

PHYSICAL CULTURE

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

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EXERCISES FOR DEVELOPING THE SHOULDERS

SOME VERY SIMPLE MOVEMENTS FOR STRENGTHENING AND BROADENING THESE PARTS WITHOUT THE USE OF APPARATUS

By Bernarr Macfadden

THE exercises I am offering to my readers this month, like those presented in the last issue of this magazine, require no apparatus whatever and can be taken at any time

and at any place that you choose. Apparatus is of course valuable in a great many ways and is sometimes useful in arousing interest among those who have not yet formed the habit of taking regular exercise every day. When you notice an exerciser hanging on the wall and a pair of dumbbells in the corner of your room, you have continually before you the suggestion that it would be

well for you to use them, when otherwise you might entirely forget to exercise.

But if a person once determines that he will devote himself persistently to

exercise, setting apart a certain time each day for that purpose, I believe that the resisting exercises, so-called, a few of which I am presenting herewith, and which I have described and illustrated

to a considerable extent in previous issues of the magazine, will enable him to acquire a development fully equal, and in many cases superior, to that which he would secure by using the various paraphernalia found in the average gymnasium.

Let it be understood, however, that any system of exercise which calls into active play all the muscles of the body, will prove more or less beneficial, and while near-

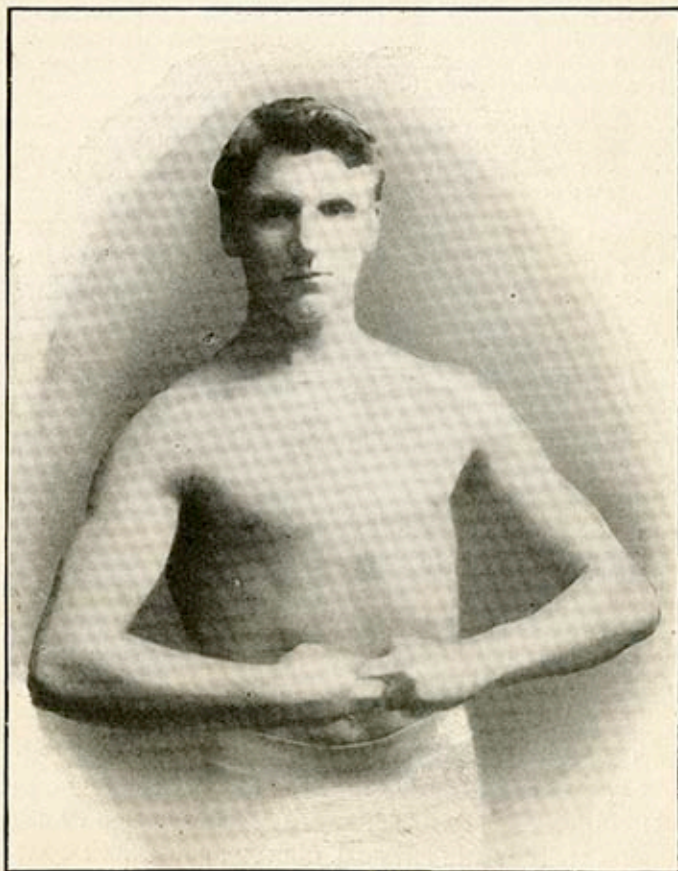


Photo No. 1.—Showing first position, with second finger of each hand locked into each other. The five exercises illustrated here can be merged into one continuous movement, all the time pulling hard on the two fingers, and allowing each arm to continually resist the movement of the other. When one finger on each hand becomes tired, change to the next finger, and so on until you have gone through this whole series several times with all your fingers, or until all the muscles involved are thoroughly tired.

ly all of those who so extensively advertise their mail courses in physical training have exercises of more or less value to offer, yet not any one of them has a

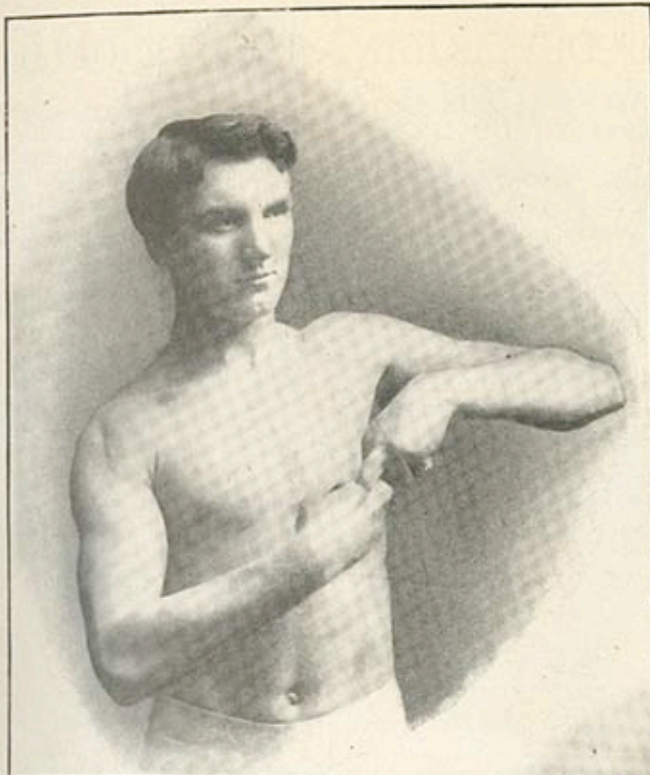


Photo No. 2.—From position shown in last photo, bring left elbow up sideways until it is on the level of the shoulder, all the time attempting to pull the fingers apart. Return to first position and continue the movement to the right until the right elbow is on the level of the shoulder. For upper deltoid. Return again to position shown in Photo No. 2, then, (See next photo).

“system” which is far “superior to all others” as they would have you believe. In fact, the secret of obtaining good results in physical culture is faithful application, persistent, regular and continuous work, day after day, which will enable you to secure results of a more or less satisfactory nature from almost any system.

There is nothing secret, mysterious or wonderful about my system of resisting exercises, and I feel assured that it is as good as any other, and far superior to many much exploited courses of physical training. The

principle is simply that of resisting one muscle or set of muscles against another, and by the application of this principle an infinite variety of movements may be devised that every muscle in the body can be thoroughly exercised and strengthened. Moreover, these resisting exercises have the advantage of being suitable to both the weak and the strong, the old and the young, and to members of both sexes, inasmuch as the movements can be made as mild or as vigorous as you choose. By intense men-

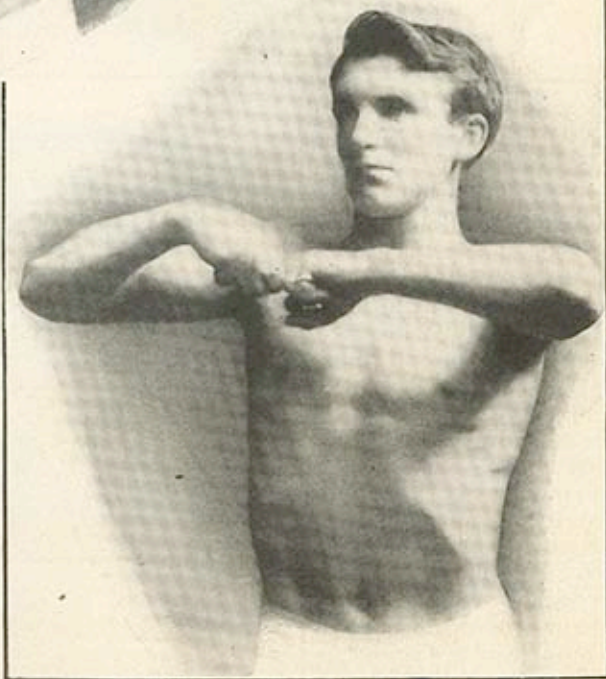


Photo No. 3.—Take a similar exercise, except that in this case the movement back and forth is all on the level of the shoulders, and directly in front of them, as illustrated above. For posterior deltoid and muscles back of the shoulders. The next step of the exercise is very similar to this, except that the elbows and forearms are raised and brought back and forth on a level with the eyes or forehead.

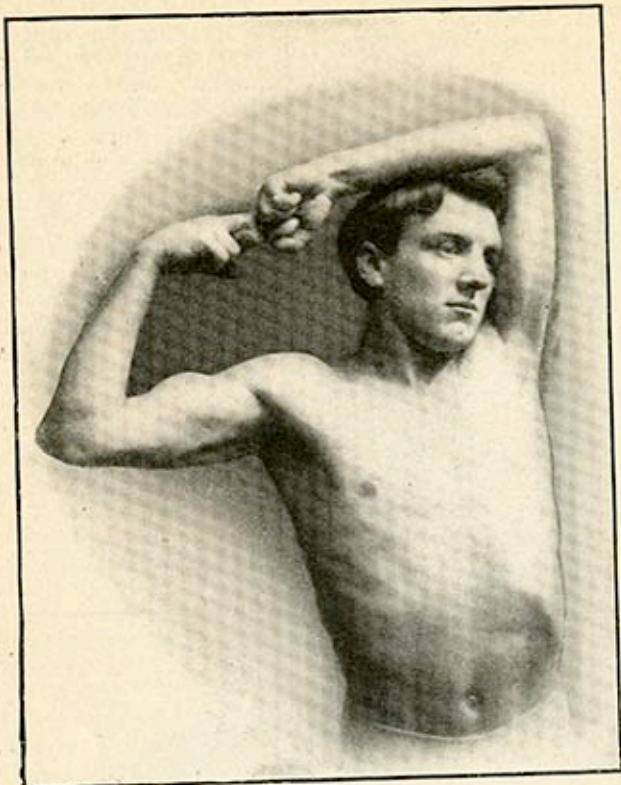


Photo No. 4.—Continuing the series of movements, bring the arms over head, as illustrated in this photo, pulling hard back and forth, as before.

tal concentration they can be made as strenuous as wrestling or weight-lifting, with the result that you will develop and retain all the muscular strength and beauty of body with which Nature has endowed you.

An inquiry was recently sent to our question department, asking whether broad shoulders denoted strength or not, and how narrow shoulders could be broadened. Of course, the breadth of the shoulders is determined principally by the bony framework of the individual, and broad shoulders do not indicate anything un-

less the muscles connected with them have been made strong by vigorous use. A pair of broad shoulders normally indicates a more powerful physique and the possibility of greater strength than narrow shoulders, provided one develops all the strength that he is capable of. There is necessarily a natural limit to the development of each individual, but narrow shoulders in many instances are due to the fact that the owners have never entirely attained their normal stature. The world is full of stunted, undersized people who might have attained a much better stature under better habits and conditions of life. And in such

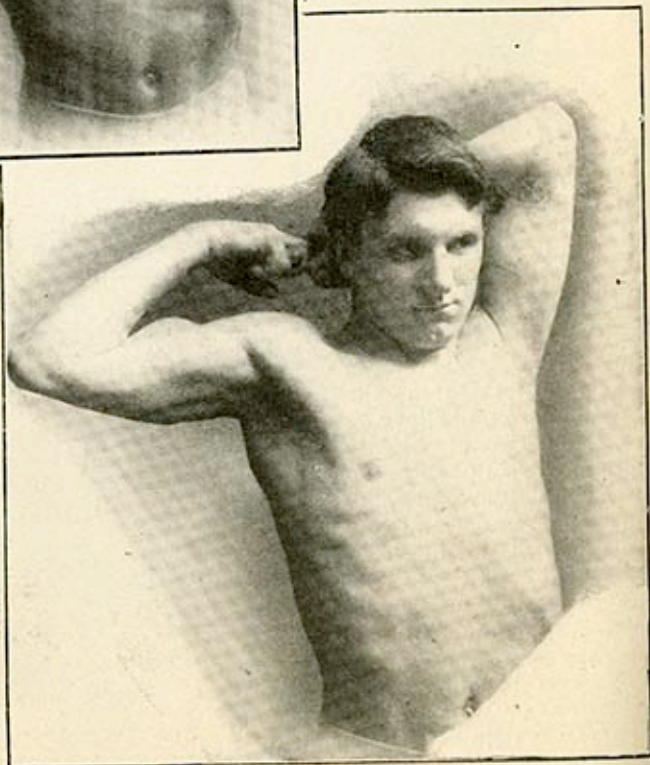


Photo No. 5.—Showing the last movement of the series, with hands behind the head. This and the last preceding movements not only tend to pull the shoulders back in place, but strengthen the powerful muscles of the side, just under the armpits. After having gone through this exercise, go back through the series to the first position, and repeat the entire movement, using each finger of the hand alternately. These exercises will also develop great strength in the fingers in course of time.

cases, the persistent practice of proper exercises, together with deep breathing and movements for expanding the chest, will not only bring about a splendid muscular development in this region of the body, but will broaden the bony framework to some extent also.

One of the most common deformities with which we come in contact in everyday life is the "round shoulder." While this unsightly condition is of course often brought about by continuous bending over a desk, and sometimes by a variety of unfavorable manual occupations, yet it is usually the result of sheer laziness—the neglect to carry oneself properly. Even this lassitude, however, with the consequent drooping of shoulders, is made possible mainly by weakness of the muscles on the back of the shoulders. Therefore, "round shoulders" can be both prevented and remedied by simply strengthening the muscles in question.

Another very common deformity, often accompanying round shoulders, and still more distressing to look upon, is the drooping of one shoulder until it becomes two or three inches lower than the other. This lop-sided condition is usually due to the same general weakness and carelessness in carrying the body that produces stooped shoulders, though in some instances it is caused by continual manual labor of a one-sided nature. If we were more ambidextrous, instead of doing nearly everything with one hand, perhaps there would not be so many cases of this kind. But no matter what the defect, or what its cause, the building up and strengthening of the muscles about the shoulders, together with some attention to holding the body erect, will tend to restore the normal conditions of the parts. With continued daily effort, even bones can be made to gradually yield and resume their proper positions.

But remember that the results achieved will depend entirely upon the energy and persistence with which you apply your-

self to your exercises, just as, in every other sphere of human activity, the results obtained depend altogether upon how faithfully you strive to achieve. Naturally, other exercises than those I give which bring into play the muscles of the shoulders would also be of service, but those here illustrated I consider particularly good. I use them myself a great deal.

For the average business man who lives in the city, some exercise for the shoulders is needed, even more than for many other parts of the body. For while he uses his arms somewhat, and his legs considerably throughout the day, yet, except when he ties his neck-tie, adjusts his collar, dresses or undresses himself, or, perhaps, hangs to a strap in a trolley car, his shoulders get very little active use. Perhaps this is the reason why the first attacks of rheumatism so often settle in his shoulders.

These movements, particularly those shown in the last three photographs, will tend to expand and broaden the chest, giving it the depth, roundness and fullness which invariably go with a powerful, well developed physique. The different movements illustrated can be merged one into the other, so that they may make one continuous exercise, beginning with the first position and working back and forth, gradually upward, until you get to the last position, when you can go back step by step to the first one, and then repeat the whole series, continuing until the muscles are tired. If you use proper mental concentration you will be able to make the muscles ache in the course of a number of movements. To gain any marked development, you should continue all exercises to this point, but not necessarily exhausting yourself. After continuing any specified movement strenuously for some time, the aching incident to it will indicate very clearly just exactly what muscle or muscles are involved in that particular exercise.

GYMNASIUM OF BERNARR MACFADDEN INSTITUTE OPEN TO PUBLIC

Evening classes in calisthenics and physical culture have been formed at the Bernarr Macfadden Institute of Physical Culture, for the benefit of the public at large. These classes will be under the direction of competent physical culture instructors. Scientific instruction will be given in boxing, wrestling, athletics and all other forms of physical culture. The gymna-

sium of the institute will be open to the public of both sexes during the day and evening. Special evening classes will be formed wherein both sexes can exercise simultaneously. For further particulars address, Secretary, Bernarr Macfadden Institute of Physical Culture, 112 W. 18th St., New York City.

A BOY HERCULES

WONDERFULLY DEVELOPED YOUNGSTER OF TEN YEARS OF AGE
WHOSE STRENGTH SURPASSES THAT OF MANY MEN

UNQUESTIONABLY we are indebted to the circus and the vaudeville for many of the most perfect representatives of physical development. The enthusiastic young physical culturist, ambitious to bring his own physique as nearly as possible to the point of perfection, will see at these entertainments men of the most superb physical development, strong and firm of limb and hand, captivatingly beautiful in their grace and symmetry of outline—the realization of one's ideal of what should constitute the perfect human figure.

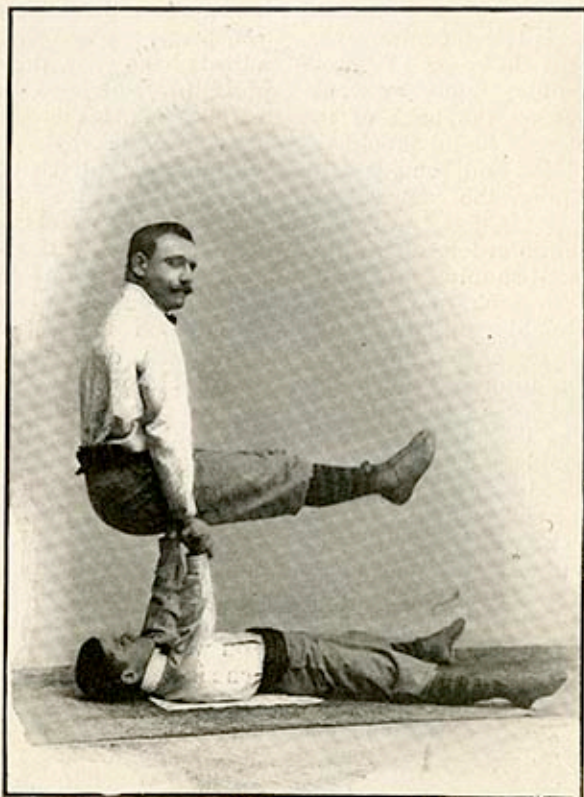
Every small boy knows, and every one who can remember the days of his boyhood knows, the influence and inspiration of the circus acrobat. The spectacle of the physique of the acrobat, his magnificent strength and activity, and his superb muscular development, filled the young spectator with a desire to cultivate a similar grace, and perfection of bodily beauty and strength. And hastening straight home from the circus grounds he probably tried to do a few little commonplace "stunts" upon the grass in his front yard. In fact, in some localities, about the only inspiration in

the way of physical culture development that is obtainable, is that which comes with the circus.

In many cases the acrobatic "artists" owe their strength and agility to the circus life and the training which is a part of their daily associations. In

other instances the athlete avails himself of the opportunities given him by the circus or vaudeville stage to display powers which he has developed at home, and at the same time earn a much more liberal income than it is possible to secure from ordinary occupations.

The photograph reproduced on the cover of this magazine this month is that of young Michael Urbani, a boy of only ten years, who has recently been seen in the vaudeville



Michael Urbani and His Father in One of Their Characteristic Feats

houses of America and England, and in regard to whom the foregoing remarks are of a pertinent nature. His phenomenal muscular development seems out of all proportion to his years. The demonstrations of this juvenile "strong man" are among the most surprising and impressive features of vaudeville entertainment seen in a very long time.

The boy is able to perform feats that are entirely beyond the strength of most men, and his development is perfectly symmetrical. He does a balancing act with his father, who weighs about three times as much as himself, performing feats which are usually done by two adult athletes of nearly equal weight. We give herewith a photograph of one of these acts, showing a feat of balancing which calls for not only great strength, but for steadiness and perfect control of the muscles as well.

It is only within the last two or three years that young Urbani became interested in the subject of cultivating his strength. An uncle of his initiated both the boy and his father in a series of play exercises. The boy has not devoted himself to heavy work with dumb-bells,

but his phenomenal strength has been of a steady growth following his continuous and persistent application to simple exercises. Coincidentally, his father, whose superb development is shown in the accompanying photo, began to interest himself in physical training at the same time that his son did. Together they worked, the father and the boy, until they gradually became able to do the acrobatic feats with which they now amaze those who see them.

As a general thing, the enforced development of strength, gained, as it usually is, by a continuous daily struggle with weights, which taxes the strength of the aspiring strong man to the utmost, is not to be desired, as it is frequently acquired at the expense of the vitality and longevity of the athlete.

THE CLASS OF 1905, BERNARR MACFADDEN INSTITUTE

By Bernarr Macfadden

I SAID so much in advance regarding the school of physical culture, that I was going to open, that I feel, now that it is an established fact, as if I would like to make some comments upon it.

As has been said before, the students of the Institute came to us from all parts of the country, and from all sorts of occupations, some leaving the plough, some the workshop, some the school, some leaving the home; bachelor girls, bachelor men, married men and married women. Some of them had had training in the gymnasium, some had not. They had but one thing in common—enthusiasm for the physical culture idea.

I have watched them, with more than ordinary interest, to see what the effect upon them would be of the new life into which they had entered with so much earnestness and sincerity. I found from the first, even if they had not already been living the physical culture life, that they began to do so on entering the Institute. They felt that in order to fit themselves for the life work which lay before them, they should practice the theories upon which our system is built.

They began to eat right, sleep right, breathe right; in other words, to live properly. Already the result is even beyond my expectation. Whatever the students may have been when they came to us, they are now, almost without exception, bright of eye, alert of action, fresh of face, and manifestly charged with a vitality to which most of them were strangers before. I was particularly struck with this the last time I gave them their exercises in free movements, and later also, when the class work being over, they scattered over the gymnasium, rather like colts at play than like adults dulled by care, and formalized by conventional living. They all seem to have realized a statement which I long ago made in this magazine, that one's work should be his play. Perhaps it is the peculiar advantage of physical culture that, when properly understood, its best results can be obtained in the happiest and pleasantest way.

Sincerely I would say that it is safe to predict for this great co-educational experiment in physical culture, that it will be a success. Indeed, it is already a success.



Anne Sutherland as the Empress Josephine in "More Than Queen"

THEATRICAL TOPICS AND TIDINGS

By H. Mitchell Watchet

IT is something more than a mere superstition that the verdict of a New York audience in regard to a theatrical production carries weight the country throughout. The critical faculty is in the main, the outcome of opportunities of comparison. Now, as such opportunities are very many more in the metropolis than in any other city in the country, and as New Yorkers are notoriously enthusiastic theatre-goers, it would be strange indeed if they were not critics of a sound, if not of a technical sort. The consequence is that when a theatrical company goes "upon the road" with the endorsement of a long metropolitan run to recommend it, provincial audiences feel pretty well satisfied that they are going to get their money's worth.

The truth of the foregoing is to be seen in the case of those plays now before the New York public, that are in the beginning or the middle of a period of prosperity. Such plays are in each and every instance, good of their kind and finished as to their methods. It matters not whether the successful production is

of the light comedy sort such as "The Education of Mr. Pipp," or the pathetic drama as is "The Music Master," or a play of the powerfully sombre type, as "Leah Kleschna," the principle stands good. And it is also interesting to note that in two or three cases, the verdict of the public is not in accord with that of the newspaper

critics. The moral of it all being, that it is a liberal education in criticism of the histrionic kind, to visit



Dorothy Dorr as Claire Forster in
"The Woman in the Case"



Julia Dean as Helen Sherwood in "The Gentleman from Indiana"

the places of amusement on Broadway for a period covering a season of, say, six or seven months.

Whatever else may be the faults of the dramatic profession, it is certain that there is no other career that is open to women which affords the latter so many opportunities as does that of the stage. It has been cynically said that this is not to be wondered at, inasmuch as a woman is never her own self unless she is acting. The author of which axiom was, of course, some ancient, crusty and disappointed bachelor totally unworthy of matrimonial blessings. But to revert: the women stars recently to be seen at one and the same time in New York included Mary Mannering, Henrietta Crossman, Blanche Walsh, Grace George, Ellis Jeffreys, Blanche Bates, Lulu Glaser, Eugenie Blair, Amelia Bingham, Mrs.

Leslie Carter, Mrs. Fiske, Fritzi Scheff, and others. This is saying nothing of a host of other women favorites with the public who, while hovering around stellar honors, have not quite attained them. Simultaneously, there was a somewhat curious congregation of play-titles of a feminine flavor, such as, "The Woman in the Case," "Abigail," "The Duchess of Dantzic," "Mrs. Leffingwell's Boots," "Mrs. Temple's Telegram," "The Athletic Girl," "A Madcap Princess," "Her Second Life," "Mlle. Marni," "The College Widow," "Adrea," "Queen of Chinatown," "Leah Kleschna," etc. Perhaps all of this is not to be wondered at, considering that woman is the eternal question on and off the stage, and that the presentation and solution of problems in petticoats constitute the chiefest labors of the dramatist



Mabel Taliferro as Dolly in "You Never Can Tell"

A feature of the current season is the very large number of late productions which have been made in New York. The fact marks one of the many changes that have come over the theatrical business during the past few years. Time was when the formula of "Summer preparation and Fall presentation" was religiously followed. But, in the event of a failure, the results were apt to be disastrous, inasmuch as by the time that another production was made ready for the public, a goodly portion of the most valuable part of the year had passed. It finally impressed itself upon the mentalities of the managers that it would be better to know the fate of a piece late in the Spring, rather than at the beginning of Fall, and for obvious reasons.

