands have been expended in stamping out cholera among swine, but not one dollar was ever voted for eradicating pneumonia among human beings. Hundreds of thousands are consumed in saving the lives of elm trees from the attacks of beetles; in warning farmers against blights affecting potato plants; in importing Sicilian bugs to fertilize fig blossoms in California; in ostracizing various species of weeds from the ranks of the useful plants, and in exterminating parasitic growths that prey on fruit trees. In fact, the Department of Agriculture has expended during the last ten years over forty-six millions of dollars. But not a wheel of the official

machinery at Washington was ever set in motion for the alleviation or cure of diseases of the heart or kidneys, which will carry off over six millions of our entire population. Eight millions will perish of pneumonia, and the entire event is accepted by the American people with a resignation equal to that of the Hindoo, who, in the midst of indescribable filth, calmly awaits the day of the cholera.

During the next census period more than six million infants under two years of age will end their little spans of life while mothers sit by and watch in utter helplessness. And yet this number could probably be decreased by as much as one-half. But nothing is done.

In the United States alone, of the eighty millions living to-day, all must die, after having lived, say, a little more than 3,200,000,000 years of life, on the average slightly more than two-score years. Of these years, 1,600,000,000 represent the unproductive years of childhood and training.

Consider that the burden of the unproductive years on the productive years is 20 to 20—or say 100 per cent. Could the average length of life be increased to sixty years, say to 48,000,000,000 years lived by 80,000,000 of people, the burden of the unproductive years would fall to 50 per cent. In the judgment of men competent to hold opinions, this is not impossible.

Physicians connected with the American Medical Association for a number of years have advocated that the executive cabinet include a secretary of health. The necessity for such a department has also arisen in connection with the Panama Canal. Indirectly, two medical experts are now associated with

the canal organization. In 1906, Mr. Hubert Higgins, in a book entitled "Humaniculture," elaborated the advantages and necessity for national action through a thoroughly equipped national department of health.

Certain divisions of the work of such a department are now performed by other executive departments, and these bureaus would form excellent nuclei for the organization. The names of those bureaus now engaged to some extent along lines not foreign to the purpose of such a department and their appropriations follow:

Public Health and Marine-Hospital Service (Treasury Department).....	\$1,290,000
Bureau of Animal Industry for the Inspection of Meat (Department of Agriculture).....	1,525,000
Life-Saving Service (Treasury Department).....	1,841,000
Total.....	\$3,656,000

The logic that justifies an annual appropriation of \$2,000,000 for a life-saving service against the accidents of the sea should justify protection against accidents of disease and death. Other bureaus more closely connected with health regulation than at first sight appears are:

Bureau of Labor (Department Commerce and Labor).....	\$ 176,000
Bureau of Census, vital statistics (Department Commerce and Labor).....	1,400,000
Bureau of Immigration (Department Commerce and Labor).....	2,126,000
Total.....	\$3,713,000

Agitation for the factory acts, the eight-hour day, regulations concerning female and child labor and immigration is justified primarily as health regulation.

The total is, in round figures, seven millions out of a total national expenditure of about \$725,000,000. These bureaus should be included in the work of the health department. Many other services, however, should be added, the beginnings of some of which appear in recent bills either passed or now before Congress.

Among these bills is the Meat Inspection Bill which provides rigid inspec-

tion of meat and meat products and regulates the sanitation of slaughter and packing houses. These regulative powers are entrusted in the bill to the Department of Agriculture, which is unfortunately already overburdened with a too diverse series of problems. Moreover, this department is necessarily more concerned with encouraging and protecting the producers in the various industries than in guaranteeing the health of the consumer. Commercially, the interests of the producers and consumers are often at variance. This service should be administered by a national department of health.

The National Quarantine Law recently passed forms the basis for a bureau of national quarantine.