The hustle and bustle of modern life has impressed itself upon stage affairs as it has upon all other matters of every-

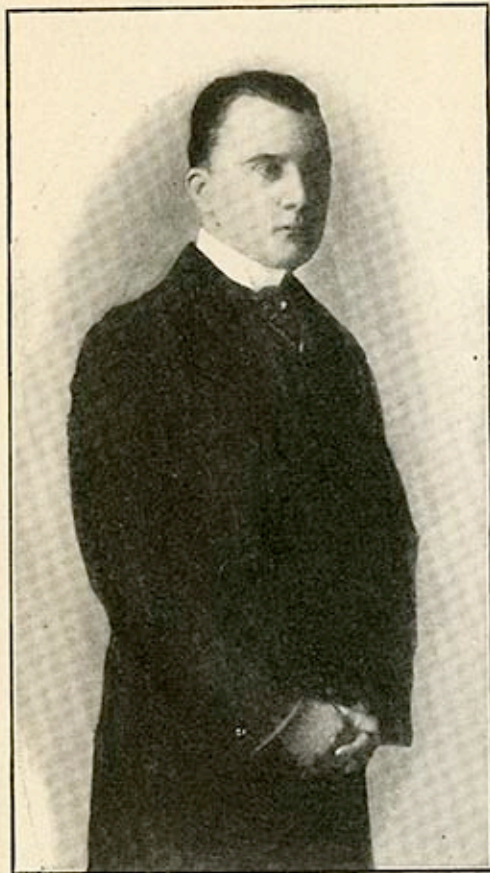


Ellis Jeffreys, the Young English Actress Who is Starring in "The Prince Consort"



Henrietta Crossman, an Admirable Actress Now on a Starring Tour

day existence. We are living in a tabloid age in which things mental and physical are reduced to ultimate essentials in order that they may be swallowed and assimilated with as little loss of time as possible. Scores of everyday things vouch for the demand for speed and condensation that goes up from among us day and night unceasingly. Hence it is that many of the successful vaudeville houses are those that give us tabloid plays spiced with just enough vaudeville to enliven the waits between the acts. In this connection Mr. Frank Keenan of the Berkeley Lyceum of New York City, has apparently removed the hoodoo from that hitherto unfortunate house by making the main feature of his management a trio of one-act plays given every evening. After all it is a matter of education and there is no reason in the world why

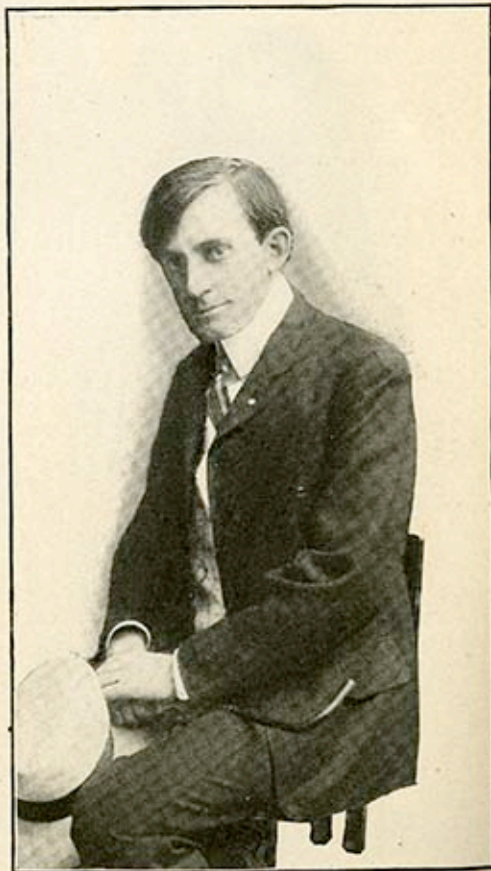


Arnold Daly in the Bright Comedy "You Never Can Tell"

we should be kept in suspense as to the fate of the hero or heroine for three or four acts when we could learn just what did or did not happen to them within the space of one. But the experiment has been tried before, and while, as long as it lasted, it was financially and artistically a success, yet the difficulty was that the quantity of short plays bore no relation to their quality. In other words, while there are uncounted hosts of curtain-raisers in existence, yet the number of them that are suitable for presentation before a critical audience is small indeed. It will be remembered that Manager Donnelly, of the Murray Hill Theatre Stock Company, had to disband an organization that had won a well-merited popularity simply because he found that, after a few years, he had exhausted the list of those two or three-act plays that

his judgment taught him were acceptable to his public. As the desirable one-act play is indefinitely rarer than the drama or comedy that calls for an entire evening's presentation, it will be seen that Mr. Keenan has a task, hard of accomplishment, if he contemplates a long period of professional activity at the Berkeley Lyceum.

A correspondent who hails from somewhere in Massachusetts takes exception to a statement made by the writer to the effect that Lillian Russell has retained much of her health and physical attractions by physical culture methods. The gentleman also waxes indignant because Miss Cheridah Simpson was spoken of as "shapely." He also says that I ought to take a look behind the scenes and see "actresses running about without much else on than a kimona," and



Raymond Hitchcock in the Title Role of "The Yankee Consul"

he guesses that my ideas of shapeliness would "get a jolt" thereby. I would venture to suggest to the gentleman from Massachusetts that if I did "see actresses with kimono on" I should hardly be in a position to pass upon their shapeliness or otherwise, inasmuch as the garment in question is of a non-revealing sort. I would further remark that although I am not on such intimate terms with the private life of Miss Russell as my correspondent apparently is, yet I do know that Miss Russell and dozens of other stage women owe their health, proportions and no small degree of their success to the physical culture methods which they so studiously observe. Miss Russell has told me so herself, as, too, have a number of her professional confrères. Furthermore, I have seen and experimented with the apparatus in Miss Russell's little gymnasium that she has fitted up in her apartments. As to the unfortunate Miss Simpson, I shall leave her picture, as published in the March issue of this magazine, to decide the controversy, merely remarking that the young woman is better known to New Yorkers on the score of what my correspondent calls her "shape," than she is by reason of a high degree of talent.

Of course, I don't know half as much

about stage matters as does the man from Massachusetts, who is evidently as familiar with actresses as he is with beans. So I must confess to shocked surprise when he further intimates that actresses are nothing more than things of pads and wadding. But then you never can tell. These men from Massachusetts are such knowing fellows, you know. Just watch 'em in the front seats of the Town Hall when the "Broadway Blossoms Burlesque Belles" pay 'em a one-night-stand visit. Gosh!

Those who believe that competition is the soul of recreation, as well as that of business, will tender thanks to Messrs. Thompson & Dundy for their healthy rivalry with the Barnum & Bailey Show. The United States is sufficiently large to support more than one "aggregation of astounding and animated marvels." In fact, it is big enough to support half a dozen of the same. Besides that, monopoly is apt to lead to stagnation, if not of talent, at least of variety. Which is a bad thing. Incidentally, the New York Hippodrome has fulfilled all its preliminary promises to the public, and, judging by the audiences which have been attending the performances since its opening, has also vindicated the pluck and judgment of the management.

A TRIBUTE FROM MINNESOTA

"DEAR SIR:—I have been a reader of your magazine for some time and have one or more copies on my desk at all times. The last time Mr. Frank A. Day, who is private secretary to the Governor of this State, and also connectel with this paper, was here, he noticed the January number, examined it, became interested, took it home with him, and the next morning he assured me that he had read every word on its pages, advertisements not excepted, before he retired that night. He made several excerpts from articles which he directed that we publish in *The Sentinel*, and was, in short, thoroughly taken up with your splendid magazine and the principles of right living which you so ably advocate.

"He directed me to send, in his sub-

scription that he may receive the magazine regularly, and I inclose herewith check for the publication and premium. Kindly send the magazine to Hon. Frank A. Day, State Capitol, St. Paul, Minn.

"I believe that the work you are doing is the noblest that can engage the energies of man, and can say, as one of your devotees—and there must be thousands of others who can say the same thing—that your teachings have made life assume a different aspect to me. I hope the day will come when all the men and women of the land will know and adopt the true principles of right living as expounded in *PHYSICAL CULTURE*.

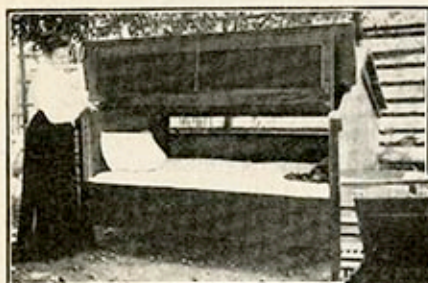
"Yours truly,

"ARTHUR M. NELSON.

"Fairmont, Minn."

SLEEPING OUTDOORS

IN the West, where during a large portion of the year there is no rain, many people sleep outdoors without inconvenience. In the East it has not been found practicable heretofore. Even at sanitariums, patients have been compelled to gather up their beds and go indoors when it began to rain. And it has been found about impossible to sleep in the open air during the sum-



Photograph of Outdoor Cot Taken In the Early Fall

mer in consequence of the annoying mosquito. To avoid all those difficulties my outdoor bed was constructed as here shown.

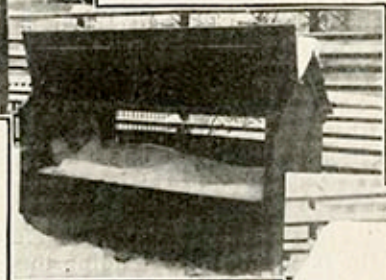
By referring to the photographs the reader will see how simply this is accomplished. It is built like the ordinary wooden bedstead and put together in the same way, except that its sideboards screw to the head and footboards, instead of locking to them in the way of the ordinary bed. The roof that covers it is water-tight. To the under side of the roof is hinged a gauze wire screen that slides up and down in a groove when the roof is lifted. One such screen is on each side of the bed and extends its full length, so that when the sleeper is once inside and the screens are down in position, he is entirely protected from insects. They are also provided with hooks on the inside, so that the bed cannot be opened when the occupant is asleep. To the outside of each screen and on the lower edge, is attached a rubber curtain, which can be raised or lowered by means of a string accessible to the sleeper. The curtains are used only to

keep out rain or snow, or to protect the sleeper from view in the morning. These curtains should always be raised before the sleeper leaves the bed, so that the latter may not get wet in consequence of an unexpected rain.

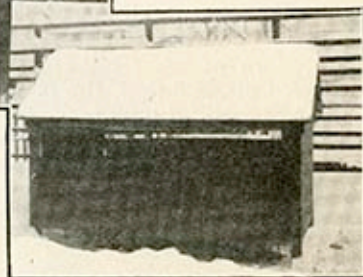
The bed may be placed anywhere that is most convenient—on top of the roof, on the piazza or, as in my case, on the back lawn.

The proper method is to disrobe in a warm bedchamber and go to the bed outdoors in a warm robe and slippers. In extremely cold weather, one should take with him a hot water bag, so that he may get to sleep without delay. Plenty of

warm covering should be used. In cold weather, too, a cap and earmuffs may be worn, though my method is to throw the cover over



Photograph Taken After a Night In a Snowstorm

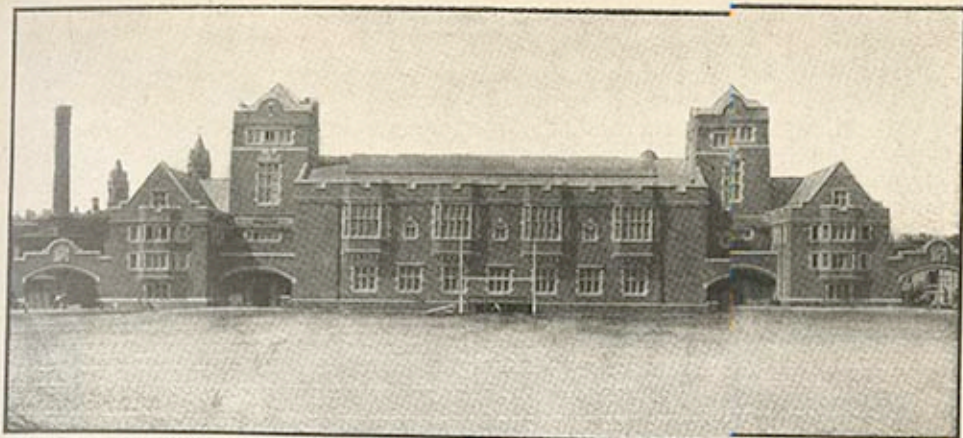


Screens Down, Rubber Curtains Partly Raised On Both Sides

my head and leave only my face exposed.

Upon waking in the morning the curtains are first pulled up, after which the robe and slippers are put on and the occupant goes into the house to make his toilet, the first act of which should be a cold shower or sponge bath. This may be preceded by a warm shower to overcome the effect of the brief exposure resulting from getting out of the warm bed and going into the house, but the surface of the body should be thoroughly chilled with water afterward. This will not only toughen the body, but render it immune to the changes of the atmosphere to which we are subjected almost every day.

The proper time of the year to begin sleeping outdoors is any time.



The New Gymnasium of the University of Pennsylvania, the Most Magnificent in the World

UNIVERSITY OF PENNSYLVANIA TO MAKE EVERY STUDENT AN ATHLETE

NEW PHYSICAL DIRECTOR FROM CANADA WILL NOT TRY TO CULTIVATE STRONG MEN, BUT WILL SYSTEMATICALLY TRAIN THE BOYS TO MAKE THEM PHYSICALLY PERFECT—HIS METHOD AND HIS PLANS

By H. D. Jones

THE directors of the University of Pennsylvania intend that the institution shall become one of the foremost athletic centers in the country. With this end in view they have just built a magnificent gymnasium at a cost of \$525,000, and Dr. R. Tait McKenzie, president of the American Association of College Gymnasium Directors, has been engaged as physical director.

Since Dr. McKenzie came to Philadelphia from the McGill University in Canada, there has been a mighty stirring among the athletic dry bones of the university. Every student with or without athletic ambitions has been requested to call at the office of the physical director and be examined with a view to his future usefulness as a major or minor star of the cinder path or field. To examine so many youths has proven a Herculean task, but Dr. McKenzie and a staff of assistants have been busy night and day, testing the students' strength, registering their lung capacities, measuring their biceps and gauging their general efficiency in a physical sense. As a result, the physical condition of all of them is recorded in the

office of the director, and he can now pick from the ample material at his disposal candidates for track and team events.

The office of the director during these examinations has suggested the torture chamber at a session of the Spanish Inquisition. Dr. McKenzie says he does not intend to try and make strong men of the students. He is not seeking to acquire fame as a cultivator of athletes who are remarkable for nothing but weight lifting and strap breaking. He only wishes to so train the boys that they shall be physically fit for the battle of life, as well as able to excel in the particular department of athletics for which their muscular development suggests a fitness.

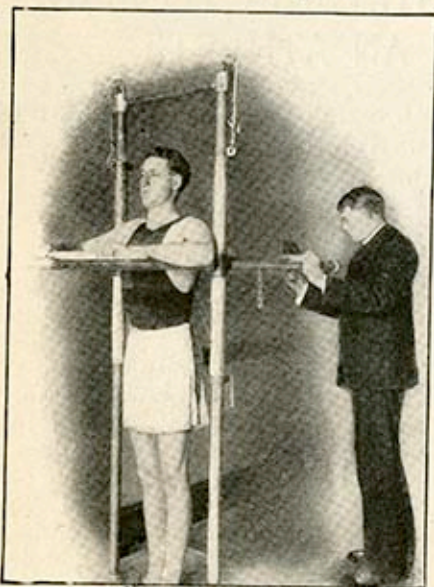
Dr. McKenzie's method is first to examine the student, his condition, inquire into his family history and then prescribe for him the exercises that are most suitable to his physique. The student is required to fill out a form on which are some questions that do not seem to be intimately connected with his physical condition, but which, nevertheless, must be answered before the director can determine how to instruct the young man to

exercise. Here are some of these apparently inappropriate queries:

"Do you resemble your father's or mother's family in general build? Are you subject to colds in the head? Can you breathe freely through each nostril? Do you suffer habitually from cold hands or feet? Do you suffer from sleeplessness?"

Having filled out the form which contains these and other questions, the student is introduced to the collection of apparatus in Dr. McKenzie's office. The measurements and tests that are made with the aid of the instruments are:

Body length, breadth of shoulders, breadth of chest, waist and hips; depth of chest and abdomen, girth of neck,

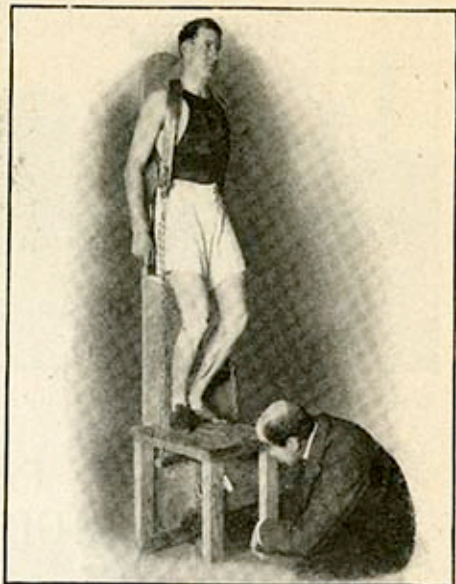


Testing the Power of the Forward Push of the Arms

chest, waist, hips, forearm, upper arm, thigh, calf; capacity of lungs, strength of legs, back, arm flexors, extensors; strength of grip, total strength, weight, etc.

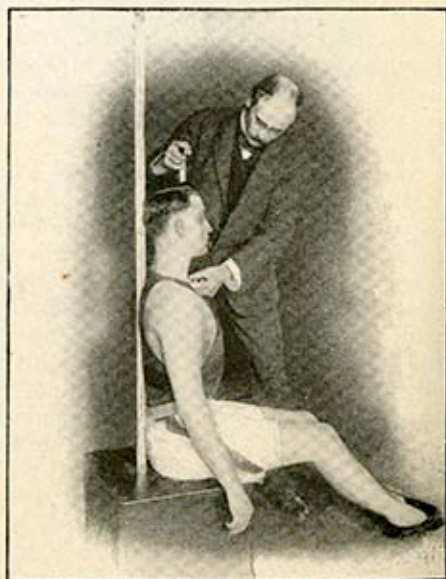
During the examination, records are made of the condition of the student's skin, heart, blood, ears and his eyes.

Particular care is to be taken at the university that no student shall be allowed to take any part in athletics unless he is physically fit. It will be the duty of the physical director to determine whether or not a student is in condition to compete in track or field events or become a can-



A Student Being Tested for the Shoulder Lift

didate for football honors. It has been decided by the faculty that the evils which the medical profession point out arise from the over-exertion and injuries of college sports, brought about by the lack of just such examinations that are now to be compulsory at the university.



Measuring the Sitting Height of An Athletic Candidate

GRAFT AND THE COMMERCIAL AGENCIES

A SAMPLE LETTER FROM A VICTIM OF ONE OF THESE QUESTIONABLE CONCERNS—STOLE FROM THE STORES THAT HE "RATED"—OTHER CASES IN POINT—FARCICAL ESTIMATES OF THE AGENCIES—A TRUTHFUL RATING CANNOT BE OBTAINED FOR SEVERAL REASONS—SPECIAL AGENCIES ARE MAKING INROADS INTO THE BUSINESS OF THE JUMBO CORPORATIONS—HOW RATINGS ARE SECURED

By Ernest Cooper Clews

(CONTINUED)

THE interest excited in business circles by this series of articles is made manifest by the number of communications that have reached this magazine in regard thereto. Space and policy will not permit of our publishing many of these just at present, but the letter which follows is a good example of the trend of the others. I commend it to the attention of readers inasmuch as it is but another proof of my contention that the men and the methods of the commercial agencies are alike of a nature that call for drastic reformatory measures—to put it very mildly.

"The Raymond Syndicate

(Incorporated)

352-354-356 Washington St.

31-33-35 Hawley St.

BOSTON

"Dear Sir: I am pleased to notice one magazine with courage enough to expose the rascality of mercantile agencies generally.

A Boston agent of one of these agencies, rated and reported me for some ten years, the result of which was a continued struggle on my part to get along in the face of his unfavorable reports, until one day I saw his picture in the 'Police News,' which had been taken from the Rogues' Gallery in Boston after he had been arrested for stealing in a number of stores where he had been about as a 'rater of credits.' I learn that he is still in the same line of business. I often see him upon the street, but evidently he never sees me. I placed his picture in the window of my store, with the words under the story of his capture, 'This is the mercantile agency rater who dogged me for ten years.'

If you wish to know anything of me I would be pleased to refer you to such houses as The Nashawannuck Manufacturing Company, 74 Worth street; H.

Richter's Sons, Broadway; Bauman & Sperling, 14th street, New York, and a hundred more if necessary.

I delivered to a publisher in New York some hundreds of pages of manuscript regarding these agencies, together with a list of facts that would surprise you. But my manuscript and publisher disappeared, and I have been unable to obtain any information in regard to either of them, although the last time I talked with him he said that a prominent financier, now deceased, had been to his place and offered him as high as \$10,000 for the papers.

I think that you will have no difficulty in tracing the cloven foot of these concerns to the jury rooms in hundreds of cases, and to the halls of almost every legislature in this land. I have exposed them probably more than anyone ever did before. They continue to damage me, but in the most indirect way. They put nothing on paper, and claim that they do not rate the concern I represent, but I have recently proven differently, and this company is preparing an extensive suit against them at the present time.

The relation of the agencies to the insurance business and the banking system you will find important subjects. I think I can furnish you a great many facts that will be interesting, and will do so just as soon as I get time.

Yours very truly,

GEO. J. RAYMOND."

More letters of the same sort will be given in the future, and in their proper place. For the moment, however, I will content myself by adding a few of scores of examples of a similar type that have come under my observation. In each instance the utter unreliability of statement and criminal disregard of the interests of their patrons that characterize the commercial agencies throughout, was made manifest. For instance:

ent basic weakness of the theory on which these concerns are founded, and other causes, did not make for their prosperity. The National Agency, which sprang from the Bankers' Commercial League, was fostered by a man who came all the way from Syracuse to teach New Yorkers how to suck eggs! He was inexperienced, and, if all tales are true, did not live up to his contracts, and so there followed a lack of confidence, internal disputes, and final disruption.

The Mutual, another agency that was started, apparently on ideal lines, also fell by the wayside. The International next came into line, and its troubles are still of fragmentary memory as far as its late subscribers are concerned.

The result of these experiments, together with the growing dissatisfaction with the big agencies, is, that of late there has come into existence a number of agencies that confine their investigations to one given line of business only. The informal rebuke to those concerns that pretend to know everything about everybody is, of course, manifest. The credit men have been mainly instrumental in supporting these special agencies. In the dry goods, jewelry, butcher, shoe, furniture, and other lines, are to be found such agencies. In one instance a number of wholesale commission houses have been making contracts with two men who are making investigations in the dry goods business solely because they—the wholesalers—can do better thereby than

through the medium of the big agencies. The men who are doing the work are getting a compensation of from twelve to fifteen thousand dollars a year each. The incident is significant, as showing that the long-suffering business public is at length revolting against the tyranny and graft of the big commercial agencies. The fact has not escaped the notice of the grafters, however, for a few years ago one of them spent a good deal of money to get out a "reference book" for the jewelry trade, making a special department for that line, presumably to disjoin a small and active competitor. That investment, however, did not meet with much success, and subsequently died a natural death. The public was not fooled by the same food dished up in another style. The original and independent special agency in that line continued without much interruption, and at the present time is doing as well, if not better, than it ever did. While smaller concerns making a specialty of individual lines cover the principal branches of business in New York City, they are by no means peculiar to this section. There are several hundreds of them throughout the United States, and they could not exist unless the people wanted them.

It may be added that the special agencies are making such serious inroads on the revenues of the big grafting concerns that the latter are beginning to take such steps as they hope will offset the activity and prosperity of their small rivals.

BOARDING AND LODGING IN THE PHYSICAL CULTURE CITY

To the Editor:—I notice that in referring to your proposed Physical Culture City, you make the remark that "it will consist of a gathering of country homes." How about those who will come singly? Will there be lodging and boarding houses, where rooms and board, or rooms without board, can be secured? I believe many others besides myself are anxious

to be enlightened on this point, and an answer will be appreciated.

A SUBSCRIBER.

Prospective inhabitants of the Physical Culture City need have no fear on this score. Accommodations will be provided shortly for all who desire to secure suitable quarters and physical culture boarding at reasonable prices.—Editor.



THE ATHLETIC WORLD

Conducted by Edward R. Bushnell

FEW spring months within recent years have been welcomed with so much enthusiasm by sportsmen and lovers of the outdoor life as those of 1905. A winter of exceptional severity throughout the entire country proved a serious handicap to the athlete who works indoors only by compulsion. But athletic activity out of doors is now in full swing. Thousands of baseball teams, both professional and amateur, have finished their period of preliminary training, and are now deep in their schedules. The oarsmen are at work on the river, the college athletes on the track.

Best of all, the sporting world is at peace with baseball, and other squabbles are forgotten. If 1904 produced a crop of outdoor record breakers, no conditions could be more conducive to their

eclipse by the representatives of 1905 than those which now confront us.

The Track and Field Meets

The executive committee of the Intercollegiate A. A. A. has been taken

to task somewhat severely for its action in awarding the annual track and field meet to Franklin Field, Philadelphia for the second time, instead of following out the recommendation of the association previously made, that it be given to Harvard this spring. In spite of the fact that the stadium at Harvard does not possess the facilities that Franklin Field does for holding the champion-



D. C. Munson, of Cornell, the One-Mile Intercollegiate Champion

ship meet, the benefit to be derived from having the games rotate should easily counterbalance this. Had it not been for the desperate rivalry for leadership between Harvard and Yale, there is no doubt

but that Harvard would have gotten the games. In the absence of a first-class athletic field in New York, these games must be held on college grounds. It is not fair to let one institution monopolize them, although in this instance Pennsylvania made no request that they be held on Franklin Field. The rotation ought to start at once, and include all those colleges which have the proper facilities. The establishment of a precedent like the present is sure to bring about unpleasant complications sooner or later.

The experience of the past few years should have suggested to the association the advisability of amending the program of track and field events, several of which are not only hopelessly uninteresting to the spectators, but dangerous as well. This criticism refers primarily to the shot put and the hammer throw. What spectacular features the program possesses are furnished by the sprints, distance runs and hurdles. The two jumps and pole vault, as conducted now, are somewhat dull, but have more virtue than the weight events. Not a year passes without recording the death or injury of several innocent bystanders who find themselves in the path of the hammer throw. The inability of the contestant to control the direction of his throw, and the frequency with which the heavy leaden missile breaks from the wire handles constitutes its danger. As if this objection were not enough to condemn the event, it is one which does not appeal to spectators, for the reason that they cannot note the superiority of one weight thrower over his rival until the results are announced. These criticisms hold true of the shot put, too, although the latter event lacks the element of danger so strongly emphasized in the hammer throw. It seems that events of more interest and value could be arranged to take their places, and still cater to the strong men of the universities. As a matter of fact, the present program of thirteen events does not afford sufficient attraction to bring out spectators who are not directly interested in the various individual events. That this is so, is proven by the fact that track athletics are conducted at nearly all the big universities of the country at a dead loss, financially.

If the Intercollegiate Association

would abandon the uninteresting weight events—the hammer throw, at least—and substitute a relay race to count the same as the other events, it would eliminate much of the dullness which now characterizes intercollegiate track meets, and would make the sport of even greater attractiveness to the college athletes themselves.

The coming intercollegiate championships promise to be of a more even character than usual. From the present outlook, Yale and Harvard are the chief contenders for premier honors, with Pennsylvania, Princeton and Cornell dangerous competitors. Yale was the heaviest loser in the matter of 1904 point winners, Harvard and Pennsylvania suffering almost as heavily. Yale's highly developed missionary policy should, as usual, enable the Elis to be present with their large force of second string men, an asset which has frequently won intercollegiate championships. Harvard retained only four point winners from 1904, but is well supplied with men who, last year, were not quite good enough to score. Of individual athletes, most is expected of Taylor, the University of Pennsylvania intercollegiate quarter-mile champion; Captain Schick, of Harvard, who, last year, won both the 100 and 220-yard dashes; and D. C. Munson, of Cornell, the intercollegiate one-mile champion. Taylor and Munson, in particular, are capable of lowering the present marks for their events, and their performances will be watched with keen interest.

Association Football

Intercollegiate Association football has received the impetus it deserves by the arrangement of schedules by the Harvard and Haverford teams. Although the sport is not new in this country, it is a novelty in university athletics, and one which deserves to flourish. Its promotion should be the special aim of those college authorities who have been decrying the baneful effects of Rugby football on the undergraduate mind and body. There is no question that Rugby football, as played to-day, is limited to athletes of a certain type. It is largely because of this discrimination that the game is so severely criticised. One of the claims put forth by the advocates of Association football

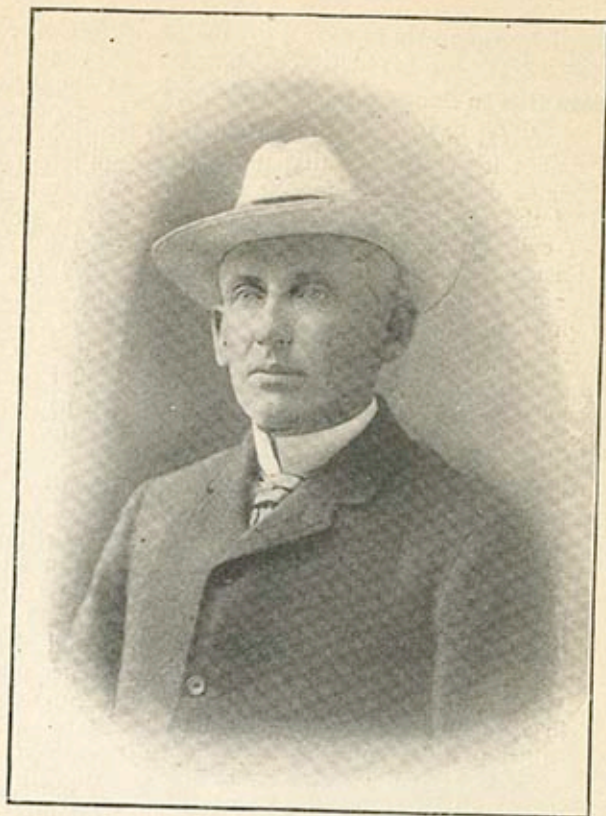
is that it can be played by any man, and puts a premium on speed and agility instead of beef. Let the game flourish and encroach on the popularity of Rugby football, if it will, for anything will be welcomed that checks the present abnormal lengths to which the Rugby game is carried.

Swimming's New Impetus

The recent organization of an Intercollegiate Swimming Association is a move which should have been taken several years ago. Although belated, it is destined to produce beneficial results. So general has swimming become that no university of importance is considered well equipped unless it possesses a tank for swimming and water polo. The new athletic régime of the University of Pennsylvania, which has decreed that swimming shall be compulsory among all students who take the course of physical education, has set an example which is well worth emulating elsewhere. The continual loss of life due to ignorance of swimming should surely commend the value of compulsory swimming. The innovation is one which other universities could adopt with profit. An intercollegiate swimming association, with a championship meeting each year, will stimulate the college swimmers as nothing else will do and must certainly develop a new crop of swimming champions.

Organization of College Wrestling

The organization of college wrestlers has placed wrestling on a firm basis as an intercollegiate sport. Wrestling has prospered at the leading universities of the East for several years, but only in a desultory way. The formation of an association with an annual tournament will help not only college, but professional wrestling. Primarily, it will help to elevate a sport which has been permitted to sink to almost as low a level as pugilism. Wrestling is fundamentally



John Kennedy, the Coach of the Yale Crew

one of the best forms of exercise, and its cultivation and proper supervision by college men will ensure a better class of athletes.

Basket Ball Needs Reform

The feat performed by Columbia University in winning the second intercollegiate basket ball championship in two years, and further completing two seasons without the loss of a single college game, has never been equaled. College basket ball has enjoyed greater popularity this year than in 1904, the first of the Intercollegiate Association games. But, in spite of the successful ending of the season, the game needs reforms and needs them badly. The A. A. U. rules, under which the game is played at present, are out of date, and not at all applicable to the college game. The system of officiating and of awarding penalties is particularly bad and ought to be remedied. With these defects corrected, university basket

ball will soon be able to crowd the major college sports for popularity.

College Men in Summer Baseball

The arrival of the college baseball season makes it peremptory that university authorities do something for the eradication of the "summer baseball" evil, if it be an evil. Every important college in the East has, at one time or other, legislated against this easy means of earning a living, pursued by college baseball players, secretly or openly. Yet, with all their rules, not one of the institutions bars players from its teams for the offense. It is a thing which is not only winked at, but openly indorsed in some quarters. It is high time that the colleges concerned took some definite action on the question.

The wisest thing that they could do would be to abolish the rule altogether and make no effort to control the actions of their baseball students during the summer vacation. It is certainly a high price for an amateur to pay if he must refrain from playing such a fascinating game during the summer months for a small compensation, lest he be branded as a disgraced professional. The time is coming when university authorities must revise their views regarding professional and amateur athletics. Making compulsory physical training a part of the regular university curriculum will do much toward righting their views. Classroom standing and good moral character ought to be the test for athletic eligibility. The fact that a good student once ran a race for a purse of half a dollar or accepted a few pennies for playing baseball ought not to ostracise him from college athletics for life. University athletic codes are in serious need of the pruning knife.

Rowing and Surly Cornell

The disposition of certain universities to hold themselves aloof from the regatta of the American Rowing Association, to be held this year on the Schuylkill River, at Philadelphia, is very far from being the proper spirit to cultivate. The excuse made by Cornell, that it is not the policy of the Ithacans to enter their crews in regattas which are not limited absolutely to college oarsmen, is not only

ridiculous, but inconsistent with Cornell's previous attitude. Cornell competed once at the English Henley and would have competed again in 1902 had not the English stewards virtually requested them not to enter a crew. The stewards of the American Rowing Association are making a praiseworthy attempt to elevate rowing in America. To do it they have asked the help of the best college and club crews in the country. The regatta is not committed to any one locality, nor is it under the management of any particular university. Its stewards represent all the principal colleges and clubs of the East. One of their principal and most meritorious ambitions is to hold one great regatta at which the best college and club crews of the country will be present as competitors. Proper support of the movement would not only contribute greatly toward merging the Poughkeepsie and New London regattas, but it would also put rowing in America on a higher plane than it has yet known.

Amateur club rowing in the United States will be much benefited by the organization of the Buffalo Association of Amateur Oarsmen and its decision to hold a regatta this summer. The addition of Buffalo brings the last of the big cities of the East into the aquatic world. In all likelihood Buffalo will attend both the American Henley on the Schuylkill and the National Regatta later in the Summer. Buffalo already has three or four clubs in its membership with prospects of a further increase soon. There is no excuse for a lack of crews in any city of importance which has good facilities for the development of rowing.

A Stimulus for Lacrosse

The prospect of international college Lacrosse games has given the Indian sport a much-needed stimulus in this country. Lacrosse has never had the patronage it deserves in American colleges. There is hardly a game played to-day that demands so much speed, intelligence and agility. It does not require a physique especially adapted to it alone. The game has been making headway within the last few years; as soon as it becomes better known and understood it will receive ever greater rec-

ognition, both from athletes and spectators.

The Extravagant Salaries for Coaches

Harvard University has started out in admirable fashion to follow the preachings of President Eliot in regard to extravagant coaching salaries. Dr. Eliot's contention has been that no coach of an athletic team should be paid a salary higher than a full professor. According to trustworthy reports, President Eliot and his associates decided to call a halt upon the policy of paying coaches such enormous salaries for a few months' work, and notified the football committee that a salary greater than \$3,500 would not be sanctioned by them. The fact that the Harvard committee limited Reid's salary to this amount indicates the progress of reform. That the committee is reported to have made other provisions for remunerating the coach to evade the new policy does not detract from the praiseworthy efforts of the Harvard University authorities. It is the desire to win at any cost which has made possible the immense salaries paid to coaches in some quarters. This tendency has been carried to such lengths that it has become an intercollegiate scandal. No coach in the country is worth \$75 or \$100 a day, the fabulous price paid in some quarters. To college instructors and professors who have spent the best years of their youth preparing for the vocation of a teacher, it must be galling in the extreme to see some of their associates, who possibly stood at the foot of the class in their undergraduate days, now receiving four and five times as much salary as they.

The Need of Amateur Athletes

The Amateur Athletic Union is now in a fair way to regain the prestige it once enjoyed in the field of track athletics. There ought to be a strong club in every large city of the country; and there could be, if the proper inducements were held out. Few persons realize the physical and moral advantages which spring from the cultivation of athletics among the young men of the land. Of course college students have ample opportunity and inducement to take up athletics, but similar provision ought to be made for the young men and boys who have not advan-

tages of a university gymnasium and athletic field. This is the field of the A. A. U., for, without an exception, every young man ought to indulge in some form of outdoor athletics, if purely for the preservation of his health.

Emphasis of this point brings out the great need of public playgrounds and parks, to be used for exercise. Our cities are proud of their many parks, but there are too many signs saying, "Keep off the grass" to make us duly thankful for them. The city of Chicago several years ago took a vigorous step for reform by making arrangements in public parks for holding athletic contests among the boys of the city. The extensive patronage which the park games received proved the wisdom of the innovation. The A. A. U. ought to direct its energies toward building up strong local organizations and see to it that they hold periodical meetings. If they do it, they will accomplish a vast amount of good for the youth of the country.

Baseball Starting Right

The magnates of the American and National baseball leagues have made a commendable start in the campaign designed to put a stop to gambling of spectators at the games played in the various cities of the two circuits. Gambling in the grand stands on



Hans Wagner, of the Pittsburg Team, the Strongest Player in the National League



Mrs. E. F. Sanford, One of the Most Prominent Women Golf Players in the United States, Who Gave Miss Georgianna Bishop a Hard Fight for the National Championship

the result of a game, or on a play, is always the forerunner of rowdyism. There are several cities, in both leagues, which have become notorious for this kind of rowdyism, which the owners of the clubs have permitted. While the magnates are engaged in curbing the rowdy spirit of some of their players, they would do well to see that some restraint is put on the spectators also. While the public may clamor for clean ball, the fault as frequently lies in the grandstand rooters as in the players on the diamond. It has been a frequent occurrence for the rooters of several Western cities to shout vile epithets from the stand at the players on the opposite teams, and thus to incite the very troubles which managers and lovers of a clean game are striving to avoid.

The season of 1905 ought to demonstrate the truth or falsity of the contention of Garry Herrmann, of Cincinnati, and several of his National League Associates, that two major leagues cannot be maintained and both flourish financially. So far they have failed to do it, two or three cities in each league falling

behind each year. Much of the deficit is charged to the enormous salaries the leagues paid to their players because of the interleague warfare, which is just now abating. The reduction of salaries to their normal size ought to make the season a fair test of the question. It is certain that the two leagues cannot continue to lose money as they have been doing. If the experience of the last three years is repeated again it will be necessary for the managers of both organizations to combine into one twelve-club league. Baseball was never in such a prosperous condition before, and if both leagues cannot make money this year they will be warranted in the conclusion that two, separate, major leagues are a financial failure.

More than the usual amount of interest should be taken in the league schedules this Summer because of the certainty that there will be a series of games for the world's championship at the close. There is no opportunity for the victorious team of either league to avoid the championship series as the New York Nationals dodged it last Fall. The American people hate a "quitter," and a similar attempt in 1905 would be met with public denunciation that would show itself in serious loss of patronage to the offending organization. It was a wise provision that the rules for the series be left in the hands of the National Commission, for that body has always shown itself impartial and able to deal with troublous situations of all kinds.

Honest Sparring Has Its Chance

Boxing has been given a new lease on life by the Legislature of California; it now remains with the pugilists and their managers to show whether they will profit by the lessons they have learned. The California legislators were not moved to oppose boxing because of any natural antipathy to the sport. Their opposition was aroused by the disgraceful action of the pugilists themselves and of the managers. A great many suspicious bouts have been held on California soil, which, if held in the East, would have resulted in the suspension of boxing in quick order. A group of unprincipled pugilists and club promoters employed their wits and fists to deceive

the indulgent public which had given them a livelihood. They carried their deceptions too far and the Ralston bill to stop prize fights in that State came within one vote of passage. The almost universal disapproval of boxing as now conducted means that boxers and their managers must reform their ways or submit to a general prohibition of boxing exhibitions.

Aspiring athletes of every variety might take a lesson from the recent ring career of Young Corbett, whose second defeat by Nelson removes him from serious consideration among the leaders. Young Corbett is his own worst critic. He admits without question that his defeats were due to the manner of life he lived after he became famous. A clean life and obedience to all the laws of Nature is the first essential for the winning of a championship of any kind, and for the holding of it. Dissipation and victory do not long go hand in hand. The athlete who realizes this is the one who wins the glory and the prize.

Jiu-Jitsu Needs a Test

Jiu-jitsu, Japan's national art of self-defense, ought to be made to demonstrate whether or not it is superior to American boxing and wrestling. It has now been exploited in America for nearly a year, but so far has not been put to the proper test. What few contests jiu-jitsu experts have had with boxers and wrestlers have had an unsatisfactory ending, somewhat to the discomfiture of the little brown men. There is, however, no reason for condemning jiu-jitsu as worthless, for it certainly contains many strong features absolutely unknown to our boxers and wrestlers. The able manner in which a Japanese expert can disarm an opponent by his dexterous grips on the clothing of his foe or, by a quick pressure, produce a fracture or dislocation of the arms, is a distinct advantage which the American methods of offense and defense do not possess. At the same time jiu-jitsu possesses many possibilities for fouling to which a fair-minded sportsman would not stoop. If its commendable features could be combined with those of boxing and wrestling the American sports would undoubtedly be distinct gainers.

Cycling's Revival

Unless all signs read wrongly, cycling will this year enjoy some of its old popularity. The invention and perfection of the bicycle years ago boomed the sport phenomenally. Cycling meets and endurance runs were overdone. The reaction almost killed the sport. It is beginning to assert itself once more. If the former mistakes are not made it will shortly be placed on a substantial basis. For the good of wheelers, it is to be hoped that the dangerous motor cycling races will be eliminated from the different tracks of the country. Not a year goes by without claiming one or more victims to this perilous form of competition. If motor cycles could be controlled more readily the danger would not be so great. But with conditions as they are, the cycling public demands the more substantial but less spectacular form of racing.

Golf—The West's Claims

The narrow-minded policy of the United States Golf Association when, at its last annual meeting, it refused the request of the Western contingent asking for equal representation in its governing board, has borne its fruit. At a recent meeting of the Western Golf Association it was decided that competitors in the Western tournament no longer need be members of the National Association. It is not yet a complete break from the parent organization, but there is little doubt that it will come if the older organization persist in its foolish course. The action of the Western Association in taking into membership all clubs west of a line drawn through Pittsburg and Buffalo will add greatly to its strength. Golf has had a tremendous growth throughout the Western States and, even at its present normal rate of progress, they will soon be formidable opponents for the East. Indeed, the frequency with which the West produces national champions among both men and women should cause the Eastern solons to realize the situation. It will be unfortunate if the Western Association breaks with the parent body, for two associations, each under separate rules, cannot fail to work havoc with the game. So far golf legislation has been the same

the world over, and it would be most regrettable if the recent break should be the precursor of a more serious one. If it does come, the Eastern men must shoulder the blame. Year after year they have refused to grant the just demands of their compatriots, who have not made exorbitant demands. They have not even asked an equal share in the government of the Association. The differences should be patched up now, before they rend apart the national body.

Great Tennis Coming

Brighter prospects for an international tennis tournament were never in sight than for that which will be held in England this year. The time for only three representative countries at the great event has passed and now there are certain to be six or seven countries which will send their strongest players annually to compete for the Davis trophy. Nothing within the last few years has occurred to show such a widespread interest in the game. With the presence of so many different nationalities there should be a change in the rules for awarding the cup,

in order that all may have an equal chance. When the United States and England were the only competitors, the present rules were sufficient, but they should be amended now, especially since several of the new foreign competitors have requested it.

RECORDS

It is the aim of this department to compile every month the records in various branches of sports as fast as they are made. The records given in this issue comprise those made from February 23d to March 24th.

ATHLETICS.

March 11, at Milwaukee. Ralph Rose put 16-pounds shot 48 ft. $\frac{1}{2}$ inch, making a new world-record indoors.

Leroy Sempse, Chicago A. A., pole vault, 11 feet $3\frac{1}{2}$ inches, new indoor world record.

Archie Hahn, Milwaukee A. C., ran 75 yards in 7 3-5 seconds, equaling the world-record.

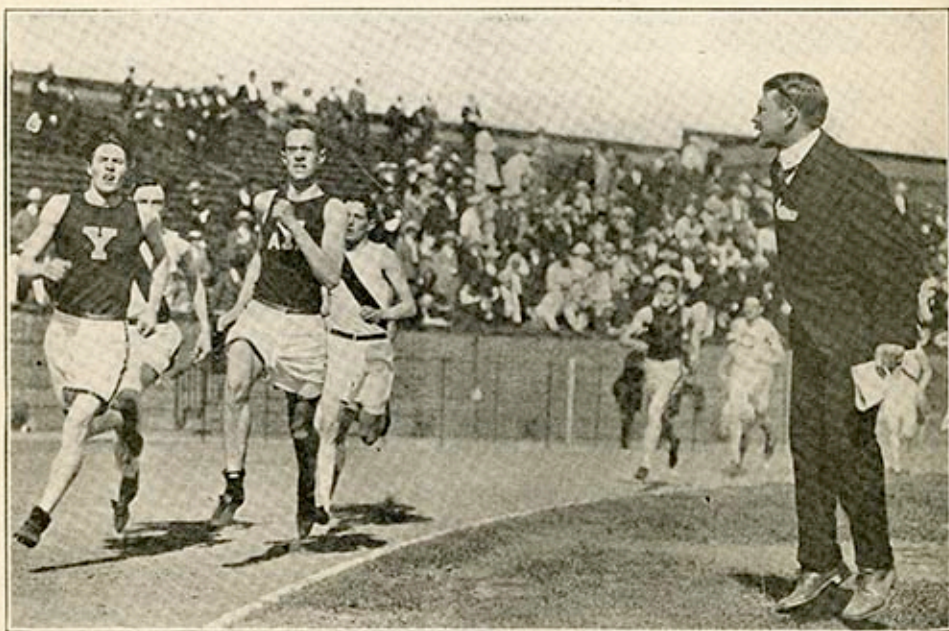
PUGILISM.

February 28, at San Francisco. Battling Nelson won from Young Corbett in nine rounds.

BASKET BALL.

The following is the final standing of the Intercollegiate Basketball League:

Team.	Won.	Lost.	P.C.
Columbia	8	0	1.000
Yale	5	3	.625
Princeton	4	4	.500
Cornell	2	6	.250
Pennsylvania	1	7	.125



Beginning of Second Lap in Half-Mile Run at Intercollegiate Championship, 1904, Showing E. B. Parsons, Jr., the Winner of This Race, and Intercollegiate Record Holder, in the Lead at the Extreme Left. Parsons Showing Good Style for a Half-Mile Run.

TRAINING FOR AND PERFORMING THE HALF-MILE

FIRST OF A SERIES OF INTERESTING AND VALUABLE ARTICLES BY CHAMPION ATHLETES AND RECORD HOLDERS ON TRACK AND FIELD—
HOW TO TRAIN FOR AND PERFORM THE VARIOUS
ATHLETIC EVENTS

By E. B. Parsons, Jr.

Athletics are most closely allied with the general scheme of physical culture. The "Athletic World," which we have been conducting for the last few months, has been received with so much favor that we propose to extend this department somewhat, by publishing, in addition to Mr. Bushnell's usual comments on and summary of the world of athletics, a series of articles giving minute instructions for training for each of the ordinary athletic sports, and teaching just exactly how to perform them. These articles should be of inestimable value to all interested in athletic sports, for there has been very little reliable information of this kind to be had in the past. Each of the articles in question will be written by the champion or record holder in that particular branch of track or field athletics of which the article treats. The author of this article, Mr. E. B. Parsons, Jr., is the present intercollegiate record holder for the half-mile, and the most prominent half-mile runner in America. He ran this distance last year in 1:56.4-5, out of doors, equaling the former intercollegiate record, and has an indoor record, for the distance, of 1 min. 54.3-5 seconds. He was interscholastic champion while at Lawrenceville School, and has been running for four years.—BERNARR MACFADDEEN.

THE training for the half-mile at Oxford and Cambridge Universities occurs only three times a week. I have not tried this method much, but think that, while it may be good in the English climate, an American athlete cannot put himself into quite as good shape this way as by daily training. Still, I believe in not being too strict, and in taking a day off once in a while. "Mike" Murphy remarked one day that it was all right to be strict with professional athletes, but that growing boys have to get some pleasure out of life as they go along. The results he has obtained seem to justify this view. Of course, this does not mean that an athlete should smoke, drink or dissipate in any way. He should be regular in his habits, eat plenty, but not too much, good, substantial food, get an abundance of sleep, and in general conduct himself as he would were he in preparation for any other hard physical effort.

Granted that a man is fulfilling these conditions, the next important thing is the amount and kind of work required in daily practice. "Mike" Murphy usually trains a man to do about three-fourths of his distance and trusts to the excitement and the man's own nerve to carry him the other quarter of a race. The Englishman who won the half-mile in the international track meet last summer, told me that they ran a great many 660-yard dashes in training for the 880-yard run.

Of course, a man should not do this every day at top speed. After a good

half-miler is well over his lameness or stiffness, he will be likely to do a week's work something like this; on Monday, after warming up with a little light work, he would run 660 yards, or three-eighths of a mile, nearly as hard as he is able—at least fast enough to make him tired. On Tuesday he might run three-quarters of a mile at a medium mile pace. On Wednesday a quarter-mile in about fifty-five seconds would be a good thing. A few sprints might be added. Perhaps on Thursday he would go a half-mile in about 2.15, do some light work on Friday, and run his distance on Saturday fast enough to test wind and legs. I consider this a good week's work. It can easily be moderated to suit the ability of any runner.

I should not advise anyone to follow it out every week for a whole season, but it gives a fair idea of the kind of work required. It shows that there should be some variety and that speed and distance work should be alternated. As to how much and how hard work is best, the inclinations of a runner can be trusted to some extent. If a race is to take place on a Saturday, no hard work should be done after the preceding Monday. A person must run harder while getting into condition than afterward. In other words, when a man is in good condition, comparatively little work will keep him so.

Form counts a good deal in running. "Jim" Robinson, the Princeton trainer,

remarked the other day, "The first thing for a runner is to learn *how* to run—get good form." A man's natural way of running is often the best, but sometimes, by a little care, this may be improved upon and a better way become natural. The stride should be long, but not so long that a man cannot easily keep his balance. There is one little point which is worth a good deal of work. When the foot lands, the leg should be as nearly straight as possible. The knee should not be bent. A man who runs this way will gain, with no extra effort, from three to six inches every step on the man who has his knee bent when his foot lands. This point often requires a good deal of practice. Sometimes if a man in running lifts his thigh a little higher than usual and tries to shoot or kick his foot forward, straightening the leg, it helps him to get the idea. A man should run as high up on his toes as practicable. The feet should not be lifted too high behind. The arms should be swung alternately in parallel lines, not across the chest. They should not be much bent at the elbows except in sprinting. When running hard I usually find it best to breathe through the mouth, except in cold air.

We will suppose that the athlete is in good shape and has perfect form. In addition he should know how to run his race to the best advantage. A man often errs in this. Experience counts for a great deal, but it is not everything. A few hints will help to overcome the disadvantage of lack of experience. A runner should have his mind made up as to how he is going to run his race, and, unless a better method presents itself,

should stick to his intended plan. This saves thought and energy in the race. He should learn to judge pace and know how fast he is going and how fast he can go. Most records are broken by starting out at a fast pace, running the first quarter-mile in fifty-four or five seconds, and the second one as fast as possible. This is the method used by the Englishmen and, as their distance runners are reckoned better than ours, their opinion is of great value. Of course, this is *not* an iron-clad rule. Some fairly good runners could not run this way at all, and it would be unwise to try to make them do it. Nevertheless, the first quarter-mile should not be slower than the second. An even pace for the whole distance suits some men better. This is a little difficult to obtain, as the same effort does not produce the same speed at the end as at the beginning of a race. When a man is not sure of himself, a pace-maker is useful. When a man gets so he can judge pace and knows about how fast he can go, he will be able to tell whether he should take the lead or stay behind other men in a race. I think it a good plan to try to save a little sprint to finish on. Some fairly good runners depend mostly on this sprint. This method is not safe, although it is sure, when successful, to meet with the applause which a grandstand finish always receives. In important races the pace is often set too fast for this kind of running. A man to be a first-class half-miler must be able to keep a good, stiff pace all the way. If after this he can sprint at the finish, so much the better.

TRACK-WALKING AS AN EXERCISE

To the Editor:—Occasionally I take a special walking exercise, which consists of walking on the rail of a railroad track.

This is quite difficult, being more or less of a feat of balancing which brings into use nearly every muscle of the body, besides causing quick development of the muscles of the calves and thighs.

In a walk of five miles, the first two miles were on the rail, and I had to step off three times on account of losing balance.

The next mile was made on the ties, to give a slight rest, then I walked two more on the rail and had to step off once.

The longest continuous distance made without stepping off the rail was one and three-fourths miles.

This makes a fascinating and exciting exercise, as sometimes the walker will almost lose his balance, but by an extra effort may regain it, then again it will be impossible to restore his balance, and he must step off.

It is hardly necessary to say that the pedestrian must be on the alert for approaching trains, and on the large double and four-track systems where trains are run at such a high rate of speed, this experiment should not be attempted.

As "variety is the spice of life," this will afford a new form of exercise, and also supply plenty of fresh air and sunshine.

JOHN R. STUART.

Winchester, Ky.

THE UNSHAPELY ANGLO-SAXON LEG

IS OUR HABIT OF SITTING ON CHAIRS AND RECLINING ON LUXURIOUS DIVANS AND ROCKERS TO BLAME FOR THE UNSHAPELINESS OF THE AVERAGE AMERICAN LEG?

By *Bernarr Macfadden*

A SHAPELY pair of legs is desired by every normal man and woman. Even physical culturists, however, often have very great difficulty in developing this part of the body because of a bad inheritance. Really shapely legs, that would bring forth admiring comments at all times, are indeed rare among English speaking people. Go to the sea shore, where you can see the contour of the legs of both men and women, and you will rarely have cause to comment on the shapeliness of their limbs. Of course, occasionally a pair can be found that are symmetrical and all that can be desired, but the average are far from beautiful in contour. Among the lower animals you will nearly always find beauty in every part of the body. Man, the higher animal, is the only species of the animal world whose physical proportions are so uncomely.

Of course, there are many causes that tend to bring about this result. It has struck me, however, that there is one cause that very few have given the slightest attention to. Naturally, the neglect to walk and run after having attained adult age, as is usual with the average man and woman to-day, has had

much to do with the dwindling and imperfection of the ordinary American leg. But apart from that, I confidently believe that the habit of sitting in chairs and lolling on soft divans has had much to do with making imperfect limbs so generally predominant.



Photo. No. 1.—Seated on a cushion with the legs crossed tailor fashion. It requires considerable effort of the legs to assume this attitude, and also when rising to a standing position.

What has especially called my attention to this, is the fact that the people of those nations who are in the habit of seating themselves on the floor, or in the various positions that can be assumed without the aid of chairs or supports for the back, invariably appear to have symmetrically formed legs. Take the Japanese, for instance, who seat themselves in various positions, a few of which we have illustrated in the photographs accompanying this article, and you

will find that in nearly every instance they have nicely rounded, strongly built, symmetrically formed legs.

The question naturally arises, What has tended to produce these physical characteristics? Naturally, their athletic and generally active life would be inclined to bring about a development of this nature, but it appears to me that the habit of seating themselves cross-legged and kneeling with the posterior portions



Photo. No. 2.—Seated with the right leg under the left knee. A comfortable position which many find very satisfactory.

of the body resting on the heels, and in various other positions that can be assumed without the aid of chairs, has to a certain extent influenced this development. In sitting in these various positions, many muscles of the legs are used that ordinarily are not brought into play, and this naturally would be inclined to increase the general development of the lower limbs.

Another fact that will surprise the average reader is, that positions such as are illustrated in this article, will, after considerable practice, be found to be more conducive to comfort than rocking chairs and other devices that are usually depended upon. Of course, as you are unaccustomed to assuming these positions, at first, you may feel stiff and uncomfortable. But after a little practice you will really be surprised to feel how quickly you can habituate yourself to these attitudes and you will really feel more comfortable than when sitting in a chair.