It seems desirable that a United States National Department of Health should be established, having as its head a secretary, who shall be a member of the executive cabinet. The purpose of the department should be to take all measures calculated, in the judgment of experts, to decrease deaths, to decrease sickness, and to increase physical and mental efficiency of citizens. It is probable that a national department of health could be advantageously made to consist of the following bureaus:

- National Bureau of Infant Hygiene.
- National Bureau of Education and Schools.
- National Bureau of Sanitation.
- National Bureau of Pure Food.
- National Bureau of Registration of Physicians and Surgeons.
- National Bureau of Registration of Drugs, Druggists and Drug Manufacturers.
- National Bureau of Registration of Institutions of Public and Private Relief, Correction, Detention and Residence.
- National Bureau of Organic Diseases.
- National Bureau of Quarantine.
- National Bureau of Health Information.
- National Bureau of Immigration.
- National Bureau of Labor Conditions.
- National Bureau of Research Requiring Statistics.
- National Bureau of Research Requiring Laboratories and Equipment.

The Editor's Viewpoint

- Dietetic Facts Scientifically Demonstrated
- The Charge Against the Editor
- My Experience with the June Fast
- The Tobacco Evil
- Stage Life Destroys Womanhood
- Quick Lunch is the Cause of a Suicide

THE experiments of Professor Fisher of Yale University have startled the meat-eaters everywhere. The conclusions derived from his experiments are scientifically exact. There is no question about their accuracy. He proved beyond all possible doubt that a non-meat diet is superior to a meat diet, that one has more endurance when a diet free from all meats is used. The average meat-eater naturally questions the accuracy of these conclusions. He is accustomed to a meat diet. He feels weaker when he does not eat meat and consequently Professor Fisher's conclusions are frequently classed as nonsensical. Many editors, in their endeavors to refute his statements, have accomplished a great deal towards spreading the meatless dietetic reform.

DIETETIC FACTS SCIENTIFICALLY DEMONSTRATED

Notwithstanding the fact that a few athletes of world-wide reputation, who favor meat eating, maintain that it is foolish for one to believe in the so-called meatless dietetic theories, I have never heard of anyone making a careful experiment with a view of determining the most satisfactory diet who has not finally favored a regime which does not include meat.

I want every one of my readers to experiment for themselves and thus personally determine as to what diet is best in each particular case. Those who have been eating meat naturally feel the need of the stimulating properties furnished by meat. At first a meatless meal will not satisfy one's hunger. I remember on one occasion taking a meat eater to a natural food dinner, and he candidly informed me when I met him some time afterwards that he felt so empty after eating that meal that he had to go out and have a beefsteak. It has been proved that you crave meat not because of its nourishing elements, but because of its stimulating properties. The craving for meat soon disappears if one adopts a diet that will thoroughly nourish the body, though I must admit that many enthusiasts in attempting to avoid meat make the mistake of using foods which do not in every way furnish the nourishment needed to maintain life and strength.

UP to the present writing, there has been no definite action with a view of bringing the case against me before the courts that a decision may be reached as to whether or not I am guilty of the charge made against me, because of the publication of the story "Growing to Manhood in Civilized (?) Society." The date for the trial has been set on several occasions, and in each instance, it has been put off, and at the present time, there is still no definite date settled upon. I am indeed grateful to learn the great number of my friends who are anxious to help pay the expenses to bring this case to the highest courts, and I herewith acknowledge a number of donations which have been received from interested

THE CHARGE AGAINST THE EDITOR

well-wishers toward defraying the legal expenses which will be incurred in appealing the case:

Previously Acknowledged.....	\$347.85	Mrs. A. Adler.....	\$0.50
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I HAVE not as yet heard from many of the June Fasters. A few have written me very brief comments about their experience, but I have been able to publish only two or three of the letters in the pages devoted to "Comment and Criticism." In the next issue, however, I expect to publish a number of the letters that my readers may have the benefit of varied experiences of many enthusiasts who attempted this fast. Those whom I have heard from up-to-date, seem to be very greatly pleased with the experience, and are satisfied that they have secured very great benefits even from the short fasts that they have taken.