Every one has noticed the very common habit among young girls, and sometimes even among adult women, of pulling one foot up and sitting on it, while some of them prefer to assume the position of sitting with both legs crossed under them whenever they sit on a couch or divan. and when their "dignity," in

the presence of company, does not forbid it. This simply shows that, even among us, there is an instinctive tendency toward these natural positions, and it is only custom and conventionality that prevent their practice from becoming more general.

Another baneful influence of the habit of using chairs, rockers and divans, is the weakening of the muscles of the back. We slouch in our chairs and loll on our sofas until the limp, ungainly carriage and drooping shoulders of so many of the people that we meet every day, is inevitable. The Oriental habit of sitting tailor fashion, or in the other attitudes illustrated herewith, would change all this, and stronger backs and consequently better bodily carriages would prevail.

While perhaps every one recognizes the sofa as a luxury, yet most of us would naturally consider the chair as a necessity. A little thought, however, will make it plain that even a chair is a luxury, and in this, as in other respects, the luxuriousness of civilized man has a tendency toward physical weakness.



Photo. No. 3.—Seated on the heels. A position that cannot usually be assumed with comfort without considerable practice. If you will take a low cushion and allow the toes to extend over the edge, as a rule this will be found comfortable, even at the first trial.

"PUNCH" AND HIS GANG AS THE IDAHO CLUB

By B. R. Childs

FICTION

I do not, on the whole, commend some of the pranks and misdeeds of the boys that are portrayed in this story. The author, however, in truthfully portraying this type of cosmopolitan boy to be found in all the larger cities of this country, has a special aim in view. It must be remembered, that really healthy boys are possessed of a great fund of physical energy that must find an outlet in some form or other, and it is far more preferable that it take the form of mischief than that it expend itself in habits which destroy the body, which is usually the result when boys are pampered and caused to be physically inactive. If we can solve the means of diverting youthful energy into other channels of youthful sport, such as athletic contests and wholesome games, we have solved the problem of making strong, self-reliant men who are yet free from the ruffianism and coarseness that are frequently developed on the streets. In the course of this story the author will show how physical culture became the means of regenerating "Punch and His Gang" and how, from a terror and annoyance, the members became a positive factor for good in the neighborhood.

—BERNARR MACFADDEN.

(CONTINUED)

IT was Saturday morning; the whistles were blowing, wagons were rattling over the streets, and Lonson's dogs were yelping and barking for attention in the adjoining yard. To these main sounds some million or more others boomed a stentorian accompaniment. The great city was fairly awake. So were Lonson and I. After a hasty breakfast I went over into his yard to help him feed the dogs. Mr. Lonson had about a dozen at that time. He called them bull terriers, but they were mostly bull. They were brindle in color, squat, thick-set and stocky, with short muzzles and wide heads. They would rather fight than eat. Six of them were puppies. I could have had the pick of the litter had I so desired, but I did not want any. They were practically mine, anyway, being just next door, and I always had free access to the shed and could take one out at the end of a chain for an airing whenever I wished. It was fun to do this of a morning when the air was fresh and bracing, for there was a positive tonic in the tug and pull of the game little beasts.

About two hours of this forenoon I put in helping my father at the hardware store. He thought I ought to divert a little of my surplus vitality into useful channels. "Gloves and punching bags are all right, George," said he, "but you cannot split wood with them." On the whole, however, I had a pretty free rein.

My father saw that the club was a good thing, and gave the gang the freedom of the barn and yard and did not seem to care if the grass did suffer in consequence. He was a good, sensible man. He knew that surroundings have their way mightily with a boy, and if their energies are dammed up with too many "don'ts" they will surely seep and trickle out, downward, into a devil's brew of vice. Boys are chasing happiness as well as men, and it is not always their fault if in their ignorant eagerness they sometimes chase it down hill. A city is a vast snare; there are so many natural and healthy things that you cannot do, and so many vicious and unnatural things that you can do.

The gang began to assemble immediately after dinner, and extra early, for to-day's session of the club was to be important; we were to elect contestants for a prize-fight. Lonson and I were at last to carry into effect our long-cherished scheme; that is, each was to take a boy and train him for an amateur boxing match under Queensbury rules, with roped-off ring and championship belt—just like the men. We had broached the subject the preceding afternoon in school, and it is needless to say that the whole gang received it with enthusiasm and all were eager to get ready for the prize-fight right away.

Joe Smalley was the first to show up,

as usual. He used to swallow his dinner whole in order to hurry over and hang around Lonson and me.

"Oh, Punch, I wonder who will be elected," he inquired anxiously. "Do you know, Lonson?" He was afraid he might be chosen.

Boys now arrived in bunches—Mike, Turner and Bub; next Dutch, Dago and Harry. Then came the sound of scuffling in front of the house, with cries of:

"Stand aside, varlet, or receive the flat of my sword! Hats off before His Majesty! What, ho! dost defy me? Then have at thee!"

"Leave me alone!"

It was Fatty Pritchard, with the minister's son behind him and jabbing him with a lath.

"Draw thy blade, varlet!" continued the latter, prancing up and down and waving his lath in a fencing attitude. "Draw thy blade!"

"Now you leave me alone!" shouted Fatty.

"Then thou art a base craven, Fat. I herewith dub thee craven. Have at thee! Have at thee!"

"Leave me alone, darn you!" yelled Fatty.

"Punch his nose, Fat," said Mike. "Don't you be scared of him; you would make three like him."

"Let up that!" I ordered.

"Sire, thy commands shall be obeyed," said the minister's son, saluting me with his lath sword and sheathing it with a flourish in a belt about his waist made of clothesline. He was full of some novel he had been reading, and had one of his "nutty" spells, as Mike put it. "Muldoon," said he, "how art thou?"

"So as to be about," answered Mike. "How's the physical wreck?"

"I'm still able to sit up and take nourishment," answered the minister's son.

We all entered the barn, where the usual scuffle ensued to see which could get the use of the punching bag—a matter that Lonson and I would always have to arbitrate by timing each boy at it so as to give all an equal chance. This popular piece of apparatus was now becoming so frayed and battered from constant buffeting that its leather surface was worn to ribbons. The cord was giving out, too. Lonson and I saw that it would not last

much longer and determined to take steps toward replacing it with a new one, and to this end we intended to bring the subject up at the present session of the club. An elastic-rope punching bag fell far short of the kind we needed; it was too limited; what we wanted was a good platform bag—one that would allow of the highest development of skill. A ready-made platform, however, was rather expensive, so we decided to make one ourselves; that is, to have one of the gang make it—in short, to put the matter in Turner's hands. Turner could make anything, given the materials.

Before opening the meeting, Lonson and I gave a little boxing exhibition by request of the gang. I was strongest and the hardest hitter of them all, but when it came to science, Lonson was supreme. He was naturally light and springy in fibre, and this stood him well to hand in an art demanding quickness, like boxing. His skill was the admiration and despair of the other boys. For instance, that very afternoon, immediately after a few rounds with me, who was the only one among us able to hold his own with him, he had me tie his left arm behind him. Then with one gloved arm he stood off for ten minutes three of the other boys—Mike, Turner and Dago, all pretty fair boxers. We formed a wonder-struck ring about them. Lonson did it on a dare from Mike, and to show the rest of the gang, who were our pupils, what could be done with the feet and body alone and how important they were in boxing. The demonstration certainly impressed them, for they stood agape and watched his marvelous movements, the velocity of his ceaseless shifting over the barn floor in side-step, retreat, duck and lunge, and, above all, that flying tentacle of a right arm, like the play of forked lightning in its uncanny swiftness. Try as they would, not once could any of the three boys touch his face, while he landed on theirs several times and kept them busy guarding themselves.

As soon as they stopped for breath, I called the club to order, and the assembly proceeded to seat themselves, placing, for the purpose, two 12-foot planks parallel to each other across a couple of wooden horses. Mounting the rostrum behind the

dry goods box, I plunged into the business of the day. We first elected a treasurer, in order to put the club upon a sound financial footing. We did not need a treasurer before, because we had no funds for him to look after, having spent all the initiation money for the opening banquet. However, in two more weeks would come in the first monthly dues, amounting to over a dollar, and we felt the need of some reliable person to guard and keep track of that bewildering sum. There was an embarrassing number of applicants for this important position, and much wrangling debate. At last we elected Harry Spaulding, who had been nominated in a telling speech by the minister's son, who finished as follows:

"We want somebody whose old man is rich. Harry's father gets two thousand dollars a year, and if Harry should cheat the club out of any money we can go to his parents and have them make it all right. As we all know, gentlemen, Harry has lots of spending money, and he would not be tempted like, for instance, Mike, who, as you all know, is poor and hath little treasure on earth. A guy that has lots of money can afford to be honest. I present for your consideration, gentlemen and fellow members," continued the minister's son, beginning to soar, "our esteemed fellow citizen, Harry Spaulding, a man known for his sterling qualities throughout the length and breadth of this neighborhood, from the rock-bound pile of bricks and cobblestones by the car barns to the Douglas Park Drive; one whose lifelong reputation for—"

"Aw, worms!" drawled Turner.

This brought down the house. A roar of laughter followed and overwhelmed the orator. I joined in with the rest while I pounded with the mallet for order.

The minister's son bobbed up again, grinning. "Mr. Chairman," said he.

"What is it?" I asked.

"Mr. Chairman," said he, "I move we give Turner a vote of thanks for the smart speech he has just made; it is the most intelligent one he has made at any meeting I have ever attended."

"Good boy!" shouted Mike.

Turner glowered at the minister's son. "You just come outside," he exclaimed,

"and I'll show you who's intelligent, you old skinny legs!"

"Oh, joy!" shouted Mike. "Keep the ball rolling."

The others chimed in, looking for excitement. Turner never could take a joke.

"The club will come to order!" I yelled. I began to sympathize with Miss Nott, our teacher.

This little flurry over, Harry was elected by acclamation. He was a quiet, sedate boy and pretty popular, although he was the only boy in the gang that wore a stand-up collar weekdays. But we overlooked this slight eccentricity in the matter of dress because he was a good fighter. His name was duly entered upon the official records by the minister's son, who was the secretary.

The question of the new punching bag was next in order. The subject was brought before the house by Lonson, as previously arranged. He made a neat little speech, stating the needs of the club in this particular, and nominating Turner as chairman and chief member of the punching bag committee. When we sat down we applauded him to the echo. Turner was forthwith elected.

"Speech! Turner, speech!" cried Mike; and, "Sure, make a speech, Turner! Gee! Hurrah! Go on! Get up!" came in mingled clamor from the rest.

But Turner would not get up until I told him he had to because he ought to thank the gang for his election as chairman. Finally, fairly forced to his feet by the crowd, Turner stood up sheepishly, red to the tips of his big ears. "Aw, I don't know what to say," he stammered.

"Go on!" encouraged the minister's son, gleefully; "this is no grammar lesson." He was tickled to see Turner embarrassed.

Turner gave the minister's son an evil look and then blurted out, "Aw, well, I'm much obliged all right, and if I get the stuff I guess I can make a platform all right so that it'll be—it'll be all right." Then he sat down amid deafening applause.

"Turner's all right, all right!" shouted Mike.

This time I stove in the top of the dry

goods box trying to quell the racket.

This was Turner's first speech. He did better afterward. The minister's son took it all down in his notes.

Next Lonson nominated himself and me as associate members of the committee, and, of course, we were elected. You can see by this that no hard and fast rules governed our proceedings.

An informal discussion now ensued regarding the ways and means of procuring the material for the proposed punching bag platform, in which the minister's son, who was right in his element, took a prominent part and volunteered a timely suggestion. He was always full of suggestions. His proposition was that the punching bag committee should take a trip down town at the club's expense, and go into Spaulding's athletic goods store on Michigan avenue and ask to be shown one of their up-to-date punching bag outfits, making them think we were going to buy one. Then, while they were showing us the article, Turner was to size it up carefully, note how it was constructed, and thus get some pointers for making one himself. "Furthermore," continued the minister's son serenely, "I herewith nominate myself as spokesman to accompany the committee, because I am naturally more fluent than any of the rest of you and would make a better impression."

A storm of protest, headed by Mike, greeted this arrogant proposition, and a heated debate took place between him and the minister's son, which wound up in Lonson and I interfering to save the latter from bodily harm. We also threw the weight of our influence in favor of the minister's son, for we knew that he could do just what he said, and neither of us felt fully equal to the task of holding the attention of business men in a large store while Turner took a mental map of their goods. In the end we bulldozed the rest of the club into our way of thinking, and the minister's son was grudgingly elected associate member of the punching bag committee. He would have secured his election without any fuss if he had used more tact, for his plan was a good one.

Now we took up the matter of the boxing match. All during the session there had been an ill-suppressed clamor for us

to "hurry up and get to the prize-fight;" and now, upon Lonson's motion, "I move we get up a prize-fight and proceed to elect two candidates for it," the barn shook with the hearty cheering.

Lonson continued: "We do not want to have any brutality in the fight, and I think we ought to limit it to ten rounds and have the victor win on points. That will make a nice, neat fight to watch. The two boys we choose ought to be equal in weight, too. This will make a fair fight all around."

More cheering. Lonson was not a bad speaker.

I now put the question, "As many as are in favor of this scheme of Lonson's, say *aye*."

The whole crowd roared a unanimous affirmative.

"As many as are opposed say *no*," I added for the sake of form, and was answered by a grinning silence.

It had been an interesting session all along, but this was the climax. Lonson and I were especially eager, for we prided ourselves on our knowledge of training, and here was a chance for its display. But all were excited over the project. Our summary shutting down on the use of tobacco had given a free field to manly sports, and for the lack of weakening diversions, the zeal for athletics took a firm grip of the gang.

We had determined to choose the contestants by lot, but now the subject was up for discussion we ran into a snarl of debate over the number of candidates to put forward. Finally we decided to make choice of only one in this manner. "For," said the minister's son, in an elegant and clinching reply to a motion from Mike, "how could you choose two fellows by lot and be sure you would get them both the right weight and size for each other?"

"Gosh! I never thought of that," said Mike, subsiding.

Neither had the rest of us.

"Mr. President," added the minister's son, pompously, "the gentleman from Ireland sees the error of his ways, and I move that we pick the second contestant by election, after due debate as to his qualifications to engage in combat with the first."

As soon as we had recovered from the effects of this speech, I put the question.

It was unanimously adopted. Then followed more debate over just how we were to make the drawing. At last we hit upon a plan. Each boy—except, of course, Lonson and me, who, as trainers, were out of the race—wrote his name on a slip of paper (all these slips being about of a size) and rolled it up into a little ball. These were then dropped into a cigar box, the cover of the same being closed, and then it was shaken violently by me for a full minute. Talk about excitement! Nearly all the boys wore a worried look; some of them looked scared. In order to fully satisfy a few of the latter, who had expressed audible misgivings that there might be "cheating," Lonson and I had counted the pellets after

they had been deposited in the box, to see that they corresponded in number with the gang. And, as a last precaution, I called Benny Hackett's little six-year-old brother, who happened to be playing in the front yard, to pick out the fated number. He certainly would not be able to tell one pellet from another, either by look or feel.

Opening the box, I told him to take out just one. He obeyed, and taking it from his chubby hand I impressively held it up so all could see, and then proceeded, amid a breathless silence, to open and read; and these were the words I read: "Arthur Patton."

It was the minister's son!

DOCTORS NOW ADVISE TYPHOID PATIENTS TO FAST

Doctors are waking up! Instead of spending their time lying in wait with a brick-bat for any new idea not exactly in conformity with their notions of the healing art, they are becoming occupied in trying the common sense theories that laymen are advancing at the present day. When we tried to tell medical men a few years ago that fasting in cases of typhoid fever was the only rational and speedy cure for the disease we had more than one brick-bat hurled at us. When we attempted to criticize the profession on account of their ignorant method of withholding water from the parched lips of the fevered patient we were derided by the medical journals throughout the country. But times change and a rational idea will find its way, eventually into the thickest cranium that ever surrounded a bigoted man's brain.

Now comes Dr. R. M. Harbin, a prominent medical writer, and in an article in the *Journal of the American Medical Association*, he gives some interesting statements regarding the

treatment of ninety-nine cases of typhoid fever, in four of which the patients died under treatment.

Fasting and restricted diet were the means employed. Dr. Harbin's conclusions are that fasting shortens the course of the disease. That all severe cases should be subjected to fasting from twenty-four to forty-eight hours; that many of the cures in the past, believed to have been effected by drugs, have been really effected by diet. Relapses, Dr. Harbin states, are nearly always due to dietetic errors.

We believe that the deaths of the four persons referred to in the beginning could have been avoided. We believe that instead of the stimulating drug that is given to relieve the intense thirst of the fever patient, plain water—plenty of it, would have been far more satisfactory. No drugs are necessary. Very often they kill the patient. It is only a matter of time before every doctor throughout the country will recognize this as good, common sense.

TAKE A REST AT NOON

"Get into the practice of taking a rest at noon," says Medical Talk. "Lie down, if only for ten minutes, or five minutes. If you cannot lie down, lean back in a chair and close your eyes. Just forget everything. Rest. Relax. Even if you do not sleep, rest.

"This practice will make you live

longer. It will make you healthier while you do live. It will probably make people want you to live longer. It will take the tangle out of your nerves, the irritability out of your temper, the wrinkles out of your face. It will make your eyes brighter, your face fuller. Try it."





SYMPOSIUM ON DIVORCE

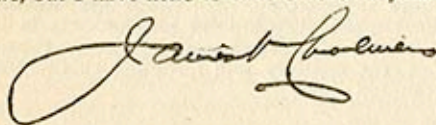
SECOND INSTALLMENT OF A REMARKABLE SYMPOSIUM ON DIVORCE, ITS CAUSES AND CURE THE CONTRIBUTORS TO WHICH INCLUDE MANY OF THE MOST NOTABLE MEN OF THIS COUNTRY—SENATORS, GOVERNORS, JUDGES AND CHURCH DIGNITARIES EXPRESS THEIR VIEWS, SOME OF WHICH ARE OF A NOVEL AND RADICAL NATURE—THE PHYSICAL CULTURE PROPOSITION THAT DIVORCE IS, IN THE MAIN, THE OUTCOME OF VIOLATIONS OF THE PHYSIOLOGICAL LAWS OF MARRIAGE IS GENERALLY ENDORSED

I herewith give the second installment of the opinions of eminent and notable men on the divorce evil. As in the instance of those published last month, the majority of the contributors to the symposium confirm my long advocated belief that divorce is the outcome of an ignorance and the violation of the physiological laws of marriage. In this connection one of the most interesting features of these letters is the readiness with which many of the writers advocate the abolishing of prudery by the contingent teaching of the young of both sexes the laws in question.—BERNARD MACFADDEN.

The rector of Holy Trinity P. E. Church, New York City, who is the Rev. Dr. T. V. Chalmers, is well known as one of the advanced advocates of the "no-remarriage of divorcees" principle. Under the circumstances the brevity of his reply to my letter will hardly cause astonishment. His answer was:

"DEAR SIR:

Thank you for your kindness in asking my views, but I have none to offer on the subject."



The Rev. Henry A. Stimson, of Manhattan Congregational Church, of New York City, takes a characteristically clerical view of the question, thus:

"VERY DEAR SIR:

While physical education is desirable and important, I believe that to reach the root of existing evils it will not go very far. The chief trouble is a lack of moral conviction and the fear of God."



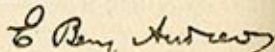
Dr. E. Benjamin Andrews, chancellor of the University of Nebraska, gives an admirably terse definition of the cause of

divorce, which, by the way, is very much in accord with my own views on the subject. He says:

"DEAR SIR:

I should, for my part, amend your statement to read as follows: Marriage is to such an extent a physical relation that, however well matched the parties may be intellectually and spiritually, if they are ill matched physically, a divorce, legal or otherwise, is inevitable.

You are undertaking a valuable service to the public in the interest of stable marriage relations in your endeavor to enlighten the young of both sexes touching the facts of their physical constitution.



President David S. Jordan, of the Leland Stanford, Jr., University, is another who sends a brief, but none the less valuable and suggestive communication. He says:

"DEAR SIR:

In response to your kind note, I may say: I am not sure that increased knowledge of physical and moral hygiene is the remedy for divorce. Most people who possess the conscience to apply knowledge, already possess it. In general, the causes of divorce lie in hasty marriage, in selfish sensitiveness, in idle and purposeless life, and in general failure of effectiveness. Anything which makes men and women wiser, more industrious, more unselfish, and more high-minded lessens the

likelihood of divorce. Divorce is primarily a symptom of evil, secondarily a cause of further evil."

Darius Jordan

Mr. Edwin M. Randall, general secretary of the Epworth League of the Methodist Episcopal Church, one of the most influential religious organizations in this country, sends the following letter, which we feel sure will meet with the cordial endorsement of all students of the divorce question:

"MY DEAR SIR:

Marriage involves the rights of the unborn. In entering wedlock the parties to it take a step that they cannot retrace and yield what can never be restored. Only the recognition of the sacred character and permanent obligation of marriage can conserve the most fundamental rights and interests of humanity.

The problem of the divorce evil is complex. Unquestionably great improvement is possible through right physical education and training; but husband and wife are related not only physically, but mentally and morally. These relations, when harmonious, are completed by the cementing power of love. Ideal wedded life is only attained when knowledge and wisdom govern its relations, when the fulfillment of marital obligations arises naturally out of unflinching resources of character, and when each strives to win and intensify the other's love as the most precious treasure of earth. When home-making receives the careful study that business success requires, when each holds the other's esteem by actually being worthy of all the confidence each likes to receive from the other, when love is recognized as a plant that thrives by cultivation and needs only to be neglected to die, and as an investment that repays attention with the biggest dividends this world knows, and when husbands and wives unflinchingly meet together the vicissitudes of life and persist with loving sympathy in driving all the shadows from each other's life, they have no need for divorce courts; but, whether prosperous or in deep poverty, they experience here some of the happiness of heaven."

Edwin M. Randall

A communication of more than ordinary interest came from the Rev. Dr. J. M. Taylor, president of Vassar College, an institution that is theoretically supposed to turn out finished examples of American womanhood. He desired, however, that I did not publish it for sufficient reasons, and I duly but regretfully honor his wishes.

President George E. MacLean, of the State University of Iowa, is to be con-

gratulated on both his courage and convictions. If other educators followed his example, and indorsed his views, the world would be wiser, better and happier. He says:

"DEAR SIR:

I have time to reply but briefly to your inquiry of recent date.

I believe that the press, platform, school and pulpit should join in educating parents to teach their children concerning matters of sex at a proper time. I have my doubts as to advantages of instruction in sexology in the schools; it should be done by the parents, preachers or physicians, and where there is personal relationship. The physiological relationship to which you refer is so important it might be well, in addition to the efforts in the way of education, that the laws of the State should intervene in marked cases of physical unfitness, cases of defectives, etc."

George E. MacLean

Mr. William Herries, president of the National Provident Union of America, sends the following thoughtful communication from Brooklyn, and incidentally calls attention to one of the significant features of most divorce cases:

"DEAR SIR:

I am in receipt of your interesting communication on the subject of divorce. My opinion goes for very little, but as you invite it, I venture to call attention to an element in the divorce practice, and that is the usual absence of moral character on the part of those suing for divorces. With what restraints and associations are they fortified who are identified with divorce proceedings? What proportion of such persons, for instance, are in faithful church relations? What is the character of their social relations? What are their plans and where do they go for amusement and entertainment? What parental training have they to prepare them for life? What estimate do such persons usually have of what we call respectability? Other questions suggest themselves along a similar line. What is the moral history of both parties to divorce proceedings? The whole business points to the absence of moral consciousness, to contempt for common decency, and a disposition to play fast and loose with the most sacred social relations.

If men and women were prepared by their parents, and if they prepared themselves for domestic life, surrounding themselves with the abounding higher associations open to them, we would hear less of divorces. If there was less contempt for the offices of religion, and more reverence for the teachings of morality there would be a purer regard for domestic integrity.

This divorce business will not sustain scientific discussion, for it has the same contempt

for science that it has for religion. It is simply an immorality which is suggested by immorality. Whoever knew of magistrate or minister asking candidates for marriage for certificates of moral character?

This is about all I care to offer in response to your request for an opinion. If it is 'narrow,' I cannot help it."

William Harris.

The Rev. W. Banks Rogers, S. J., president of St. Louis University, sends a thoughtful review of the question, from a priestly standpoint, although I cannot agree with all of his deductions. He writes:

"DEAR SIR:

That the proper regulation of divorce is one of the questions which most vitally concerns the moral integrity of our country is, I believe, conceded by all. The remedy is not easy.

Knowledge of the physiological laws of marriage is important. The wisdom of teaching them to youths and maidens, boys and girls, may be questioned. The very hesitancy to impart this knowledge on the part of all concerned, whether parents, teachers, physicians or spiritual advisers, shows that they fear the remedy may not work less harm than good. It would be presumptuous to stigmatize these persons as prudes or over-prudent.

But granted a correct knowledge of these laws, will men and women be less sensual, less selfish, less brutal? I fear not. Will hasty elopements cease? If not, ill-mated couples will still look to divorce as an escape from the consequences of their rashness, if remarriage is easy or possible.

Judging from the December number of McClure's Magazine, from the wide-spread corruption everywhere unearthed or suspected, and from our criminal statistics, we are not becoming better in proportion to our advance in knowledge and the spread of education. Knowledge of itself does not make men better. Knowledge improves the intellect, not necessarily the will or character. Intellect and will are different faculties. So we may doubt whether knowledge of physiological laws will of itself prevent divorce to any appreciable degree.

The action of the Episcopal Church 'in condemning divorcees to perpetual celibacy' will doubtless appear harsh to non-Christians. In this, however, the Episcopalians but follow the Roman Catholics, who have never known any other law.

The Catholic Church founds her teachings on tradition and on the teaching of the Gospel, than which nothing can be more explicit. St. Luke xvi. 18 says: "Every one that putteth away his wife and marrieth another, committeth adultery; and he that marrieth her that is not away from her husband committeth adultery."

Experience has shown that only adherence to the Gospel precept will bring about the desired reform. It is a moral and religious question primarily. Introduce the publication of the banns of matrimony, by which publicity is secured and haste avoided, teach men and women charity, self-denial and chastity according to their state, make them look upon matrimony as something sacred, allow separation where necessary, but not divorce—and the problem is solved."

W. Banks Rogers, S. J.

Mr. E. A. Hayes, of Buffalo, one of the best known legal practitioners in northern New York, and High Chief Ranger of the Ancient Order of Foresters, is a student of the divorce question and the author of several works bearing upon it. The following screed from his pen, then, is not only interesting as an expression of opinion on the part of a man of trained intellect, but is additionally interesting because it comes from the pen of one who has studied divorce from many standpoints:

"DEAR SIR:

Marriage owes its institution to the laws of nature and its perfection to the municipal or civil law. It is considered in this country as a civil contract, rather than a sacrament. As an institution established by nature it consists in the free and voluntary consent of the parties in the reciprocal faith they pledge each other. As a civil contract it requires the free and lawful consent of both parties. From this standpoint, then, marriage is a contract lawfully made by which a man and woman reciprocally engage to live with each other during their joint lives, unless sooner lawfully separated.

The end, and perhaps fundamental object of marriage is the procreation of children and the propagation of the species. This arises from the natural instincts and desires of men and women, and is sanctioned and commanded by divine law: 'So God created man in his own image, in the image of God created he him; male and female created he them.

'And God blessed them and God said unto them: Be fruitful and multiply and replenish the earth and subdue it.' (Genesis i, 27-28.)

Marriage should be the stepping-stone to happiness and raise men and women to a higher plane mentally, morally, and physically. Often, however, it is the reverse and leads to woe, want, misery, degradation, and death. No one knows this better than the lawyer to whom the tales of marital woe are told. Incompatibility of temper, education, impotency, difference in religious beliefs, money relations, jealousy, sickness, and infidelity, are prolific causes of disagreement between the husband

and wife. The subject is one upon which there is too little plain talk between those contemplating the conjugal state. Many young men and women with bright intellects and prospects have frequently mistaken passion for love, married, and the result has been a lifetime of misery and forlorn hope.

The marriage contract can only be avoided by death or divorce; therefore it should be more cautiously made than any other contract. Yet, as the law stands to-day, there are few if any safeguards surrounding it. It is a momentous question, and one which is agitating civilization at the present time in conjunction with the so-called divorce evil. For a contract fraught with so much responsibility, it is too easily made. No man or woman should be permitted to marry unless perfect physically. Individuals with diseases like consumption, insanity, epilepsy, syphilis, alcoholism, and other alleged hereditary taints should be barred by law from entering the married state. Disease may be inherited by the children of such a marriage, and suffering and premature death be the result. The habits, temper, education, religion and general health of the parties should all be considered by the contracting parties. Weaklings in mind and body produce weaklings. By cultivation, the ancient field strawberry has grown to mammoth proportions and fine quality. The New England "pink" has developed into the many colored and beautiful carnations of the present time. The breeding of domestic animals is most carefully considered. Why, then, should we permit anything less in men and women than we do in plants and animals? Why should the 'image of God' be anything else than strong, healthy and beautiful? Like begets like. The weak will always produce weaklings as a rule, and the strong a hardy and beautiful kind like 'unto themselves.' The tendency of many marriages is degeneration mentally and physically. This should not be, and can be avoided, if the same attention is given to 'mating' in the human species as is given to that of plants and beasts. No minister, priest, judge, or other person now authorized to perform the marriage ceremony, should be permitted to unite a man and woman in the bonds of matrimony unless he personally knows the contracting parties, and they are physically perfect, in good health, and meet the requirements of an ironclad law. If this condition existed, it would not be many years before 'hereditary disease' would die a natural death and weaklings be the exception rather than the rule.

If the home is to be the foundation and cornerstone of our republic, and marriage the foundation of homes, then there should be but one law, uniform and humane, in all the States and Territories of the Union regulating marriage and divorce. Laws which prevent crime are always more humane than laws which punish or entail disgrace upon posterity.

The present condition of marital affairs is driving many men and women to crime, disgrace, and social death. Where there is dislike there is no peace or contentment; but, usually, discord, ill-feeling, anger and resentment. This condition often generates evil

thoughts, which frequently lead to vice, drink and the gallows. The husband and wife are not always the only sufferers: if children are in such a home the iniquity of the parents is visited upon them, and they will carry it, in memory at least, through life.

It is written in divine law, what 'God hath joined together let no man put asunder.' Many marriages seem indeed to be of divine origin, and the holy, noble influences they exert are blessings to the nation. Such marriages no man desires to 'put asunder.' The marriages, however, formed by the passion, haste and blind judgment of men and women unfitted mentally and physically for the condition, should be put asunder before they bear fruit, if possible. Such marriages are little better than legalized prostitution.

Many learned lawyers, church dignitaries, and laymen do not believe in divorces. Christ did. The divorce court has always existed in some form or other, exists now, and probably will continue to exist till perfection rules mankind, notwithstanding anything the 'church and state' may say. Pardon an illustration: The editor of this journal teaches a system of physical culture by which men and women are made strong and perfect in blood, bone, muscle and intellect. His system produces no degenerate, puny little creatures who jump aside in fright at the sight of a mouse; it bars the evils of the age and develops strong, athletic and beautiful men and women. They become clean in character and mind, with bright eyes and pure blood; they can enjoy the sunshine, and endure the cold without sinking themselves into the folds of a fur coat. Such men and women command in the battle of life and are respected and mutually loved. Their progeny will be strong and capable. Instead of transmitting the seeds of disease to posterity yet hidden in the womb of time, they will transmit strength, power, health and brave hearts—children who are the 'image of God.' If perfect men and women only were permitted to marry, in time the divorce mills would cease to grind or 'grind exceeding small.'

A woman by nature loves the strong; a man by the same law loves a beautiful and perfect woman. They mate as naturally as the birds, and in the bird kingdom there are no divorce courts or hereditary diseases.

Sensualism, degenerate and enfeebled conditions, as a rule, exist only in the weak, and it is from this class that the divorce mills get most of their grist. A silk dress, a fur coat, and a large bank account sometimes hide for a time the real character of a man or woman; but sooner or later it will crop out, the skeleton will stalk out of the closet, the scandal will be public property, and more seeds of vice sown.

At the present time in the various States and Territories of the Union there are more than forty different causes for divorce, strange as it may seem. Some of these alleged causes savor of the dark ages and others are as senseless as some legislators.

In New York there is but one cause for divorce, viz., adultery, and there are about as many divorces granted in this State, according to the population, as there are in Illinois with

a decalogue of causes. Why? Because there is no law in New York State punishing adultery; defendants, therefore, have little to fear. If a man or woman desires to get rid of the presence and support of the other, the offence is committed, and the mill, with very little machinery attached, grinds out a "decree." All States recognize adultery as a chief cause for an absolute divorce, yet most of them have other causes, so that the unfortunates who feel that they must seek a court of law for relief, are not obliged to resort to immorality.

As marital matters stand to-day in this country, there should be a carefully compiled divorce law, universal (same in all States), with well defined and strict rules of practice. This law should be liberal, and include as causes, adultery, intemperance, degeneracy, felony, infamous crimes, gross cruelty, loathsome diseases, fraud, bigamy, etc. The defendant should not be permitted to marry again, and restrictions should be placed on the plaintiff. The law should be such that a guilty defendant could be punished criminally at the option of the court; and this part of the court's duty should also be well defined. Nothing should be left to sentiment, although the element of justice should not be seriously hampered. This law should settle all questions relative to property, alimony, custody of children, etc. Any evasion, collusion (as to some of the causes), or perjury should be severely punished. Competent and convincing proof alone should govern. Neither of the parties should ever be permitted to remarry each other.

So far as marriage is concerned the law should also be universal and specify who might and who might not marry. It should bar out consumptives, drunkards, degenerates, persons of immoral character, convicts, invalids, persons with loathsome diseases, those with violent tempers, all defendants in divorce proceedings, and include all other causes that might tend to produce unhealthy or deformed offspring physically or intellectually. An age limit, also, should be fixed. The alleged 'common law marriage' should be abolished by statute and a penalty attached for the act of living together in an unmarried state.

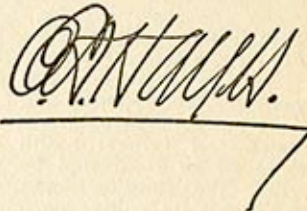
If these and other things could be done, the world would grow better, happiness increase, the marital relation would have a meaning and the divorce courts have less business. Children free from hereditary taint would appear, and strong, intelligent, and handsome men and women take possession of our country.

It takes time to bring about important reforms, and often those who make an attempt to advocate them are lost in the shuffle.

The vices that pervaded Rome ruined her. The laws which punish vice and immorality are not strict enough. Virtue and good character should be most jealously guarded. The leper is banished, and the moral leper should meet the same fate. Protect the honor and virtue of home with laws as strict as those

which punish murder. Let every effort of the evil-minded which tends to corrupt the true moral character and virtue of our women be stamped out by laws plain and certain. Let not position, power, wealth or condition exempt one from the consequences of his acts. Protect the home from its inception till the gray-haired mother is laid to rest and 'virtue' is written on her tombstone, and let there be no repealing acts. Drive the skeletons from the closets, and let home be a synonym of happiness in truth and in fact. Let only men and women physically and intellectually perfect marry, and there will be a 'race of giants' living in the land in days to come. Some may smile and say this is radical; but Heaven will not:

'When Heaven smiles half the earth is sad,
For Heaven is good and half the earth is
bad.'



Mrs. Mary E. Teats, National Evangelist for the Woman's Christian Temperance Union, has liberal views on the question, as her expressed opinion as follows proves:

Divorce, as an institution, is justifiable. The only way to handle the divorce question is to make reformatory moves in the question of marriage. Marriage is the second stage of life, and, at times, divorce is the next. There are thousands of families to-day that should never be allowed to grow. If the marriage law were different the divorce question would be different. Under certain conditions divorce cannot be too strongly urged. The exceptions in the marriage law should be far more numerous, and their enforcement should be rigid.

In many cases a couple discover they do not love each other after a few weeks or months together. The revelation may come after some years even. In that case their living together is not a state of clean and righteous existence. It is nothing but toleration on one, or perhaps on both sides.

When toleration takes the place of love the step toward infidelity and general immorality is one which is easily taken—yes, invited. People should be educated for married life, as well as for a business life or professional pursuit. Educate the children, inform them of the sanctity of their own lives as mothers and fathers, and do not let them exist in ignorance. Do not let them remain strangers to the most important parts of their lives and the lives of their ancestors. Knowledge of that sort, if properly taught, incites morality, and morality is the secret of a happy marriage.

(To be continued)

WHERE DECENCY IS A DRAWBACK

THE TRUE AND STARTLING STORY OF A YOUNG WOMAN WHO TRIED TO
MAKE A LIVELIHOOD AS CHORUS GIRL IN A MUSICAL COMEDY—
HER TREATMENT BY THEATRICAL AGENTS—THE GIRL WITH A
“BACKER”—HOW “EXTRAS” ARE ROBBED AND ABUSED—
AT REHEARSALS—THE PEEPING OF THE CLOVEN
HOOF—DECENCY AT A DISCOUNT

By Mary Maryland

(CONTINUED)

I THINK that the first inkling that I had that things were not as they should be came to me through the attitude assumed by Mr. Thomson, in regard to the girls already rehearsing, and the new applicants for positions in the company.

He seemed, all of a sudden, not to know bright girls from dull ones, provided that the latter were well dressed and “fly.” You see, I still labored under the delusion that any man—even a manager—would favor a charming young woman who was strong enough morally to keep out of folly’s way, being meanwhile prompt, gifted and willing at her work. And again, though it was not my affair, to be sure, I could not help wondering at Mrs. Thomson’s conduct in the matter. She had a leading part in the show, was usually present at rehearsals, and was evidently on the best of terms with her husband. Yet she took no more notice of his “my dearing” some of the most attractive girls, with an arm around each, than she would if she had been blind, or had no wifely claims on him.

These things are “all in the business,” I later learned. Theatrical husbands and wives allegedly love each other, but the element of superficial loyalty is utterly obliterated. There is a certain freedom in the use of endearing terms, gestures, embraces, etc., that is absolutely shocking to the uninitiated, but which is considered harmless and meaningless to those “on the inside.”

Surprised—to use a mild term—at much that I saw and heard, I determined to spend Tuesday forenoon looking up Mr. Thomson’s professional, if not personal standing. From all I could learn

at the agencies, his character was unimpeachable, and the stock company, of which he was the head, was every bit as good as the average. It has since occurred to me how extremely foolish I was to expect the men involved, to be anything but loyal to one another. They undoubtedly act on the principle involved in the famous statesman’s remark: “We must hang together, or we shall hang separately!”

When I came in late on Tuesday afternoon, expecting to be severely reprimanded for remissness, a mild reminder to be more prompt in future was all I received. And the reprimand began with the conventional “my dear,” at that.

It was my intention to talk matters over with Mr. Wade after rehearsal, he seemed so straightforward and sincere; but affairs that afternoon took a turn which made further inquiry unnecessary. Something in the very atmosphere had changed since the previous day. How I missed the companionable girls discharged the night before! In their places were some “loud” looking young women with much rouged cheeks and lips, frizzled masses of black or bleached hair, hideously small waists, gorgeous silk hosiery, high heels, an odor of strong perfumes, chewing gum, and flashy jewels!

Our manager had hitherto been rather glum and taciturn, but with the advent of these girls he fairly beamed. Though noticing the brightening effect that the newcomers had on him, I failed entirely at the time to understand what it meant. I imagined they must be old-time employees whom he was glad to welcome back. Later I was enlightened.

About this time, the English girls of

whom I have spoken, quietly remarked that they were always pleased to see "fast" girls in the chorus, as it relieved them of the attentions of regular patrons of the theatre whom the management expected the girls to "entertain." Now, indeed, I began to see light! How dense I had been not to understand before.

That afternoon several well-dressed men sat up in front with our manager, allegedly engaged as "critics." Also, if a real personal devil existed, I am convinced that his understudy was present in the form of a hideous, grizzled old fellow whom the girls familiarly called "Joe," and whose business—ostensibly!—was measuring us for our slippers. He was also club-footed, as is related of his Satanic majesty.

The first intimation I had of his presence was to find him suddenly in our midst, making free with the prettiest girls of the company, lavishing suggestive compliments on them. He was on such close and friendly terms with our manager, so some of the girls told me, that it would have been extremely impolitic to offend him, even had they—the girls—objected to his advances, which I honestly cannot say that they seemed to.

On some, who until now had conducted themselves with the utmost circumspection, he seemed to have the most demoralizing effects. I beheld him whispering into their ears, and the erstwhile quiet, modest girls seemed to be temporarily transformed into brazen courtesans.

After a confidential *tete-a-tete* with a girl, during which it was his invariable proceeding to run his hands over her shoulders, arms, etc., he would hobble back to Mr. Thomson's side, and it did not take a very bright observer to see that he was reporting on the physical and moral status of the girl. If "Joe's" report wasn't satisfactory there would forthwith be a vacancy in the company.

As I saw the old reprobate taking all sorts of liberties, as he measured the girls' stockings feet, it occurred to me that a plain Anglo-Saxon kick landing squarely under his chin would be the next feature on this program had the arrangement of it been left to me. Did I go through the foot-measuring, too? Oh, yes. Had I not steeled myself to stay that trying day out, I should not now be

writing these lines to warn innocent girls who fancy, as I did, that there is no reason why chorus girls cannot be decent if they choose.

As I sat awaiting my turn, one foot unshod, I held a shoe firmly grasped, with the stout heel outward, ready to deal Joe's wicked bald head a blow that would mean business if he dared to try any of his "shin-digs" with me! Previous to this, he had once laid his claw-like hands upon me, but I flashed about on him so suddenly that he retreated at once. Well, he measured my foot, and I guess he understood about the heel of that shoe, for he did not molest me, merely asking my name more times that was strictly necessary.

Among the girls it was impossible to mistake the change in the moral atmosphere. Not that I would be understood to claim that we had previously been anything like a Sunday-school class. No, we were only decent before. Now most of us were not. And why? The explanation was to be found in the influx of the "fast" newcomers and the treatment accorded to them by the management. It was easy to see that they stood in high favor with Mr. Thomson. He "stood for" everything they said and did, including their erotic stories, their liberal display of lingerie, their amazing familiarity with the "critics" and their occasional disappearances from rehearsal in order to get a "ball"—otherwise whiskey, or some other vile alcoholic drink. And if a "critic" wished to take one of them to lunch, she was instantly excused from rehearsal. The examples thus set by the manager's evident favorites incited others to emulate their example, with the result that, as I have said, the majority of the girls that had hitherto behaved themselves with approximate decency, began to develop language and traits that astonished and disgusted me. And at this point, while no one said, "Decency is a drawback in this chorus," no one needed to say it.

Inwardly rebelling at what I saw and heard, I smothered my disgust and indignation, although I know my cheeks were aflame as I went through the steps and songs with the others. Intuition warned me not to let these girls read my repugnance for their vulgarity. Heaven

pity me if I had done so, for they would not! Had they once looked upon me as a "prig," I should have been heartlessly guyed with the cruellest gibes their tongues could fashion. So I held my tongue—and suffered.

All the afternoon I would slip from one group to another, as the conversation waxed too "hot" for my taste. Then, too, jealousy, the handmaid of cruelty, induced my companions to do such spiteful "knocking" of each other as to disgust me from listening longer.

I recall rather a pretty girl named Gerty, who, after complaining of a headache, calmly and with indubitable pride informed the group about her that her indisposition was caused by drinking too many bottles of champagne while at "supper" with several men till daylight that morning!

"And this makes three nights running," she finished. "I feel rotten."

Instead of receiving pity or censure, the same sort of admiration greeted her that is given to the "tough" boy when narrating some bold and envied experience to a circle of foolish little comrades. It may be that some of us felt disapproval of our companion's tale of unbridled dissipation, yet none were anxious for, or courageous enough to brave, the storm of gibes that would have been rained on our poor heads had we ventured to speak our honest opinion of Gerty's "good time."

It is in this way that "evil communications corrupt." The once guileless girl who has to listen daily and give at least a silent approval to this kind of talk, which falls like soot on her young mind, is imperceptibly changed till what was once white becomes first gray, then black. Constant dripping of water will wear away a stone, you know.

Another girl, actuated I believe by jealousy (!), told me that I mustn't believe all Gerty said, as the fact was that an old miser was "keeping" her, and he didn't allow her to go out to champagne suppers three nights in succession.

It seems to me as I look back on it that there was nothing too shocking for these girls to do, to boast of, or to say behind one another's backs! I only pray I may forget the clinging vileness of it all. Yet my one feeling for the girls themselves

was, and is, pity. And then, too, I painfully realize that the atmosphere that surrounds the chorus girl is charged with moral poison.

It was like an oasis in a desert to be able to take refuge at the side of my friends, the English sisters. Nor must I fail to make mention of the fact that they seemed to be exempt from the persecutions of Joe. Mr. Thomson probably knew these young ladies were morally above reproach, but they were the exceptions that proved the rule. From their experience since childhood on the stage, they were invaluable in assisting the coach to train new hands. Besides being both beautiful and clever, they were perfectly willing to help him in every way, seemingly taking as great an interest in the success of the production, as if they had money invested in it. When rehearsals were over for the day, it is true they were footsore and weary, for let no one imagine it is anything like play preparing for an opera. They were living in a cheap furnished room, doing light housekeeping, and their simple laundry work, after a day's work, was as tiresome physically as a scrub-woman's. Truly, they paid the price for being permitted to remain unsullied!

During an intermission, as I sat with one of the bleached blondes, whose breath, by the way, was redolent of whiskey, another girl—one of our latest acquisitions—approached us. Said she, "Joe offered to take me up and introduce me to some of Thomson's friends. That good looking fellow is from Chicago."

"Aw, we're not making our living in Chicago," said my companion, suggestively.

"That's what I told him," replied the other. "But he'll make good, Joe says." And a few moments later I saw her offering her lap to the shoemaker!

Soon after this, Joe brought the man in question down the hall and introduced him to the girl, with whom he seemed highly pleased. I did not hear the old man's recommendation of Miss —, but one can imagine its tenor. Faugh!

A fine, handsome woman of Amazonian proportions—my partner in one of the "specialties," by the way—whose experience in choruses extended over some years, was approached by old Joe, and it

sickened me to see her submit to his foul caresses, forcing smiles to her lips and nodding her fine head at the revolting suggestions dropping from his lips.

"You like good times, eh?—Like wine—like men—eh, ain't I right?" This is but a very mild sample that I happened to overhear him whisper to her. I felt at the time that she abhorred it all. Though no better than the worst of the others in some ways perhaps, she was not talkative nor jealous like them. She seemed like one lost to hope, yet blind to the value of her loss. Her smile was, to me at least, a tragedy. The alcohol on her breath seemed to have been taken to give her the bravado to live the life she was at heart above living.

"Why do you stay in this line?" I asked her. "You've been on so long, as you say, that I should think you could play principal parts. Don't you get awfully tired of this?"

"Oh, I haven't any ear for music," she answered, in a tone of gentle resignation, "and you know I'm too large to play anything but Amazon parts in the chorus."

"Don't you get sick of it all? Why not get something entirely different to do?"

I liked this woman who had not quite lost the ability to be ashamed!

There were unshed tears in her eyes as she smiled in reply.

"I'm too old now—there's nothing else for me but this."

I could say nothing, but I tried to look the friendly sympathy I felt. . . .

The question has been put to me as to whether any direct immoral overtures were made to me. Not directly, but inferentially. Four distinct times the old shoeman, whom I grew to look upon as a sort of monster, made his way over to me, each time fumbling out the excuse of having forgotten my name, which certainly was not his motive for approaching me, since the name was clearly penciled in his greasy note-book. Each time he was met and routed by a freezing frown or a plain, though low-voiced expression of angry disgust. I was not afraid of his insulting me. In the pride and strength of youth, I felt quite equal to championing my own cause should necessity demand. So Joe retreated in each case, growling. I knew the meaning of

the growl and was prepared to accept my dismissal.

Standing within earshot that afternoon, I overheard our coach carrying out his employer's orders, telling one of the few nice girls left that, "Unfortunately, Mr. Thomson has his ideas, you know, and you could not be used to advantage in this production." Decency was a drawback to her. I wonder if she realized that she was being paid a high compliment.

As for me, I almost blushed to find myself still undismissed, though I rather fancy both men realized that such a proceeding on their part would be unnecessary. But I had not to wait long for it. It came in due course. Mr. Thomson again had his ideas.

As I said good-bye to the girls, I found I was not the only one whose hitherto pent-up indignation found vent in an expression of determination to sever connection with a company in which indecency was set on a pedestal. And let me say here that I have practically but hinted at the brazen effrontery of the manner in which the bid for "fast" girls in the chorus was made. Much has been left unsaid by me in regard to the matter for obvious motives. But the reader will, I am sure, be able to note the meaning between the lines. I repeat that in the case of the average chorus girl, decency is a drawback rather than an advantage to her.

Dear girls, you who dream of fame and wealth to be gained in this line of work, think twice—think many times—before you throw yourselves in your innocence and ignorance under the wheels of the Juggernaut of men's insults and passions, while engaged in an employment in which much is expected of you—long hours, arduous rehearsals, the whims of your "superiors" to cater to, the jealousies of your co-workers to contend with; and see if there is not a good man's home, somewhere, that you can make a veritable paradise of, being, meanwhile, not a painted doll, but just a wife and—a good woman.

In plain English, there are just three paths open to the virgin chorusite: either she must be as bad as the rest, in which case she may be permitted to enjoy such peace as is accompanied by jealousy,

back-biting, etc.; or she may, as some young women having husbands, and even babies at home, are known to do, steel herself in an armor of callousness, and putting up with just enough liberties from manager and patrons to avoid being discharged. Though how a wife and mother can successfully live this double life is beyond my understanding! Last, and best solution of all, the pure girl who finds herself in a chorus can leave it, and the sooner the better.

And another thing—one of the most important. "All stage people drink" is a statement accepted as almost axiomatic. The new recruit in the chorus whose companions urge upon her the delights of midnight suppers, and who goes "just once to avoid hard feelings," can hardly avoid drinking a single glass in "good fellowship." The wine goes to her brain, unaccustomed as she is to its effects. She

never knows how many glasses she drank that first night, and it is most strange how twisted her ideas of right and wrong became! When she awakes next morning after that first mistake, she feels herself lost to her old ideals forever.

Such is our social code. The girl cannot rise. If she bravely tries to forget it and do no wrong thereafter, she is reminded by her fallen and cynical companions that she is one of them and might as well enjoy the "cream," instead of sipping dismally at the dregs of the cup of life's unhallowed experiences!

But to sum up the whole matter, I would earnestly, almost prayerfully, plead with every girl who is tempted by the alleged glamour of the stage, to refrain from yielding to the temptation and shun a profession in some planes of which, at least, virtue is a thing to be mocked at and decency is a disadvantage.

GET OUT OF THE HABIT OF WORRYING

Don't worry. It will heat your blood, turn your hair gray and rust your mind. It will put wrinkles into your brow and stiffen your joints. Worry shows weakness and unmanliness. Worry will never help you across a criti-

cal period, but will put mountains in front of you. Do not worry. A man equipped with physical health has nothing to fear, and a man who is in poor health will only dig his grave by worrying about his condition. Learn not to worry.

AMERICAN PUBLIC CURSED WITH POISONOUS FOOD ADULTERATIONS

About every article of food sold in the open market to-day is tampered with. Adulteration of foods is a more common form of crime than any other practiced in this country, where people are content to be humbugged. Herewith we present some extracts of an editorial from the *Boston American*, that are pertinent to this subject:

There is a bill in the Senate of the United States called the Pure Food bill. Its purpose is to prevent food adulteration, the swindling and the poisoning of the public.

Nobody in the Senate says a word against this bill—nobody dares go on record, of course, in behalf of adulteration. YET IT IS CERTAIN THAT THE BILL WILL NOT BE PASSED.

No man will take the responsibility of defeating it openly. But the glorious Senate, as a whole, will allow it to die and protect the "business interests" that require adulterated food for the people.

We ask you—the poor, foolish public—whether you don't think something ought to be done to punish the man who poisons and cheats thousands of his fellow-citizens, as we punish the fellow-citizen who steals ten cents?

In New York City 373 druggists were tested with a prescription for phenacetin. Three hundred and fifteen out of the 373 sold a substitute or an adulterated drug in the place of that which was prescribed and paid for.

An effort was made at Albany to have a bill passed compelling the honest filling of prescriptions. It was bitterly fought, AND IT WAS BEATEN by the statesmen who know, better than anybody else, what influenced them.

How much do you suppose those that adulterate food and other merchandise take from the people of this country in the course of a year? Dr. H. W. Wiley, of the United States Department of Agriculture, speaking very conservatively, figures the amount of adulteration on a basis that would represent stealings from the public of \$375,000,000 annually.

Dr. I. W. Abbott, secretary of the State Board of Health of Massachusetts, has collected statistics which show that the amount stolen in the lines that have come under his observation foots up not less than \$750,000,000.

A. J. Wedderburn, Special Agent of the Department of Agriculture, says of these adulterations that they "can be truthfully said to be as broad as the continent." According to his calculations, the adulteration amounts to annual stealing of not less than \$1,125,000,000.

This enormous sum, representing stealings of fourteen dollars per year from every man, woman, and child in the United States, includes only the thefts through adulterations OF FOOD.

There exists in the country a widespread scheme of adulteration that takes more than eleven hundred millions out of the pockets of the people annually—that steals fourteen dollars every year from every individual—AND THE SENATE OF THE UNITED STATES WILL NOT PASS A LAW TO CURB THIS ADULTERATION.

The individuals who are robbed of money and—what is far worse—who are robbed of health by adulteration, have no friends in Congress. The prosperous scoundrels that do the adulterating have plenty of Senatorial friends.

Wouldn't it be a good idea for the people to choose by direct vote these Senators who hold up a bill to protect the public health?

Branches of Proposed International Society of Physical Culture

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

MANHATTAN, N. Y.—Caledonian Hall, 54th St. and 7th Ave.; secretary, Mr. G. E. Harley, 984 Putnam Ave., Brooklyn, N. Y.

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

TORONTO, CAN.—Mr. Walter R. Hilton, 234 Simcoe St.

PITTSBURG, PA.—Miss Irene Seiple, 1316 Allegheny Ave., Allegheny, Pa.