Referring to my own experience, I would say that a few days before June 1st, I was notified that I had to attend the trial, on June 7th, of the charge that has been made against me on account of publishing the serial story "Growing to Manhood in Civilized(?) Society." I fully realized that if I attended this trial, and appeared before the average jury, after a seven days' fast, that unquestionably a great amount of prejudice would be aroused because of my being on a fast. The average jurymen would unquestionably be inclined to think that I am just a little bit crazy under ordinary circumstances, and if I were to appear before them while continuing the fast, with the thin features that are usually quite noticeable when I am abstaining from food, they would be absolutely sure that I was mentally unbalanced, and their decision would be largely influenced by their prejudice. Therefore, I began the fast three or four days before the first of June, and continued this fast for five or six days. About the third or fourth of June, I was informed that the trial had been postponed, and would not be held until sometime after the 30th. I then began a series of short fasts, instead of the longer fast that I had originally planned. I would fast three days and eat one day, or fast two days, and eat one day, as it appeared most convenient. I adopted this plan for the reason that I did not care to lose too much weight, not only on account of the possibility of being compelled to attend my trial at any time, but because I found that through daily meeting and advising patients at my Health Homes, and through my Mailing Treatment Department, my appearance while fasting, did not favorably impress them. The average invalid associates thin cheeks and a "hungry look" in general, with disease. They like to see one's cheeks round and full, and that color and vivaciousness which usually go only with an

individual accustomed to regular meals. My fasting, therefore, during June, totaled only sixteen days, and I stopped fasting altogether about the 22d of the month.

I sincerely hope that when the next Annual Fast comes around, nothing will interfere with my continuing it to the end. In fact, it is my intention to arrange my personal business and affairs, so as to make it impossible for it to be interfered with. I firmly believe that I have lost a great deal by not continuing this fast for thirty days, as I originally intended, and I am satisfied that when I hear the reports of those who have continued it for a long period, that I will most emphatically realize how much I might have gained through the cleansing processes obtained from an extended fast of this character. In the next issue of the magazine, I will publish these various communications, whether adverse or otherwise, and unquestionably all my various readers will be greatly interested in hearing of the experiences of the Annual Fasters.

IT is stated that official figures show that the cigar output during the past eight years has been more than doubled in this country. The sales for the past fiscal year have been 8,070,672,649. Internal Revenue figures also shows an increase in sales of 469,000,000 cigarettes for 1906 over the preceding year. Give the facts herewith presented a little consideration in connection with the small amount of knowledge the average man has gained of the effects resulting from the use of cigars and cigarettes, and you will begin to think that human life is cheap. If one tried to estimate how many years of life were actually sacrificed on account

THE TOBACCO EVIL

of the use of so many millions of cigars and cigarettes, the total might run into millions. Not only are lives sacrificed, but think also of the doped nerves! No man who uses tobacco regularly is in perfect possession of all his faculties. His nerves are doped all through life, and sad to relate, under the influence of the continued use of tobacco this condition grows gradually worse. That fine, delicate sensibility of the nervous system, that extreme sensitiveness of the emotional nature which is a part of all truly normal characters, cannot be possessed by a regular user of tobacco. It is inclined to develop in one a phlegmatic temperament. Slowly but surely it makes the entire nervous system sluggish. It is easy for a smoker to become cruel and heartless. It is easy for him to become base. He soon loses all what might be termed finer feelings. His nerves and brain become so doped with tobacco that his emotional nature soon loses its power of expression and the acuteness of his nervous system almost disappears.

If you want to be a man in the full meaning of the term, if you want to possess all those virile qualities that go to make up superior manhood, the tobacco habit must be banished. If you are already a slave to its indulgence, do not allow it to completely master you.

Determine that you will no longer be its servant. Assert your manhood and free yourself from it forever.

THE women of the stage are almost universally admired and envied. They are often classed as great beauties, and their name and fame reaches in some instances throughout the entire world. They are courted and flattered and eagerly sought everywhere. For a stage career they practically sacrifice the most beautiful experiences in human life. They sacrifice their home life. They become wanderers upon the face of the earth. They have no home. They live anywhere and everywhere. They ought to be pitied rather than envied.

STAGE LIFE DESTROYS WOMANHOOD

The requirements of their career will not permit them to enjoy the pleasurable experiences of building a home. To be sure they may have a few months when they can be at home, when they belong to husband and children, and life can then be tasted in its most divine sense, but such periods are usually short. And sad to relate some women are so ambitious and are such slaves to the stage that they even deny themselves the sacred privilege of motherhood. They shape their lives entirely to their ambition. They become slaves to their desire for fame and success. The lives of such stage women are to a certain