MONTREAL, QUEBEC, CAN.—Mr. Leo. Poupore, 344 Wood Ave., Westmount.

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

CHICAGO, ILL.—Mr. E. R. Peterson, Reaper Block, Chicago.

ST. LOUIS, MO.—Mr. Edgar C. Perkins, 802 So. 4th St.

FIRST MEETING OF THE ST. LOUIS PHYSICAL CULTURE SOCIETY.

Meeting was called to order at 8.30 p. m., Saturday, March 4th, 1905, at the Self Culture Hall, 1921, So. Ninth St., St. Louis, Mo., by the temporary secretary, Mr. Perkins. The Constitution and By-Laws, suggested by Mr. Macfadden, were read and adopted unanimously, to go into effect for a period of three months, dating from March 4th, 1905. The following officers were next elected to serve for three months dating as above:

President—T. Le Roy Woodruff.
Secretary—Edgar G. Perkins.
Treasurer—John W. Kendall.

On motion of Mr. Fiss, it was decided to authorize the establishment of three branches of the society as follows:

Union meeting of all branches, first Wednesday of month.

South St. Louis branch, second Wednesday of month.

North St. Louis branch, third Wednesday of month.

West End branch, fourth Wednesday of month.

On motion of Mr. Smith, it was decided to purchase 50 tickets to the Illustrated Lecture and Food Demonstration, given under the auspices of the Vegetarian Club, Friday, April 14th, 1905, at the special rate of 10c. per ticket; to be distributed among first fifty members.

On motion of Mr. Haenel, it was decided to remit

the initiation fee of \$1.00 in the cases of the first fifty members.

The following volunteered their residences for the first meetings of the branches: Mr. T. Le Roy Woodruff, Wm. Wehking, and Mrs. Julia L. Calmer.

Upon motion of Mr. Haenel, the meeting was adjourned. (Signed) EDGAR G. PERKINS, Sec'y.

PHYSICAL CULTURE SOCIETY OF DETROIT.

On February 28, 1905, the Physical Culture Society of Detroit was organized in this city, with 31 charter members. All present were very much interested and very enthusiastic. The following officers were elected: Mr. D. B. Bancroft, president; Mrs. Amy E. Alkire, recording secretary; Mr. George W. Mathews, treasurer.

We meet again on Thursday, March 9, and have arranged for the other officers and heads of departments to be elected on that date.

A committee on arrangements has been appointed to look into the matter of obtaining temporary places of meeting, and also permanent headquarters for future work.

The Constitution and By-Laws of the National Society were adopted as a whole, and will be applied as far as consistent with our numbers and facilities.

Yours very truly,
PHYSICAL CULTURE SOCIETY OF DETROIT,
D. B. Bancroft, Pres., by Amy E. Alkire, Rec. Sec.

It Is Your Duty To Make Provision For Your Family

The proposed abstainers' co-operative insurance organization, the plan and scope of which have already been related in the recent issues of this magazine, is rapidly assuming a definite shape. The insurance expert engaged by us is working out the details on a most conservative and safe basis. The fundamental principle of the organization is sound and simple; there are what are known as "Tables of Life Expectancy," which are as reliable as interest tables themselves. Now "A" can safely undertake to pay to "B's" family \$1000.00 at the death of "B" if "B" will agree to pay to "A" during his lifetime such a yearly sum as will amount to \$1000.00 if compounded at 3 or 4 per cent. during the years that "B" may be expected to live in accordance with the tables in question. This is our plan of life insurance in a nut-shell, and, for that matter, is the basis of all legitimate life insurance.

To the Reserve and Mortality Fund of our company will be added an amount sufficient to provide for the expenses of an economical management. Outside of this, there will be no expenses whatever, no drains on the income, and

nothing to weaken the financial integrity of the company.

We offer, therefore, to total abstainers—and we accept no others—at least a 20% advantage over even moderate drinkers. No other safe co-operative insurance company has ever undertaken to do this.

Premiums may be paid monthly, which is a boon to thousands who earn small incomes. It must be understood that the premiums can be never more than twelve each year, and that each premium will be of a stated amount. There may indeed be less than twelve premiums per annum. If you will but set apart a small amount each payday, your so doing will enable you to make a comfortable provision for your loved ones. Death too often cuts off the incomes of those dependent upon the bread-winner, and hence, the wisdom and, indeed, necessity, of one providing for his family.

Full particulars may be obtained by sending a self-addressed and stamped envelope to the Physical Culture Mutual Benefit Association, 29 East 19th Street, New York City.



Shanghai—The Famous Minister Tea House

THE RISE AND DECLINE OF NATIONS CHINA

CHINA FOR THE CHINESE IS THE SLOGAN OF THE PROGRESSIVE PARTY OF THE CELESTIAL EMPIRE—THE DRIFT TOWARD RADICAL CHANGES IN THE ADMINISTRATIVE AND COMMERCIAL METHODS OF THE NATION IS UNMISTAKABLE—SOME OF THE MOST POWERFUL OF THE MANDARINS ARE FURTHERING THE MOVEMENT—WANT OF A PROPER CURRENCY AND CAPITALISTIC GREED THE CURSES OF CHINA—NEED OF A EUROPEAN OR AMERICAN OF FORCE AND INITIATIVE TO WELD TOGETHER THE JARRING CLASSES BEFORE CHINA CAN PROPERLY ASSERT HERSELF

By Wharton Barker

Wharton Barker, the intimate friend of the late Li Hung Chang, of Ma Kee Chang and the other great leaders of thought and masters of diplomacy in the Empire of China, is a most distinguished authority on and possesses a more thorough knowledge of the real China than any man living in the United States to-day. Mr. Barker's studies of the possibilities of the vast uncomprehended Celestial Empire were made on the ground with the earnest aid and constant counsel of the most advanced of Chinese statesmen, who, profoundly anxious for the welfare of their native land, turned to him as the one man outside of China who could be relied upon for expert and disinterested information regarding the attitude of the peoples of America and Europe toward China. It should be clearly understood that we do not necessarily endorse all of the views of Mr. Barker in regard to the current aspect or the future possibilities of the Chinese question. Nevertheless, we feel that the object lesson in politics and industrial conditions afforded by China, with some of its Mandarins exercising power as do bosses in this country, and with its laboring classes wholly at the mercy of capitalists, makes this one of the most important of this series of articles that have to do with the strength and weakness of nations.—BERNARR MACFADDEN.

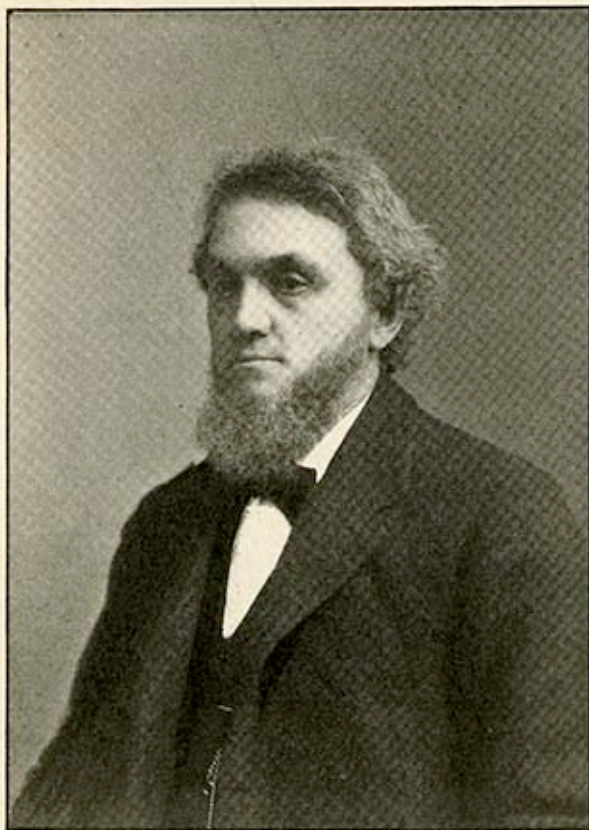
IT is the fashion to speak of the vast empire of China as if it were some huge, helpless jelly fish, liable to swift putrescence whenever exposed to the light of day—a flabby, sinewless, in-

exhaustible meal for all the predatory nations that may choose to bite into it. Only those who have lived in China, who have come in intimate contact with the aims of the patriots among the men of

her ruling classes, and the inbred integrity, moral force and virile strength of the great body of the people, refrain from joining in the chorus of despair.

To the world at large, so cheerfully, selfishly pessimistic, there is nothing but the China which is the foredoomed prey of the "advanced" peoples, white and yellow. But there is another, unknown China, in whose Briarean hands, as yet only half conscious of their giant grasp, lie not only the empire's ultimate destiny, but in all likelihood the paramount features of the political destinies of the Orient and a portion of the industrial fortunes of Europe and America as well.

"Cave canem!" Rome wrote upon its doorways. "Ware China!" should be in the mind of every international adventurer, whether he contemplates the forcing of the door upon the Yang-tse-kiang, at Shanghai, or at Peking.



Wharton Barker,

It was Prince Kung, brother of the Emperor Hienfung, the predecessor of the present Emperor, who declared that "knowledge emanated originally from China and was developed in the inventive minds of Europeans." Over four thousand years ago, the Chinese established on firm foundations a civilization that has bound together more than four hundred millions of people in compact and effective mass. Their intellectual and industrial accomplishments have been a surprise to all other nations; their ability to absorb their enemies, who first conquered and then settled among them, has never been understood; their power of going among other peoples—as servants, as traders, as manufacturers, making most successful lodgements—has been a terror to all those who tendered them hospitality. The ability of the Chinese to await the opportunity which shall enable them to accomplish their purposes—to hold their own and to advance—has never been approached by other nationalities.

There must be, within a half century, a great forward movement in China, because the Chinese are awake to the conditions which now exist the world over. They saw Japan, in 1894, take from them Korea and Formosa, and mulct them in \$160,000,000 as a war indemnity. They have seen Japan make war upon Russia, totally destroy Russian naval power in the Far East, and rout the Russian army in every engagement. They have seen the Western powers filch from them under the name of "lease" vast land and other concessions—Russia, in Manchuria; Germany and Great Britain, in Shantung, and France in Tonquin. They have seen an economic policy forced upon them under the name of "commercial treaties"—by America, by Great Britain, and by other Western European Powers—that would destroy the industrial development of the whole empire and reduce its people to agricultural labor alone. But the money basis on which China operates is

not the same as that used by the countries of Europe and America. Fortunately for her, in her encounter with foreign trade assaults, a given amount of money will bring, in China, much more of the products of human labor than it will in rival countries.

Yet the lack of an adequate supply of money—the instrument of association and of advanced civilization—is the prime factor in the backward position of China. The want of an adequate money supply has increased the power of capitalists over the wage-earning classes to such an extent that a condition of industrial slavery observes in China which is almost as bad as the chattel-slavery which existed in our own country prior to the war of 1861-65. The gap between the rich and the poor—between the “house of have” and the “house of have not”—is broader in China than it is anywhere else in the world, outside of Central Africa. The Chinese—the great body of the people—are almost held in slavery by the grasping Chinese capitalists, who, as capitalists do everywhere, refuse to give the

workers their proper share of the products of Capital and Labor, until they are forced to do so. These oppressed people, therefore, naturally, lack patriotism; they have no active interest in developing the latent wealth of the country; they stand passive, accepting the meager wages grudgingly given them. What those depressed, degraded Chinese will do at home, when the opportunity shall have been presented to them, will be understood by considering the same people in some of the Asiatic countries near China, where they have driven out all merchants of different nationalities, together with high-class labor of all sorts.

There is small chance of a realization of the dream of the ruling class among the Japanese, that Japan will dominate the reorganization and reform of China. There was a time when the influence of Japan might have become supreme in the Far East, when the Chinese might have



Ma Kee Chang, a Prominent Figure Among the Chinese Progressionists

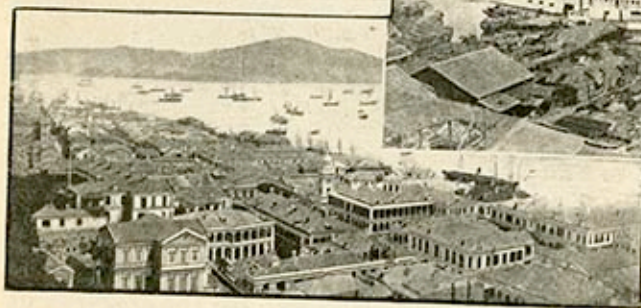
accepted the Japanese lead; but the effect of the war between the two countries of ten years ago has been to arouse fear rather than confidence. The arrogance of Japan, based solely on military prowess, makes her assert her superiority to China in civilization, arts and literature, and the Chinese naturally resent this attitude.

The belief that a laxly organized government—a government believed to be devoid of energy and honesty—cannot grapple with the weighty problems that confront China, gives the reactionaries a control that seems to defy the patience and the industry of the Chinese. Almost all the older Mandarins are of the standstill class. There are some exceptions, for some are men of the highest intelligence, absolutely honest, and ready, indeed anxious, to extend in all provinces, in all cities and towns, telegraphic communications, to build railroads, to sub-

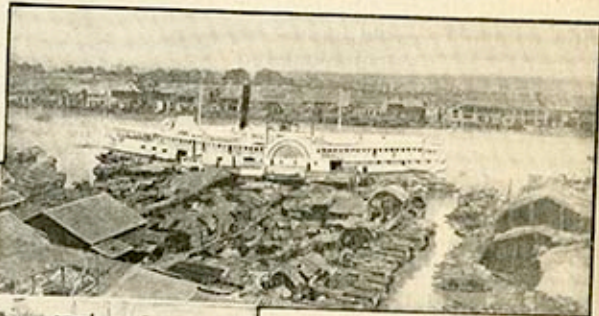
stitute the steamboat for the junk, to develop the factory system, to adopt scientific methods in mill, factory and mine and on the farm. These men—but a few of the older and many of the younger mandarins—appreciate the fact that China will be all-powerful when reorganized on a basis of adequate means of established communication; of the proper opening of coal and iron mines in all provinces that those industries apply to; large introductions of American and European textile machinery; substitution of American agricultural machinery for the ancient tools now in use; and, especially, the establishment of a comprehensive system of modern banking. It is a system of banks of deposit and discount that is required, together with the creation of a national currency that shall be stable; that is, a currency which shall ensure stability of prices of commodi-

cial—is all-important just now; for no concentrated effort looking to Chinese development is possible so long as the old reactionaries dominate at Peking and at the courts of the eight all-powerful viceroys.

But alone, these advanced men can do nothing. They must have the co-operation and the confidence of the strong, numerous merchant class, a body of men superior in trade morals to their fellows anywhere the world over. The merchants have the accumulated capital needed to start and operate the industrial revival, possible and imminent. More than that, the merchants alone have the respect and absolute confidence of the wage-earning classes—the bone and sinew of the coun-



Canton, Its Broad River and Some of the Chief Buildings



Hong Kong, Showing a Street of House Boats and Harbor

ties—of products of labor—and make easy the rapid interchange of commodities of every day need. Above all, the change will come with the establishment of an honest system of wages, so that hope can take the place of despair—so that the great mass of the people can see that energy and industry will be paid by wages that will give them a proper share in the utilization of the vast latent wealth of their native land.

I say a large body of mandarins are possessed of a spirit of fairness and a desire to lift China out of the rut that has made the country a prey to the European nations, to America and, more than all else, to Japan. This advance on liberal lines of the class that constitutes the government—national and provin-

try, the fulcrum and the lever that must be relied upon to move the mass.

Without, however, the active support, the aggressiveness and initiative of a commanding and organized power or force, the essential co-operation cannot be expected between the merchant class and the liberal, intelligent, honest and patriotic mandarins—those who know that China awakened need not fear the encroachments of Japan, Great Britain, Germany, France, Russia and America, whether made at the mouth of cannon or at the point of the bayonet, whether through the methods of intimidation adopted by Japan and the Western European nations, or made by the far more harmful sinuosities of commercial treaties, the method of the United States of America. The needed force—aggressive, initiative, commanding, organizing—does not now exist among the Chinese—man-

darin, merchant, farmer or laborer. It must come from America or from Europe. I have made clear the reason why it cannot come from Japan.

It cannot come from bankers and others who seek to exploit the Chinese, as they have exploited and ruined persons of small fortunes in America and in Europe. This initiative, so much needed, must come from a class of men who appreciate great opportunities, who have great courage, who are willing to abandon for a time their own country and to become, in purpose and in loyal action, Chinese. They must grow up with the sure growth of China—sure, if the latent wealth of the land, the capable work of the merchants, the honest assistance of the mandarins, the awakened industry of the labor class, the introduction and use of the forceful power of the small number of foreigners now needed, can be gathered into a homogeneous force for the supreme effort that shall develop China, make all-powerful her people, and increase the consuming power of the Chinese to the level of that of the Americans.

This is no idle dream. All the elements needed for the awakening of China exist. The desire to combine them also exists. The desire, as it obtains among the Chinese, can be easily recognized by any intelligent, open-minded man who goes among them to observe conditions and formulate plans. Suggestions made to them that are simple as well as comprehensive, are received with satisfaction, when the plans of action proposed are properly supported by the advocate.

The Peking Government is not of a directly responsible kind, as are the Governments at London, Berlin, Paris and Washington. There are many checks and court cabals, as there were in London in the time of Elizabeth; as at Paris, in the time of the Grand Louis; as at St. Petersburg, to-day. The several viceroys have policies, more or less in accord; and parties and influences of many kinds work to support this or that minister—Li Hung Chang, Prince Kung or the Empress-Dowager. The Emperor is not an autocrat; he is, rather, the tool of some faction of politicians. The viceroys are great provincial satraps, and many of them have been hindrances to progress.

But the weakness of China is the corruption and nepotism of the official class. The corrupt political gangs now unhappily recognized as dominant factors in American politics have their counterparts in China. The theoretic government of American cities is good. But the administrative system has stranded and distorted the ideal government, until it is almost a failure. Conditions of government in China are not more hopeless than in America. The people, in these modern days, sooner or later, rule. Public opinion must be heeded. Expression of popular demands cannot be prevented. Emperors, kings, presidents, State and city bosses, fall when the people move. There is surely a great crisis at hand, the world over. The only men blind to the conditions that exist, the only men insensible to the coming storm, are the rulers. I make the digression because I believe that the awakening, about to be, will be as sure in China as in Europe and America, and far more astounding because the changes in China must be far more radical than among us. We have seen Japan shake off the usages of ages and, in fifty years, become in many ways the most advanced of nations. The Japanese are a people inferior to the Chinese, and not so capable of making a great change so easily. They cannot long lead in the Far East, for the four hundred million Chinese will soon arouse themselves from slumber.

I have pointed out the fact that the one thing China must import is men capable of initiative. I have said that the great Chinese, old and young, who must lead in the revolution, understand this. Chang Chi-tung, the greatest of all the viceroys, whose probity and capacity are admitted on all sides, and all other such men, contemplate with satisfaction the coming among the Chinese, of Americans and Europeans who possess this power of initiative. Shàng Taotai is a man of another type, who must play a leading part in the readjustment. The part Americans must play, if they play a part at all, is that of supporting these men. Support, in this case, means co-operation—not domination, not dictation; but demonstration and convincing assurance of the possibilities that lie ready to their hands. The Chinese mandarin, merchant

and farmer must not be judged by European or American standards, because they are trammelled by their training and surroundings. The American going to China, to live and work, must recognize the conditions which now exist, and make his suggestions conform to those conditions wherever it is possible.

The convictions that I hold in regard to the present condition of China, of her coming awakening, of the large opportunities open to those who shall assist her, lead me to these very definite conclusions:

1. That the vast, undeveloped natural resources of China cannot remain latent much longer; and that, when developed along modern American and European lines, all the enlarged demands of the Chinese people will be satisfied from Chinese mines, mills, factories and farms, including coal, iron, copper and lead products; fabrics of all kinds, whether silk, cotton, woolen, or of tree or plant fiber; wheat, corn, vegetables and fruits.

2. That this great development in far off Asia will convince Europeans and Americans that the effort to obtain trade there, by war and by threats of war, will be waste effort.

3. That the millions of Chinese, developed, as they will surely develop within the next fifty years, will be a menace to the rest of the world, both in war and in trade, unless they are satisfied that Europeans and Americans are going to content themselves with the development of their own internal resources, and are content to abandon the now much-praised

scheme of getting rich by the exploitation of foreign nations, which, of course, are weaker than they at the time of exploitation.

4. That all nations will, within the next fifty years, accept the law, that home trade, home development, is far better than foreign trade, whether obtained by peace or war.

5. That the industrial development of China, soon to be inaugurated on a huge scale, must bring peace to mankind, because the lesson it will bring home to the white nations calling themselves civilized and thinking themselves to be superior, must be this—that war between the yellow man and the white man in Asia, means the defeat there of the white man.

For a time the European nations may occupy portions of the territory of China and dictate commercial policies; for a time they may absorb the riches of these territories. But, in the end, the Chinese will control all that part of Asia properly Chinese; and they will absorb, for the use and advantage of the Chinese people, all the wealth of those productive territories.

British, Russians, Germans, Japanese, and Americans believe that the fate of the people of India awaits the people of China—political and industrial slavery to a European nation. In that belief no one can share who goes among the Chinese. On the contrary, he comes to a realization of the fact that the Chinese cannot be conquered in their own country by any Western European power, by Japan, by America, or by any possible combination of those countries.

DISEASE A BENEFICENT ACT OF NATURE

The theory of disease as promulgated by PHYSICAL CULTURE is an old story with our readers. Nevertheless, a distinguished Englishman announces it in a fashion that suggests that he thinks that he has happened on a new revelation, as the following clipping from *Success* will show: "With our forefathers, disease was an evil influence. We should no longer look at it in that way; at least, so we are assured in a recent address by Sir Frederick Treves, an English physician. To the modern expert, he says, disease is merely the outcome of natural processes, whose purpose, at bottom, is

a kindly or beneficent one. Its symptoms are merely 'expressions of a natural effort toward cure;' they are 'not malign in intent, but have for their end the ridding of the body of the very troubles which they are supposed to represent.' After all, however, this view is not so very new. Even in the Middle Ages wise men talked of the 'curative force of Nature,' and in this phrase lies the truth on which Sir Frederick has based his lecture. Still, it is frequently forgotten that Nature means well by us, and it is a good thing to be once in a while reminded of it."



We are offering a number of prizes for the best formed physical culture babies. The first prize is a solid gold and beautifully wrought medal with name of baby winner inscribed. The second prize is a physical culture library, consisting of choice of any five of our published books. The third prize is a choice of any three of our published books. We will also give ten consolation prizes, each to be a choice of any of the books in the Physical Culture Library, or a year's subscription to "Physical Culture," or two years' subscription to "Beauty and Health." Competition is open to all mothers who are readers of the magazine and who are rearing their babies by means of physical culture methods. Each photograph must be accompanied by a brief description, together with measurements, age, weight and name. Photographs should be taken in a standing position and different views of same child are desirable. Do not fail to put name and address on back of each photo sent. Contest will close May 1st, 1905. Address, "Prize Baby" Department.

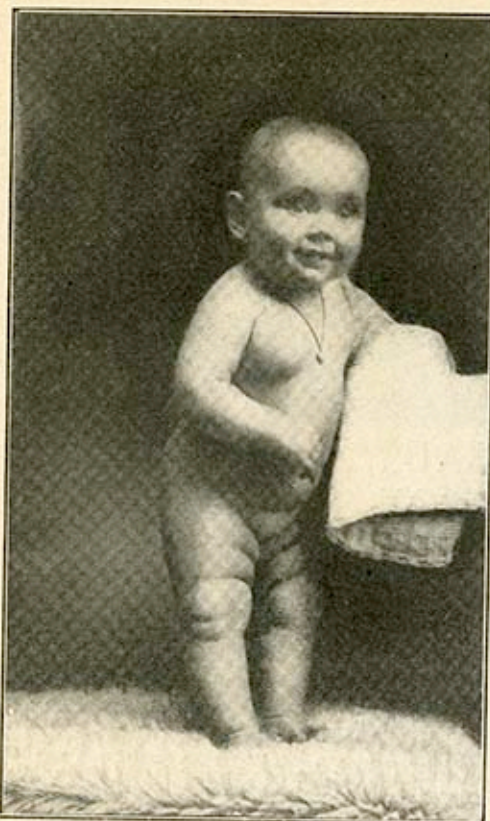
WE present herewith photos of further candidates for the prizes which we are offering in this competition. The strong, hardy, happy little people whose photos are reproduced here are all the children of physical culture parents, and most of them have little exercises of their own.

But it should be remembered that the term "physical culture" does not simply mean a system of gymnastic exercises for training and strengthening the external muscular system of the body. The term, rightly used, means the cultivation of all the physical forces of the body, and includes all those habits and conditions of life which will tend to develop to a perfect degree, not only the strength, but the health and vitality of every part of our bodily organism. It means the harmonious working of the functional system, the healthy, vigorous action of every vital organ, the possession of superabundant nervous energy, and, in fact, the well-being of that wonderfully intricate system of nerves, arteries, veins, bones, mus-

cular tissue and brain tissue which goes to make up the human body.

Certainly every baby needs physical culture, and so does every man and woman and child. And for baby, physical culture means, for one thing, pure air, not the close, stuffy atmosphere in which the average mother, impressed with the silly fear of its catching cold, confines her little one; it means due care in feeding, not perpetual stuffing; it means activity, cleanliness, occasional air baths, no more clothing at any time than necessary for actual warmth; it prevents the insane smothering of the little body in heavy flannels and a myriad of other garments, until the child can scarcely move or breathe.

The appalling fact that, according to statistics, only one-half of all the infants born in the civilized world live past the age of five years, very emphatically brings home to our consciences the desperate need for a reform of the methods of the mothers of our land. It appears to us that the terrible fact that each little



Annette Heidelbach, Oak Park, Ill. Age,
8 Months; Weight, 26 Pounds;
Height, 29½ Inches

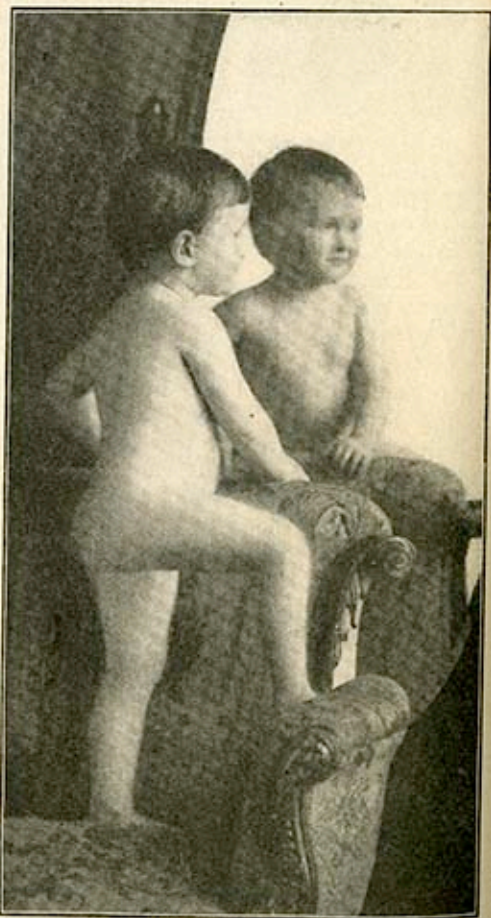
night since her birth and during the day life ushered into the world has, under present conditions, but one chance out of two of surviving the earliest years of its infancy, should arouse parents, and especially mothers, to a most careful and unprejudiced consideration of the causes of this frightful mortality. Meanwhile, this magazine will continue to do everything possible to spread the gospel of right living and health, not only that we of to-day may live long and wholesome lives, but that the generations yet to come will have a better chance to develop into strong, hardy and useful citizens.