extent wasted, their career and their ambitions are from one standpoint meaningless. They might be called mere ciphers. A woman in full possession of all the instincts of her sex craves beyond all else a home and children and the love and affection that comes with them. The influences of stage life are inclined to crush maternal instincts. The fierce fires of ambition literally burn out the womanly yearnings. She might just as well be of the neuter gender. May God pity the man who takes such a woman for a wife and who expects the fidelity and affection that comes with true home life. It is often difficult for the woman wedded to the stage to become a wife of a mere man. To be sure at times they form attachments. They fall in love, but with their ambition constantly in mind they frequently proceed to make that love fruitless, and a fruitless love soon brings about its own death. The stage celebrity may conclude that she has made a mistake, that her husband is not what she thought, and that in her case marriage is a failure. Under such circumstances it will always be a failure and should the experiment be made over and over again to the end of time, the result will be the same. The stage as a career for women is a tragic waste of womanhood, and even when success and fame beyond one's wildest dreams are achieved life is rarely completely satisfying. When the plaudits of the multitude have died away, when she is alone with her own soul laid bare, when her own yearnings are tugging at her breast strings, when she is herself and her womanly instincts are in control, then she realizes the emptiness of it all. What is fame? What is success? Can they fill a woman's life completely? Do they satisfy the intense longing for the tiny clinging arms of your own flesh and blood?

No! No! Ambition has its place. Fame and all the tinselled glamor that accompanies it may be worth working for, but after all are only a small part of what might be termed the highest human career. It is merely incidental.

SOME time ago a young lady residing in Chicago committed suicide, and a physician declared that her death had been traced to quick lunches. He stated that fifty per cent. of the suicides in Chicago are caused by the quick lunch habit. Other Chicago physicians seem to be of the same opinion. The physician's statement that there were more victims of the quick lunch habit in Chicago than in any other city is borne out by various Chicago restaurants who boasted that they could feed people quicker than any of the other restaurants in the world.

To the average individual, the theory that suicide can be caused by the quick lunch habit, may seem rather strange and yet a certain amount of thought on the subject would seem to make one realize the possibilities of results of this character. You are what food makes you. If you eat indigestible concoctions, swallow them quickly without proper mastication, the quality of the blood lowers very materially and through the influence of poor blood, melancholia and various other mental complaints of a more serious nature are often induced.

The habit of "bolting" one's food cannot be condemned too much. The average individual will take a mouthful of food, chew it once or twice and wash it down with a swallow of coffee or some other obnoxious liquid. Many men eat what might be termed a hearty dinner in from five to twelve minutes. I say eat, but it would be more proper to say they somehow manage to swallow, without choking, a hearty dinner in that period.

Eating properly must be accompanied by a certain amount of mastication, but when food is simply stuffed into the mouth and forced into the stomach at the greatest possible speed, the one and only object seeming to be to fill the stomach to its greatest capacity in the shortest possible time, one can hardly be said to be eating. It could more properly be called stuffing.

It is certainly true that many people "dig their grave with their teeth," and the surest way of securing the least possible enjoyment out of your life is to continue the hurry-up quick lunch habit that is so prevalent in nearly all large cities.

Bernarr Macfadden

An Open Letter to President Roosevelt

A WAR with Japan is threatened. Maybe it is "all talk." Every intelligent man possessing an atom of human instinct hopes that it will ultimately prove to be all talk. But it behooves us nevertheless to be ready. We should not be caught unawares.

No man realizes so emphatically as yourself the value of physical vigor to a soldier. The soldier must be a man from every standpoint in order to possess the determination and the courage so essential to war's bloody conflicts. **WEAKLINGS CANNOT BE MORALS AND WARRIORS.** The greater the physical vigor the greater should be the **MANHOOD** courage. Strength and courage are synonymous. They go together. You might call them inseparable companions. The strongest man usually becomes a coward when he loses his physical strength.

Now, Mr. President, you will unquestionably admit the truth of these statements. Then is it not the calm duty of every citizen of this country to not only make himself strong and courageous, but to also do what he can to influence the building of fine, strong bodies in all those with whom he comes in contact? Is it not time to throw aside sentiment, prejudice and **PRUDERY**? Is it not time to fully **REALIZE THE NEED OF MEN**? Our cities are populated by weaklings. They can all, each and every one, with an occasional exception, be strong and manly if they would give the necessary attention to physical development. You proved the accuracy of this statement in your own life. Though we will find many hardy specimens among the mechanics and the laboring classes, yet they are not what they should be. The same could be said of those who reside in the country.