We have received so many photographs of babies entered for this contest that it is practically impossible to publish all of them. Our readers may rest assured that it is no easy matter to make selections from among them. If you have sent us the photo of your little one, and it fails to appear in this article, rest assured that it is not due to any arbitrary

discrimination on our part, but is the outcome of lack of space.

We expect to bring this competition to a close next month or the month following, when we will announce the names of the winners.

Little Annette Heidelbach is the most prized possession of Mr. and Mrs. Fred W. Heidelbach, of Oak Park, Ill. Both parents are strong believers in our teachings, and their little girl was given the advantage of prenatal physical culture influences. Ever since her birth she has slept with the window in her room opened about half a foot, and has gone out in all kinds of weather. Up to date she has had no other food than mother's milk. She is very good-natured. Her parents have not had to get up with her a single



Clarence W. Young, Jr., St. Paul, Minn. Age,
2 Years; Weight, 37 Pounds; Height,
3 Feet 3 Inches

she needs hardly any care at all. She is now cutting her fifth tooth and apparently has no pain whatever, being just as good-natured as ever.

Clarence W. Young, Jr., is an exceptionally bright and vigorous little fellow, and is the son of C. W. Young, an osteopathic physician of St. Paul, Minn. He is two years old, three feet three inches tall and weighs 37 pounds. He is a fresh air crank and goes out in all kinds of Minnesota weather. He has been given air baths and baby movements since six weeks of age. He lives on milk, fruits and cereals.

Charles Pomeroy Park, Jr., is the most important member of the family of Mr. and Mrs. C. P. Park, of Ensley, Ala. At the age of 8½ months he weighs 24 pounds. He has a remarkably sunny disposition and is very bright and active. He has never been sick, nor taken medicine, thanks to the physical culture methods practiced before and since his birth, as taught in *PHYSICAL CULTURE and Beauty and Health*. He gets a daily cold



Master Jack Dupree McGee, of Shawnee, O. T. Age, 14 Months; Weight, 32 Pounds; Height, 32 Inches

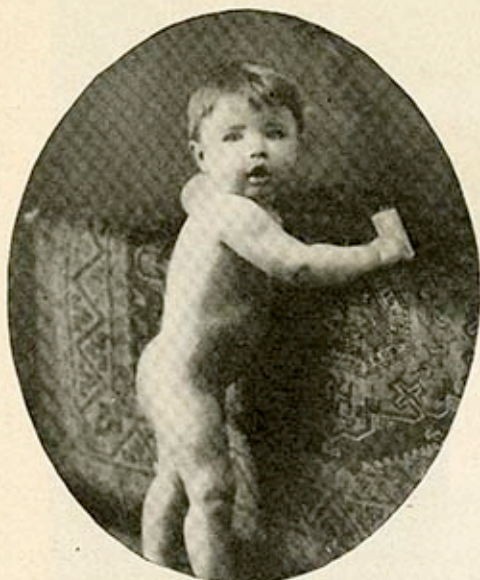


Charles Pomeroy Park, Jr., Ensley, Ala. Age, 8½ Months; Weight, 24 Pounds

bath, natural food and plenty of fresh air. He won a first prize at the recent baby show, where his cheeks were compared to red apples. He has eight strong little teeth, cut without any inconvenience.

Master Jack Supree McGee, 819 South Park Street, Shawnee, O. T., is the son of Mrs. Minnie B. McGee. He is a very sturdy little fellow, and his size and strength at fourteen months of age is a surprise to all who make his acquaintance. During pregnancy his mother took a cold bath each morning and a long walk each day, doing all her housework, washing, ironing and scrubbing, included. Diet consisted largely of vegetables and fruit.

Little Raymond Loveland Stoddard is the son of Mr. and Mrs. W. C. Stoddard, of New Britain, Conn. Unlike the case of most other babies in this competition, his mother had not been strong and well for a number of years, suffering a great



Raymond Loveland Stoddard, of New Britain, Conn. Age, 11 Months 9 Days; Weight, 22 Pounds; Height, 29 Inches

deal in various ways up to the time of pregnancy, when she made up her mind that she must have a healthy baby. She took such exercises as she was able, walked a great deal, adopted a diet consisting of fruits, nuts, vegetables and rice, soon grew stronger, and felt better during that time than she had for years. Baby Raymond is strong and vigorous, weighing at birth nine pounds. He at once began to sleep at nights six hours on a stretch, then nursing and sleeping another six hours, always sleeping alone. At six months of age he weighed 17 pounds, and then began to sleep all night (eleven or twelve hours). Has always had a big head of hair, it growing so fast that it has been cut off six times. He is very active and loves to exercise,

especially to swing by hands or feet. Takes two naps daily of an hour each, is always good-natured and never cries unless hurt.

Mr. J. V. Scott is a police officer of Newark, Ohio, and an enthusiastic physical culturist. His little son follows all his ideas upon the subject and weighs twenty-three pounds at five and a half months. He has never been sick since birth and began to cut teeth at two months of age, causing his parents no loss of sleep on account of it, however. Diet of his parents consists largely of fruits, nuts and cereals.

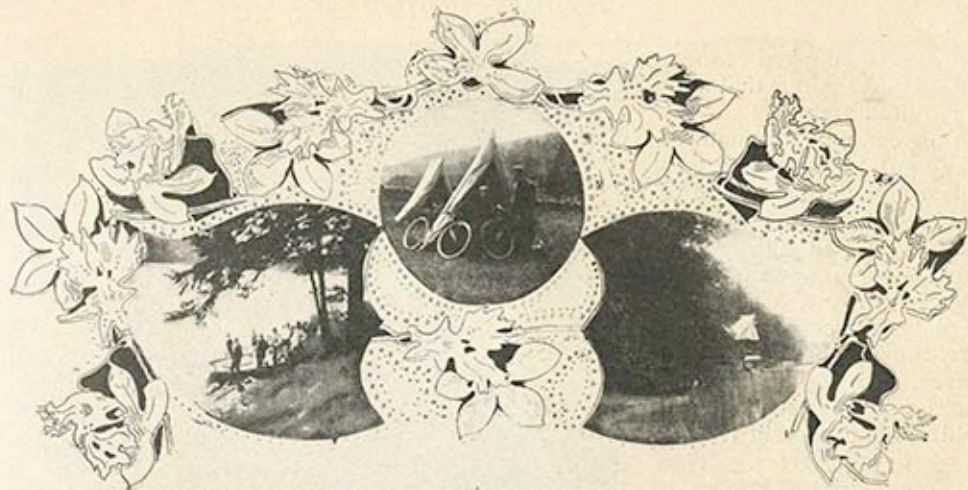


Son of J. V. Scott, Newark, Ohio. Age, 5½ Months; Weight, 23 Pounds; Height, 31 Inches

NAGGING MOTHERS WHO EMBITTER THE MEMORIES OF CHILDHOOD

There are nagging husbands and nagging wives, but the most deleterious of naggers is the mother whose continual fault-finding embitters the childhood of her children, and leaves them without the memory of motherly acts and words.

Memories of a mother's sweet voice have led back wandering feet to paths of righteousness; but harsh words of other mothers have driven the children to the broad ways of destruction.—*How To Live.*



CAMPING OUT IN SUMMER

SOMETHING ABOUT A MOST DELIGHTFUL AND HEALTHFUL WAY OF SPENDING A VACATION—WHY CAMPING OUT IS SO BENEFICIAL—THE PROPER KIND OF CLOTHING THAT SHOULD BE TAKEN ALONG—FOOTWEAR IS AN IMPORTANT MATTER—UNLESS YOU SLEEP COMFORTABLY IN CAMP YOU WILL NOT BE BENEFITED—BEDS AND BEDDING—THE QUESTION OF THE PILLOW—OTHER USEFUL INFORMATION FOR THE CAMPER

By Harry K. Eversleigh

The following and preceding articles on camping out are only intended to suggest to our readers how to take a summer vacation in the way in question. As the articles intimate, the location of the camp, and the outfit, food, etc., of the prospective camper must be more or less left to his or her discretion. But, in a general way, the subject is herewith pretty well covered, and what is said regarding it is the outcome of the experiences of those who have camped out for a number of successive seasons.—BERNARR MACFADDEN.

(CONTINUED)

TO live in the open air so that we can sit in a draught without thinking of doctors, to partake of simple fare so that the word "indigestion" may be eliminated from our vocabulary, and to exercise so that we can undergo any ordinary physical strain without fatigue—such would seem to be among the great benefits to be obtained from a vacation trip to the country and camping out in summer.

Among the necessary articles that we recited partly in the last issue as necessary in equipping a camp, the stove is an important factor. There are a number of stoves made for camp purposes, some for heating alone, and others for both heating and cooking. Many of these are of the fancy sort, and are useless; others are all that is claimed for them. A little investigation and the use of some common sense should enable the man who is to dwell in a tent to make a choice which will satisfactorily stand the test of practical use.

Camp fires are interesting to read

about and picturesque to look upon, but when it comes down to cooking by them, if cook you must, they are not in it with the more prosaic stove, from the amateur woodman's standpoint. If, however, the occasion arises, and you *must* make a fire in the woods, one can be started with the aid of whittled dry chips, sundried grass, or leaves, bark, dead moss, or what not, piled in cone-like form. On top of these kindlings lay larger pieces of wood, being careful that your fire-site has been so selected, that there is no danger of the sparks and flames extending to neighboring underbrush.

As has been intimated, if the camping out is to take place at Physical Culture tent city or at some similar community, little besides one's clothing need be taken along unless one decides otherwise. If, however, the camp is to be pitched in a place where the campers are more or less dependent on their own resources, the case is different and a certain amount of "dunnage" is inevitable. For example, if the campers are accustomed to

the use of cooked foods, among other things that may be required are:

A big camp kettle, made of heavy galvanized iron; two pails of good, heavy tin to nest in the kettle, and having flat lids that fit tightly; an iron stew pan, one or more large saucepans, a steamer, tin plates and cups, rough but serviceable, spoons, forks and knives, dish cloths, candlesticks and other such household utensils as will readily suggest themselves. That very useful utensil known as a dutch oven should certainly be carried. Also a couple of axes, fishing hooks and lines, while a trowel, spade and sickle will be found useful. A heavy hunting knife is an excellent companion for the camper out, even although he never expects to use it for the purposes for which it was made. But, with its help he can cut wood, dig roots, use it as a table utensil, or a variety of carpenter's tools. Speaking of tools, if the camper intends to make a long stay in the wilds, he should take with him a hammer, harness needle, sail needle, a pair of pliers, saw, gimlet, file, some assorted nails, string, twine, a glue pot, and other articles that will readily occur to one.

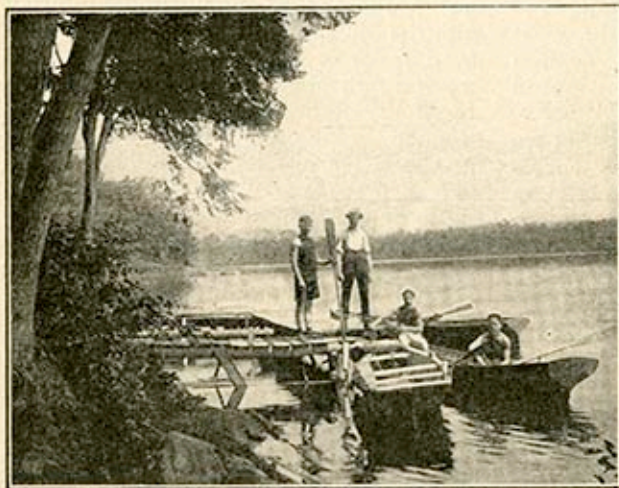
As far as camp recreations are con-



A Typical Illustration of Tent Life in the Wilds

cerned, they are many. If the camp is to be pitched near a lake, and finances will permit, a canvas folding boat should certainly form a part of the outfit, unless a boat proper can be hired.

Boating—either rowing or sailing—is excellent; for if the one exercises the muscles, the other stimulates alertness of sight. The watchfulness of a sailor is due in no small degree to his enforced observation of changing wind and current. In sailing a boat one learns that a ripple on the water bears a significant meaning to security. It may foretell a squall or shallows ahead. Swimming is no less beneficial; but the best exercise of all, perhaps, is a long tramp. Provided you are properly attired, with a spring in your step, a firm road beneath your feet, and in a receptive condition of mind, there is nothing more enjoyable. It does not matter so much if the scenery fails to reach the superlative of beauty or wonderment, there is always something of interest by the wayside. To Nature the term "monotonous" can never be applied truthfully even if she presents to us but a level plain with but few species of vegetable life, such as she is ever forming in new groups and new combinations of color. It is as if at every turn of the road she were inviting



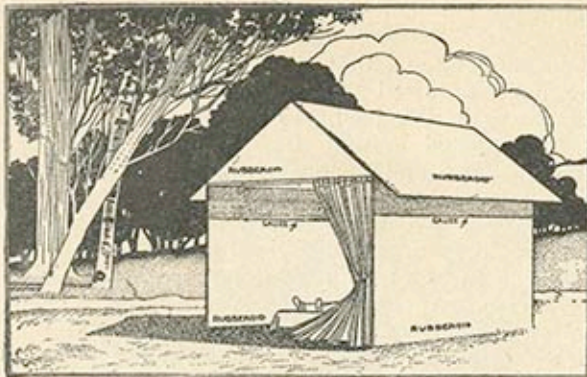
A Morning Start for a Long Day on the Lake

our attention with the question: "Now, what do you think of this effect? How does that deep shadow there impress you?"

But with it all there are the voices of Nature to learn to distinguish—bird notes, the droning of insects and the cries of forest animals. And there are, too, those other voices that speak to us from the very soul of things—the voice of the wind chanting in the tree top, that of the stream laughing over the rocks and that silent voice which comes to us whence we know not.

From this you return, and when you stretch yourself on your bed of pine boughs for a space, you may gaze upward into the infinitudes, watching the grand march of the constellations preceded by the flaming banner of the sunset. Presently you fall asleep, and it is a different kind of sleep from that which you suffer on a summer night between four walls.

Then by all means take along a good camera. With its aid you may preserve visible mementos of delightful days and scenes and incidents that otherwise would only be treasured in the memory. A field glass is a luxury rather than a necessity, but one of the most enjoyable sort, nevertheless. Let each member of the party be provided with a small but serviceable compass, and let the man of the camp-household teach his wife and children the uses of the instrument. This will be found to be of special service if the camp is in the neighborhood of woods, for it is astonishing how easily one may get lost although but a few yards away from one's friends and tent. Another thing that is an essential, is a waterproof matchbox. There are matchboxes and matchboxes of this type, so be careful that you get one that justifies



A Unique and Substantial Tent Suitable for Family Camping Out and for a Prolonged Stay in the Country—Tent is Made of Rubberoid, an Endurable Material Now Coming Into Popular Use, and Gauze, to Admit Air, While at the Same Time Excluding Insects

its title. When one is away from civilization, there are all kinds of unlooked for occasions when a match is needed, and needed badly at that, and that is where a matchbox that defies water in any form, comes in.

There, too, are a good many campers who miss half the pleasant

possibilities of their outing by not knowing something about the things with which they are surrounded and the country in which they are located. Nowadays, when Nature books are so common, and so exhaustively informing, there is no excuse for anyone being ignorant of his winged or furred neighbors, or of the green things and flowering things that are to be found in field or forest. So, too, if one will purchase a map of the country in which he proposes to camp, he will find that an intelligent knowledge of his whereabouts will add to his comfort and entertainment.

In the matter of food, much if not all must be left to the camper's discretion, although he must remember that constant exercise and living in the open air will probably make his appetite more keen than usual. In a general way, however, canned goods should be religiously avoided for the reason that they are bulky, heavy, not always above suspicion, and consist of a large proportion of water to a small amount of nutriment. Hardtack, beans and dried fruit form the staple foods of prospectors, professional hunters, loggers, etc. And these men know what is the best for them in every regard. For example, the rations for two men for ten days, as given by one of the best known of authorities on the subject, include 15 lbs. hard tack, 3 lbs. dried apples, 3 lbs. oatmeal, 3 lbs. beans, 3 lbs. rice, 3 lbs. sugar and 2 lbs. of desiccated vegetables. It will be noted that

these articles are rich in proteid or flesh-forming elements.

It will, of course, be understood that many of those who have followed the teachings of this magazine in the past, may incline toward the so-called natural or uncooked diet when in camp, and consequently are not interested in the description of cooking apparatus which we have given. Cooking requires time and trouble, and is a nuisance in the camp as much as anywhere else. An enthusiastic physical culturist camping out might choose to live entirely upon raw food, but at any rate it would be advisable even for the uninitiated to at least let a part of his diet be of uncooked food, if for no other reason than to save much time and trouble. And the camping-out season will be found to be a very good time to experiment with uncooked foods if you have never done so before.

Oatmeal, for instance, can be eaten raw, and with benefit to your health. The raw flaked or rolled wheat sold in packages can be used in the same way, or, if necessary, the entire grain of wheat or rye or barley can be soaked in cold water for twelve hours until it is soft enough to chew readily. Any such raw grain will be found very appetizing and satisfying when served with cream and some sweet fruit, such as dates or raisins, or even with sugar. If you are not too far from civilization it would also be well to take advantage of the presence of farms to get from them such cream and milk as may be required. Eggs can be beaten up with milk and sugar, making a very delightful raw custard. Nuts are exceedingly valuable, being among the richest and most valuable foods known, and a handful of nut meats will go a very long way. In fact, it is necessary to caution one against over-eating when he adopts a nut and fruit diet. Fruits can also be obtained in the summer and fall from farms, but a constant supply can be secured in the dried form. Prunes, peaches, apricots, and other dried fruits do not need cooking, but are just as satisfactory if soaked for twenty-four hours in cold water. Try them thus treated. Of course, dates, figs and raisins can be eaten just as they are, and they contain a great amount of nutriment in proportion to their bulk. Many vegetables can be eaten raw, and all

kinds of delightful salads can be made of the green foods that are easily secured in the country. Other edibles for the uncooked menu will suggest themselves to the camper who is interested in avoiding the smoke and nuisance of a cook stove. Yet, for all that, it should be remembered that it is not well to too suddenly make a radical change in your diet. Do so gradually.

Reference to the tent itself has been reserved till now. There are on the market any number and many styles of tents intended for the purposes under discussion. It need hardly be said, that the size and plan of the tent or tents depend entirely upon the number of persons who are to occupy them. All information on this point can be obtained from the sporting-goods stores; but it may be added that apart from the question of size, there are two types of tent that are admittedly excellent. One of these is the Sibley tent, which is used by the United States Army, and which, no doubt, is familiar to our readers through published illustrations of army scenes. Then, there is a round tent made after the style of the Indian tepee. It is claimed by those who have used them that the latter form has many advantages. Again, there is the wall tent which is much used by persons in the Far West who live under canvas for a good many months in the year. It is, perhaps, the best of all for a family camp. It goes without saying that the best tents will be somewhat the most expensive, but in whatever direction economy is observed by the camper it should not be in order as far as the tent is concerned. Finally, remember that cheerfulness is the salt of camp life, and that if you go into the wilds expecting to meet little discomforts and determined to accept them in a spirit of jollity, they will cease to be discomforts and resolve themselves into things to be laughed at and things to be readily overcome.

Taking it all round, it is far better for one who has never lived under canvas before, to begin by spending the summer at, say, the tent town of Physical Culture City. By so doing, he will become accustomed to the novelty of his or her surroundings and will pick up a whole lot of hints and "wrinkles" that will be found to be of the utmost value if, at some future time, the camp is pitched in a



Camp City as We Expect It to Appear on the Shore of the Lake at the Physical Culture City

comparatively wild region. In the Physical Culture Camp Colony all the wild and rustic beauty of Nature will be had while enjoying the companionship and nearness of a

number of other people. The colony will be located close to a splendid seventy-acre lake and will be bounded in the rear by immense stretches of pine woods.

AMERICANS EAT TOO MUCH MEAT

DR. H. W. WILEY, chief chemist of the U. S. Department of Agriculture, and one of the very few fearless, outspoken men in public life, in a recent lecture criticized the present American mode of life and dietary in a fashion that makes him a physical culture exponent to the core. Herewith follow some pertinent remarks that Dr. Wiley saw fit to make:

"Americans eat too much meat," he said. "When you've got a great deal of work to do, don't eat a lot of meat. Eat fatty and starchy foods, plenty of potatoes, corn and bread. They build up tissues and don't overwork the kidneys. Beefsteak and other nitrogenous foods overwork the body in expelling them.

"When I was a boy I was taught, too, that the way to make a man so that he wanted to fight was to feed him a lot of meat. The present war between Russia and Japan is showing that the man who eats least meat—for the Japanese live largely upon rice—can do the best fighting. They are not overworking their bodies in the digestion of food.

"If I had charge of the football squad of my university—Harvard—I would see that they ate very little meat during their

training period, and I'd see if we couldn't win a game from Yale."

Dr. Wiley says that eating too fast is another evil of American life, as we fail to properly masticate our food under such conditions. When we eat fast, the balance the appetite should strike is lost, and we eat more than we want.

"When spring comes on," he continued, "remember that your body does not require as much food as it did during the winter, and moderate your appetite accordingly.

"Spring fever is a languor which comes from overloading the stomach during the time when the body doesn't have to fight the rigors of winter—when there is too much waste matter in it.

"And don't drink distilled water. Drink water as it comes out of the earth, with all its mineral foods, magnesia, etc. Don't eat a great deal while you are working; eat after the work has been done. You are always drawing your strength from the food you have taken the day before."

"I'm not a crank on dieting. I believe in a man eating what he likes, but I believe in a man keeping young, and he can do this best by avoiding an excess of nitrogen in his food, and this nitrogen is contained in meat."

HOME INDUSTRIES FOR PHYSICAL CULTURE CITY RESIDENTS

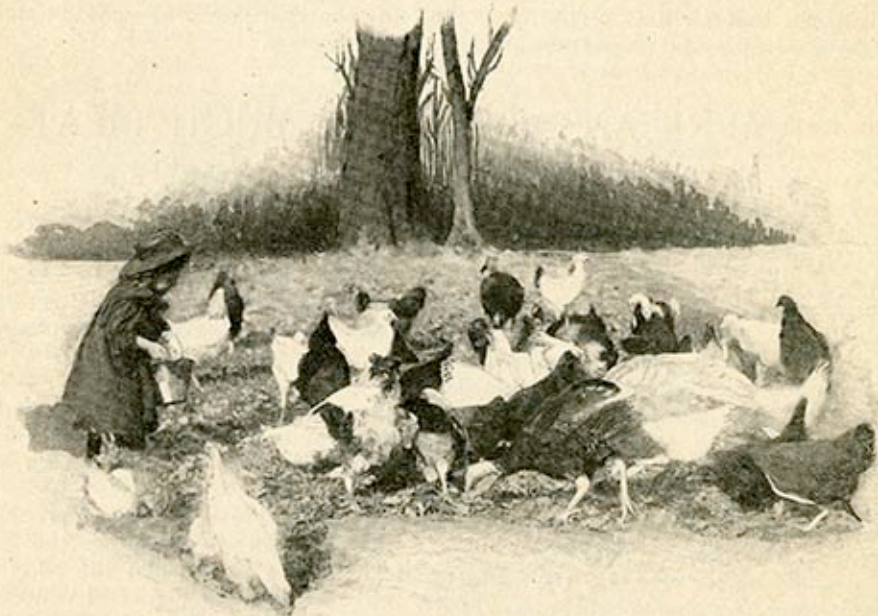
A DESCRIPTION OF SOME OF THE LUCRATIVE, PLEASANT AND
HEALTHFUL AVOCATIONS THAT ARE POSSIBLE TO THOSE
WHO LIVE IN THE COUNTRY

By *F. W. Smithson*

(CONTINUED)

AS was said in the article of this series, which appeared in last month's issue of this magazine, the novice at flower gardening may feel pretty certain of success if a good book on the subject be consulted, and its sug-

ratus by the amateur. For instance, the writer knows of a lady, resident within about forty miles of New York, who adds considerably to her income by the sale of violets which she grows with very little trouble under glass, in an outhouse in



Meal Time With the Raw Food Claimants—A Typical Scene on a Poultry Farm

gestions faithfully followed. Besides that, the flower grower of experience is usually very willing to impart the results of his experiences to others. And, as already intimated, country folk are approachable and sociable.

There is also always a ready market for flowers of all kinds, provided, of course, that they are of good and healthy growth. By this is meant those that can be readily grown with very little appa-

which are also stored odds and ends and cord wood. She has put skylights in the roof of the building, which, during the winter, is slightly warmed with the assistance of a small stove that burns wood. Out of the six glass frames which she employs she gets health, pleasure and a good many dollars per annum.

Roses of hardy growths, hyacinths, narcissi, lilies, and many other always popular blossoms are readily raised by

one who loves flowers. The initial cost of the few appliances required for this occupation is very trivial, and the financial returns—apart from all else—most satisfactory.

Bee-keeping is, perhaps, of all country home industries, the most profitable. Honey is one of the few articles for which the demand is in excess of the supply. And more than that, there is so much adulterated honey or honey of poor quality on the market, that that which is the product of what are known as garden-hives, commands a much higher price than does honey of any other kind or description. The modern hives, which are obtainable at moderate prices, do away with nearly all of the unpleasantnesses and dangers that were connected with the old methods of bee-keeping. Not only is every drop of honey made by the bees now secured by the bee-keeper, but, in addition, the industrious little creatures themselves are saved from the destruction that used to be meted out to them in the bad old days when brimstone was used in order to get at the honeycombs.

Then, too, honey is a most delicious as well as a valuable addition to the family table, particularly when children are members of the household. The fondness of little ones for sweets of any kind is due to the fact that in the early periods of life the body requires a great deal of food of a saccharine or sugary nature. Scientists agree that honey is not only the least harmful, but the most beneficial of all sweets, inasmuch as it contains saccharine blended with other substances in such proportions that the former can be easily assimilated by the digestive organs. It is a well-known fact, too, that honey is the only safe form of sugar to use in the case of kidney disease or allied troubles, as the sugar which it contains has undergone a process of predigestion which does not lay a tax upon the kidneys and assimilative organs.

Here, again, we advise that standard works on bee-keeping for amateurs be consulted by anyone who is contemplating the industry.

But, of all the occupations available for the country home-maker that is most popular, while at the same time is most interesting, is that of poultry farming.

The "farm" may consist of a couple of chickens and a rooster, or may cover many acres and employ the services of scores of men and women; but for the purposes of this article, it may contain half a dozen to a couple of dozen of our feathered friends, and if these be properly housed, properly fed and be given their due share of exercise and cleanliness, they will not only add materially to the home income, but to the dainties of the home table. A newly-laid egg, warm from the nest, is not only most appetizing, but an admirable article of food, also. The productive power of a hen, as far as eggs are concerned, is almost entirely regulated by the way in which it is fed, etc. And hence it is to the advantage of the amateur poultry farmer to see to it that his or her charges are well taken care of. If space and time will permit, the poultry farm can be enlarged almost as rapidly as one desires, for, thanks to modern appliances, such as incubators, artificial brooders and the like, the old difficulties that attended raising chicks from the egg have been almost entirely eliminated. It goes without saying that new-laid eggs find a ready market at all times of the year. It is equally true that there is hardly any industry of so profitable a nature as poultry farming on a large or small scale when one takes into consideration the small amount of capital and labor which it involves.