Why cannot the facts regarding physical upbuilding be made the common property of every human being in this country? Why must we wait until we are attacked before we begin to prepare for the contest that is almost certain to come some time in the future, with some foreign power?

The physical power of a people depends almost entirely upon their moral standard. Immorality of all kinds is largely the cause of the present physical decrepitude. You called the attention of the public to the deplorable condition of the Chicago stock yards, and the horrible facts were spread before the world. A wonderful house-cleaning resulted from this publicity. It worked untold good for every meat-eater throughout the world.

Now I tried through the medium of a story to lay bare the facts as to the degraded moral standard of the average young man of to-day. I was arrested for publishing obscene literature. How is this perverted moral standard to be changed if everyone is punished for trying to discredit and expose it? Thousands, yes, millions of young men, and young women too, sacrifice their strength of body and cleanliness of mind to the base view of life that they secure from the "gutter," for the subject is tabooed by mothers, fathers and teachers everywhere.

There is no reform in this country at the present time more important than the cleansing of the minds of boys and girls, and men and women on sexual morality. If we want men for war; if we want men to continue the progress of our present civilization; if we want women, who are capable of becoming true mothers, and who are to possess all the womanly attributes essential to a true and enlightened civilization, the present moral view of life must be changed. Is it not pitiful that boys cannot congregate in groups without discussing in coarse jests and vile language some of the most divine relations of the human life? This perversion should be remedied, but it can be done only through that publicity which enables intelligent men and women to see the glaring results of our present erroneous attitude on all questions pertaining to sex.

Every student of this subject will admit that by far the larger part of the physical weakness and ill to which humanity is so subject at the present time is made possible through the vital depletion caused by sexual mistakes and excesses. The superintendents of insane asylums will tell you that nearly all their inmates have come there because of evils of this character. The hospitals and sanitariums are filled with people suffering from a similar cause. To be

sure many are compelled to bear the penalty that rightly belongs to their forefathers, but the truth of these statements cannot be questioned.

This country is suffering at the present time beyond the power of mortal man to describe, because of a perverted moral standard. I contend that young men and young girls should be taught the sacred facts in reference to the most divine relations of human life; that they should know something of the clean moral life; that they should learn the penalties of immoralities; **THAT THEY SHOULD BE WARNED OF THE PITFALLS THAT THEY ARE SURE TO ENCOUNTER**; that this knowledge should come from fathers and mothers and teachers, and not from vile-minded companions. If knowledge of this character was universal, the physical vigor of the people of this country would increase marvelously within the next generation. For the last ten years this publication has "fought" for this reform.

Why, Mr. President, will you not lend your mighty influence to this great work? Why will you not turn aside from the prejudiced sentimentalists and the prurient prudes and stand out clearly and plainly in favor of knowledge that compels the development of manhood and womanhood in its highest and truest sense?

It is the moral standard of the average young man of to-day which makes the sowing of "wild oats" necessary, and when the value of a clean life is fully understood and the exquisite rewards that come with it are presented to him it becomes many times more attractive than the other extreme. It will yield a hundred times more success and more happiness. I believe that you will stand with me in contending for the limelight of publicity, for then the terrible evils that confront this age may in the next generation be a thing of the past. Then if we have war we will have men instead of weaklings to face its terrors. If we do not have war we will have men ready to solve the monumental problems that are coming so swiftly in this strenuous age,

At the present writing I am indicted for a crime, because I have endeavored to do my part in this reform work that I believe is so tragically needed. Is it not time, Mr. President, that this sort of persecution should cease? Is it not time for this country to face these physiological problems and to solve them in the light of truth and justice? Prurient prudery is the greatest curse that we have to contend with at the present day. It causes more weakness; it evolves more weaklings and brings about more physical, mental and moral decay and perversion than any other evil known to mankind, and I hope that some day all will realize the need for a universal recognition of the truth of these statements.

Bernarr Macfadden

REMOVAL NOTICE

The Main Office of the PHYSICAL CULTURE PUBLISHING COMPANY has been moved to the Flatiron Building, New York City. To insure prompt attention send all mail to this address.

Particulars of this change of our Main Office will appear in the next issue.