Some successful small poultry farms make a good deal of money by confining themselves to the rearing of fancy breeds of chickens for show purposes. One of the most magnificent of such farms in this country, which is located in New Jersey, had its inception in a couple of pairs of fancy fowls which were given to its proprietor by a well-known English fancier. This particular farm nets its owner something over \$6,000 a year annually.

Small fruit raising is yet another of those paying and pleasant industries which is available for the man who has a home away from the smoke and riot of the city. Of course, in the case of small fruits, there is not that rapid return that there is in the instance of some of the other products of the soil, as already told. Yet, when such fruits are once estab-

lished, their yield comes with very little further trouble, and at the same time the accruing finances—presuming that they are marketed—are of an exceedingly satisfactory nature. There is an old maxim that "The man who plants an orchard is building a palace for posterity," and there is a good deal of truth in the saying, inasmuch as fruit trees, plants and bushes represent permanent incomes. The first expenditure for these fruits is perhaps somewhat heavier than in that of the other occupations that have been discussed. A certain amount of care and skill is also required in the early stage of the industry, but apart from that, the country-home maker will find it much to his advantage to put a small percentage of his capital in strawberry plants, raspberry, blackberry and currant bushes, quince, plums and other bearing trees of a like description. A grape vine will, in the long run, also make a handsome return for the patience and labor expended upon it. It need not be added that, except under most exceptional circumstances, small fruits are always salable.

One of the most beautiful, and yet one of the most neglected of all home occupations, is that of silk raising. It is as easily conducted as it is productive of results, and the probability is that it would be very much more generally adopted if its contingent advantages were better understood. All that silk raising calls for are healthy eggs of the silk worms, a supply of food for the worms when they emerge from the eggs, which food consists of the leaves of the white mulberry, and some easily acquired knowledge of the insects and their habits. It may not be generally understood that the United States Government stands ready to help the would-be silk raiser in the way of advice, mulberry trees, and the eggs of the worm; but such is the case,

nevertheless, under certain and prescribed conditions. Of course, the Government requires a reasonable assurance that the persons whom it proposes to assist are really in earnest regarding the industry. Perfect cocoons command a ready market at \$1.00 per pound. Amateur silk-worm raisers on Staten Island and in New Jersey have sold their products at the price named to the United States Government. Independently of all else, the process by which the eggs produce worms, the worms spin the cocoon around themselves and then are changed into the chrysalides, and finally the emerging of the big and beautiful moth from its mummy-like covering, is wonderfully educational and instructive. Silk raising is eminently an industry for women and children, and as such should be certainly classed with the other occupations peculiarly appropriate to country life.

The United States Department of Agriculture at Washington issues a number of pamphlets which cover in every detail all of the occupations alluded to in this article. These pamphlets are obtainable on application to the Department, and we strongly advise our readers to send for such of those that are of especial interest to them.

There are other home industries which have not been touched upon in this article, but which, as the writer knows, have been successfully conducted by those who are fortunate enough to be the owners of a home located amidst country surroundings. Some of these are the breeding of canaries, of pedigreed dogs and cats, of choice ferns, of goldfish, of rabbits, guinea pigs, white mice, and other small pet animals. And there are yet other ways of making money, health and enjoyment that will occur to the Physical Culture City resident as he notes his opportunities and possibilities.

CITY VS. COUNTRY LIFE

"No power under heaven could make us live in New York City again," says a writer in "Country Life in America." "It is no place to bring up a family. There is no room in a flat. You have too much worthless information thrust upon you about your neighbors. They,

in turn, know all your frailties. There is no garden; no chance to keep animals; very little light and air; the dumb waiter racks your nerves; you cannot sleep; amusements are costly, and life soon becomes a burden."



With the Collaboration of BARBARA HOWARD

A startling story of the trials and temptations of a beautiful Western Girl in New York

CHAPTER XVI.

THE first feeling that possessed Grace on seeing Don Morton before her was one of anger, and instinctively she made a movement toward him as if she meant then and there to wreak upon him the wrath she had stored up since his treatment of her in San Francisco.

He apparently interpreted her action as a certain preliminary to something decidedly vigorous, and, as he had already had a sample of her prowess, he made up his mind with great suddenness to avoid the danger which he believed threatened him.

With an ejaculation as if having just remembered something he should have attended to, he leaped from the side of his companion and darted toward the stairs.

Grace recovered her poise instantly, so that no one connected her with his sudden departure excepting the young woman who was looking at the cloaks. She, however, stared curiously, and then scornfully, at Grace, and turned away with an angry explanation that she would come again to look at the garments.

Grace could not help laughing when the affair was over, knowing, as she did, the full meaning of it, but the other employees were, apparently, very indignant over the episode, as well as curious, and discussed it during the remainder of the morning.

But, if Grace laughed at first, she presently became serious, as she reflected that the presence of Don Morton in New York must mean that he had either fol-

lowed her thither, or was there in the pursuit of pleasure. In either case, it was certain that he would not abandon his designs on her.

She learned from the comments of the saleswomen that his companion was in all probability one of those unfortunates of her sex who prey upon rich young men by trafficking in their bodies.

What Don Morton could do now that she was more sophisticated, and was reasonably familiar with the city, she could not imagine, but she could not repress an uneasy feeling that her troubles with him were not over yet. She had, indeed, begun to learn the lesson which all learn sooner or later in a great metropolis, that with money, one may do many iniquities and escape punishment.

Another thing, too, she had learned, and it filled her with indignation, that there was in active operation one code of morals for men and another for women; so that what was wicked and infamous in the one was condoned, if not even indulgently smiled at, in the other. So that the pursuit of a girl as that of her by Don Morton was not by any means uncommon.

The mere thought of it, however, so fired her blood that she shut her jaws tightly and promised herself that if ever again the young libertine interfered seriously with her she would not spare him the severest punishment she could inflict.

She was in this mood when the man who had employed her passed through the room, and, seeing her unoccupied at the moment, approached her with a smile

of disagreeable familiarity on his heavy face.

"Well, my dear," he said, in his purring way, "how are you getting on, eh?"

Grace suppressed her dislike of the man and his ways, and answered quietly:

"Perhaps I don't satisfy Miss Hotchkiss altogether, but I know I can learn to do just what she wants me to do if she will be patient."

"What is it she doesn't like?" he asked, his eyes roving over her in a way hard to endure, but equally hard to find open fault with.

"I believe she thinks my figure is not quite suitable."

"Well, well!" he murmured, drawing closer to her and leering amorously at her; "to think that anybody could find fault with a figure like yours. For my part, I think it perfect, but then," he went on, with a still broader smile, into which he contrived to throw a world of vile meaning, "I have seen your real form, haven't I?"

"If you saw me at the Madison Square Garden, I suppose so," she answered, wishing she could think of some way of getting rid of the man, or of stopping his talk, which was so harmless in seeming, yet so full of evil suggestion.

"Well, I did see you there," he exclaimed, warmly, "and I shall never forget the sight, I can tell you. Some day you must let me see you pose again, eh?"

"I have made up my mind not to do so again," she answered, drawing back from his too close proximity.

"That's a pity," he cried; "we'll have to get you to change your mind. A form like yours was never intended to be hidden."

More and more she loathed the man, wondering how it was that he contrived to infuse such vile meanings into his words.

"I'll not change my mind," she answered, with heat, "because I find that so many see such things through the impurity of their own thoughts."

She felt that she had made her opinion of him clear enough by her words, and would not have been surprised if he had turned on her in anger; but he only smiled and drew closer and closer to her, in a way that was most offensive, constantly leering at her.

How she would have acted to escape from his presence she could not have told, for, just as she had backed into the farthest corner of the alcove in which she had been standing, and was wondering what she would do next to escape his hateful presence, Miss Hotchkiss came bustling angrily in, crying out, before she noticed the presence of her superior:

"I'd like to know, Miss Harper —" then, seeing who was there—"Oh! I did not know you were here, sir."

"Did you wish me?" Grace asked, eagerly, pushing past the wretch, who turned a malevolent eye on the forewoman.

"Not if you are engaged," was the answer, with its covert sting.

"I was inquiring as to her progress, Miss Hotchkiss. She seems to be getting on as well as a new hand can, eh?"

Miss Hotchkiss pursed her thin lips in a disparaging manner and lifted her eyebrows.

"If I don't suit," Grace cried, quickly, her pride touched, "I don't wish to stay."

"You do suit," the man cried, with such a glance at Miss Hotchkiss as made her say, hastily:

"With a little practice at the work, no doubt Miss Harper will do nicely."

"You see, my dear," said Mr. Hoyt, suavely.

"Did you have something for me to do, Miss Hotchkiss?" Grace asked. She was troubled in an undefined, vague way by this conflict over her between these two.

"Not until Mr. Hoyt is through with you."

"He is through," Grace said, curtly.

"Yes, I have nothing more to say."

"Well, I have a customer waiting," said Miss Hotchkiss, and walked away, as if leaving Grace to follow or not, as she pleased.

"We can finish our talk some other time," Mr. Hoyt said.

Grace followed Miss Hotchkiss without replying to him. In fact, she found herself utterly at a loss to know how to deal with him, and was at that moment hovering between the determination to leave at once and the desire to remain and conquer the situation.

The customer who was waiting was a fashionably dressed young lady, with an air of extreme haughtiness, who, at the

moment Grace caught sight of her, was somewhat disdainfully turning over some garments that lay on a long table.

Miss Hotchkiss had evidently noted the young lady's disdainful air, and was saying as Grace reached them:

"Oh, you would not care for those coats, Miss March. Let me show you some entirely new things that have just come over from Paris. This way, please!"

"Come see them, Charlie!" said Miss March in a tone of playful command; and then Grace noticed that a very handsome, dark-eyed young gentleman stood just beyond the young lady in the attitude of one who is greatly bored; although she became also aware that his eyes were fixed on her with a look of surprised admiration.

As his eyes were not bold, and as he looked instantly away from her the moment he saw that she was aware of his study of her, Grace was very far from taking offense, and, indeed, was conscious of a sense of admiration for his good looks.

He followed them over to where some great wardrobes stood, filled with the most costly garments in the establishment, as Grace knew from having heard the saleswomen say so.

She stood by while Miss Hotchkiss showed the garments; and she knew that the young lady must be a person of great importance to be waited on by the head of the department.

And, indeed, the young lady was fully aware of her own consequence, for she tossed garment after garment aside with a carelessness that was in marked contrast with the almost religious treatment given them by Miss Hotchkiss; for that lady valued all things in accordance with their money value, and some of these coats were worth hundreds of dollars.

"There isn't a decent thing here, is there, Charlie?" said Miss March.

Charlie suppressed a yawn, took his eyes quickly from the contemplation of Grace's simple beauty, and answered, indifferently:

"Indecent, every one."

"You know I don't mean that, you horrid boy! They're not pretty, I mean."

"What does that matter?" he answered; "nobody will look at what you

have on as long as they can see your face."

"I don't want compliments," she said with a pout; "I brought you here to help me select a coat."

Grace made up her mind that they were engaged to be married; and although she could not admire the young lady for her character, she could not help seeing that she was very pretty; and she decided that she had never seen so good-looking a couple.

But the petulance and the superciliousness of the customer made a decidedly disagreeable impression on Grace, and she found herself pitying the man who would find himself tied for life to such a wife as that girl would surely make.

Then, too, she was little more than an animated fashion plate, with her pinched waist and her elaborate clothes; and Grace, with her physical culture notions, was sadly thinking of how soon the pretty creature would fade away, when she was roused by the sharp remark of Miss Hotchkiss:

"Will you try this on, Miss Harper?"

CHAPTER XVII.

Grace started from the reverie she had fallen into and turned around so that Miss Hotchkiss might put the coat on her.

"Mercy!" she heard Miss March say. "What a figure! Charlie! look at that waist!"

Grace pretended not to hear. She was quite content to let Miss March find fault with her figure; and it did enter her thoughts that perhaps Miss March might not endure a test, side by side, with her nude.

"Stunning!" she heard Charlie say.

"Stunning? Horrid!" snapped the young lady. "I don't believe a man knows what a good figure is. I don't see why you have anybody here with a figure like that, Miss Hotchkiss. What's a coat going to look like on her?"

"She'll hear you, Mabel," protested Charlie.

"I don't care if she does; and I don't understand why you, Miss Hotchkiss, should bring me a figure like that to try coats on. I should suppose that a customer who spends as much money

here as I do was entitled to a model who had the decency to wear corsets, anyhow. I don't think I shall look at anything to-day."

The arrogance of wealth that permeated the tone and manner of Miss March was beyond description. Stung as she was by the intended insult to her, Grace was so surprised that she remained silent, though she could not keep from half turning so that she could see the group.

Miss March, with sparkling eyes and flaming cheeks, was preparing to go, her whole air charged with pride and insolence; Charlie, biting his lip, had his hand out in a gesture of protest, though his eyes met Grace's in a glance of admiration and sympathy; Miss Hotchkiss, with a servile smirk, was launching out on an apology and an assurance that Grace should be replaced by a young lady with a good figure.

"I know she has a horrid shape," she said, "and it was an inadvertence that she was brought to you. I was so flustered at seeing you, Miss March, you being such an important customer, that I suppose I did not notice which model I brought. She's not of my choosing, Miss March, I assure you. Miss Harper, you may go. Send—Oh, there she is now! Miss White! this way, if you please. She has a charming shape, Miss March. Of course, you can't expect to get one with a figure like yours."

Grace looked from one to the other with a glance of scorn. She was shrewd enough to know that Miss Hotchkiss had deliberately planned to humiliate her in this way; for, as she recalled that Mr. Hoyt had said she was to be used for cloaks, she knew that Miss Hotchkiss had not forgotten.

She turned away with a queenly dignity and swept past them toward the part of the room where the cloaks were kept, refusing to make any answer to the injurious words of either of the women. But, as she passed the young gentleman, her eyes caught his and she caught his whispered apology:

"It is shameful! Please forgive me, Miss Harper."

Grace would have been less than human not to have been pleased and soothed by his words and expression, and her lovely face lighted up with her un-

uttered thanks as she passed him with only an inclination of her head to indicate that she had heard him.

But Mabel March had heard, too, and if she were speechless for a moment it was only to break out in a tone made shrill by her anger:

"You ought to be ashamed of yourself, Charlie Denver, to say such a thing to a low creature like that. I won't stay here another moment."

"Oh, nonsense!" he answered, flushing; "she is a lady and ought to be treated like one."

Grace could not resist the temptation to turn her head and look at him, for she had caught the words of both, and it thrilled her to think that the young gentleman was so ready to champion her cause.

And her pleasure in his conduct was not lessened by the appearance he made as he stood there, his handsome face flushed and his eyes shining as he faced his wrathful fiancée.

He seemed to feel Grace's eyes fixed on him, and he turned quickly to meet her glance. Instantly the jealous eyes of Miss March flashed to where Grace stood.

"If you keep that low creature here another day I'll withdraw my custom; and you know what my custom and that of my friends is worth to you," she cried furiously.

She turned as she spoke and was sweeping haughtily away when Miss Hotchkiss sprang after her and put a restraining hand upon her arm, saying in a fawning tone:

"I beg you will remain a moment longer, Miss March. I will see the manager about the matter at once."

Miss March scornfully shook off the hand that had been placed on her and snapped out:

"You may communicate with me as soon as that—" and she nodded her head toward Grace with an air of indescribable insolence—"creature is no longer here."

Almost everybody in the room had become aware of the disturbance by this time and many curious eyes were glancing from the haughty, fashionable beauty to the model whom she was insulting; for Grace, seeing that the trouble was not at an end, had proudly decided to re-

main where she was rather than seem to take refuge in flight.

Among the others who studied the two was *débonnaire* Charlie Denver, who was generally held to be as good a judge of female beauty as any man in the aristocratic circle in which he moved. It had been said, indeed, that nothing but Mabel March's beauty had attracted him to her.

And now as he looked from one to the other—the one in such garments as only great wealth could buy, the other in the simplest of attire—his anger at Mabel was swallowed up in his admiration of Grace.

He had been struck by her beauty at first sight, but his eye was so accustomed to the fripperies and follies of fashion that he had not thought then of comparing her with Mabel; but now, as he looked and saw the Diana-like form of the model, erect and lithe, and surmounted by a face of the purest, finest beauty, he murmured to himself:

"By Jove! I never saw anything like her. Mabel isn't in it." He made a sudden decision and acted on it with a reckless indifference to consequences, which was one of his prime characteristics. "I say, Mabel," he exclaimed, "don't be unjust to that young lady. She has done nothing to justify your anger or hard words. She has been modest and ladylike from start to finish; and I want her to understand that I, at least, am no party to anything that has been said."

"Mr. Denver!" gasped Mabel, aghast and yet cowed by his cool disavowal of her conduct.

"I'm right, Mabel," he said. "Come try the coats on and let the young lady alone."

"Never!" and she sailed out of the room, her head high in the air.

Charlie Denver, with a profound bow to Grace, shrugged his broad shoulders and followed his angry fiancée. Miss Hotchkiss, pale at the thought of having lost such a customer, gave one furious glance at Grace, and went straightway to the manager's office.

Grace realized that she could hardly hope to retain a position for which she seemed so little fitted, and which she

had probably forfeited by her part in this disturbance, so she prepared herself to receive her dismissal. Indeed, she was not sure that she would not leave even if she were not dismissed.

She had not long to wait before Miss Hotchkiss came to her to bid her go to the office of the manager. This she did. She found Mr. Hoyt sitting in a small room, quite alone, though there was evidence of a stenographer having recently been there.

"Sit down here, Miss Harper!" said the manager, his manner no less pleasant than it had been before, as he drew a chair close beside his own for her to occupy.

Grace did not sit down, but stood where she was; and so much did this man rouse a feeling of antagonism within her that on the instant she made up her mind that she would not wait for any discussion, but would announce her determination to leave at once.

"It is unnecessary for me to sit down, Mr. Hoyt," she said stiffly. "It is quite plain to me that I do not suit Miss Hotchkiss, and I do not care to remain where I am not wanted; so I shall leave you now!"

"Tut, tut, my dear!" he said, rising and practically forcing her into the chair before she realized what he was meaning to do. "There is no need for you to leave us just because you don't happen to get along with Miss Hotchkiss."

"Well," she replied, controlling herself, "I see now what I did not before, and that is that a natural figure is not what you want in a model; and I will not disfigure myself."

"Quite right, my dear; quite right," he purred, his eyes running over her lithe, well-rounded form.

She could not comprehend why it was that his words, the tones of his voice, the glance of his eye, so roused her indignation, but she was fully conscious of the repulsion she felt, and she pushed her chair away as she started to rise.

"Of course," she said, "I do not expect any money for to-day, so there is no reason for prolonging our interview. Good day, sir!"

He kept her in her chair by putting his hand heavily on her knee.

"Now, now, my dear, listen to me! There is no need to be in such a hurry; we have other departments besides this. I suppose you don't understand stenography?"

"No, sir."

"Do you write a good hand?"

"Pretty good, but I don't think it is worth while to take any more of your time, for I do not wish to remain here."

"Now, now!" he said, soothingly. "Why, don't you know that if you leave us in this way we might have to put you on our black list, which would prevent your obtaining employment at any other department store in the city?"

"I can look elsewhere, then." She rose quickly. He rose also and stood beside her, his fishy eyes fixed on her.

"But what is the use of doing that when I can find you good employment here?" he demanded. "All you have to do is to be a good little girl, and you can have pretty much any position in my department. I would like nothing better than to have you right here in my room with me to write my letters, and to talk to once in a while. Eh? You didn't think I'd taken such a fancy to you as that, did you?"

Grace backed away from him, and if he had had any judgment he would have been warned by the flash in her eyes; but he had exerted his power over needy girls so many times that he could not imagine Grace really taking offense at what he was saying.

"Now," he went on, creeping closer to her, "you go back to the cloak department and remain there for the rest of the day, but report to me in the morning, and I will give you a far better position than that right close to me. You'd like to be close to me, my dear, wouldn't you? And I'm to have a kiss from those pretty lips for my reward for being so good to you, eh?"

And to Grace's horror and indignation he put his arm about her waist and made an attempt to kiss her.

Her disgust was as great as her surprise, but probably his surprise was even greater than hers when she thrust his satyr face from her and with an effort of her strength took him by the shoulders and fairly threw him across the room.

"You beast!" was all she said, as she turned and left the room.

"I'll pay you for this, you wild cat!" he hissed, as he scrambled to his feet; but Grace hardly heard him.

CHAPTER XVIII.

Grace had not made a very good start in her effort to earn a livelihood, but she had too much courage to feel downcast; or, perhaps, she was at first too indignant to care.

At any rate, she went at once to seeking something else to do, and answered advertisements, registered her name at employment bureaus and did whatever she could think of to obtain the work she needed.

She went to all sorts of places at all sorts of times, and if she gained nothing else, she did acquire a good knowledge of the city. She never gave any heed to whether it was day or night if the opportunity offered itself for her to seek work.

Nearly ten days had passed in her effort to obtain employment, and she had reached the pass when it was imperative that she should have money. It was this fact that made her answer an application for a girl "with a good figure to take part in a spectacular play."

After she had waited at the theatre for a long time only to learn that some knowledge of dancing and marching was requisite, and that, consequently, she would be ineligible for the part, the afternoon had run into night, and she was obliged to make her way home through an unpleasant neighborhood.

Once or twice she was spoken to by a loiterer, but was not molested when she hurried past. Finally, however, as she was turning a lonely corner, she came face to face with two rough-looking men, who, in pure wantonness, apparently blocked her way, saying:

"Where are you going?"

She tried to elude them, thinking they might be intoxicated, but one of them caught her by the arm and held her.

"Come, take a drink with us! there's a nice place right handy here."

Grace tried ineffectually to wrench herself loose from the rough hand that had grasped her. The ruffian was evidently very powerful, and held her firm-

ly, laughing coarsely at her futile effort to escape.

"Let me go, or I shall call for help," Grace said, desisting from struggling and facing the fellow.

"Oh, that's all right," said the other man, taking his place on her other side. "Come along, Bill."

They were fairly dragging her along with them, and she realized that she could not escape in spite of her strength, so she did what she had never believed she would do—screamed for help.

"Help! Help!" she cried, at the same time holding back and trying with all her strength to break loose from them.

"Shut up you fool!" said the leader of the pair, tightening his hold on her arm. "We ain't going to do nothin' to you. Anyhow, there ain't no cops around here, so you might as well shut your jaw."

But this speech only made Grace scream louder and fight harder, real fright taking possession of her now. But, as if they had been prepared for something like this, one of them threw an overcoat over her head to stifle her cries while at the same time both of them closed on her and almost carried her along the street.

But if Grace could not cope with the burly ruffians she could offer a resistance very unusual in a woman, and she fought with the desperation of one suspecting the worse that might befall.

She would have struggled in vain, however, if suddenly another actor had not appeared on the scene—a young man, who had watched the latter part of the struggle with the uncertainty natural to one who has lived his life in a great city and has learned to beware of interfering.

It soon became impossible to doubt, however, that foul play was in progress, and he sprang across the street and struck one of the men a blow that felled him to the sidewalk.

Grace instantly tore off the coat from her head and uttered a scream; the man who still held her, released his hold upon her arm and sprang at her rescuer with a violent oath.

The stranger was evidently an athlete, however, and received the onslaught with a terrific blow that thoroughly stunned

the wretch and laid him prone beside his companion.

"Now, come away quickly!" said the young man to Grace, and took her by the arm.

They went on together in silence, except for a half-hysterical expression of gratitude from Grace and a brief acknowledgment from him, until they had turned out of the rough neighborhood into a better and well-lighted street, when the young man turned to her with a short laugh of relief, saying:

"Well, I fancy you are all right, madam, now that you are out of that neighborhood; still, if I can be of any further service to you—" He hesitated as if to give Grace a chance to speak, which she did.

"I am very grateful to you, sir. I don't know what might have happened if you had not come along. I can take care of myself now, thank you. But I shall always be grateful to you—"

"Why," he interrupted, "I have had the pleasure of meeting you before. Of course, you wouldn't remember me, but your face is one not to be forgotten."

Already Grace had been conscious of something familiar in his voice, but he had been so placed with an electric lamp behind him that she had been unable to distinguish his features; but now she moved so as to see his face and it was with a distinct thrill of delight that she recognized Charlie Denver.

"Mr. Denver!" she cried.

"Then you do remember me?"

"I would not be likely to forget one who had been so kind to me as you were on that unfortunate occasion."

"Kind? Not kind, but as fair as I knew how to be. I should have been more outspoken. I did go back the next day to insist that you should not lose your place because Mabel lost her temper."

"It was very good of you."

"Oh, not a bit; I wanted to do the right thing. But I was too late. May I see you home, now? So you lost your place?"

"Yes," she said, walking by his side with the utmost contentment, "but not on account of Miss March's displeasure. I had a little quarrel with the manager and left."

"A quarrel? Do you know, Miss Harper—"

"How do you know my name?"

"That snake of a man, the manager, told me. I saw him. And as I was going to say, I think I should have a great big quarrel with him if I had much to do with him."

Grace laughed; it seemed easy now to see the pleasant side of even that once distressing episode. Mr. Denver went on: "You see I had had it out with Mabel and I wanted to finish by having the assurance that you should not suffer."

"I am sorry that you had any words with Miss March about me. There was no need of that. You had done more than there was any need of already."

"It wasn't exactly about you," he said with a shrug of his shoulders. "I confess I didn't like Mabel's spirit in that affair, and so we talked it over and agreed to be good friends, or brother and sister, or anything but engaged."

"Your engagement is broken?" Grace cried, hardly conscious of a strange sensation within her breast.

"Broken short off," he laughed.

"I am sorry if I was the cause."

"You were the occasion, but hardly the cause. The cause was her rather difficult temper. Besides, she was horribly jealous. Jealousy isn't nice, is it, Miss Harper?"

"It certainly isn't very sensible; and I am sure it never does anything but harm. But she is very beautiful, and perhaps her temper is only trying because she has been spoiled."

"Oh, you needn't try to act the peacemaker, Miss Harper," he laughed, "for there isn't the ghost of a chance of our ever being anything more than good friends now. It was a mistake from the first; I am sure now that I never loved her as much as a man should the woman he means to make his wife. Don't you agree with me that love is very important?"

"I didn't use to think love amounted to much," Grace answered hesitatingly.

"What a confession for such a beautiful girl as you to make. Forgive me. I didn't mean to pay you a compliment; I was only thinking that you must have had scores of lovers."

"No, indeed. I belong in California

and never thought of such a thing until one day—" She stopped. He laughed and finished for her:

"Until a young man called your attention to it."

Grace laughed a little, but the talk made her think of honest Will Belden, and she wondered how she could have talked as she did about love to him. Charlie Denver went on gaily:

"You say you belong in California as if there were so such thing as love out there. Is that really your experience? Perhaps all the men are blind out there; that would account for it."

There was something strangely fascinating to Grace in the easy, spontaneous gaiety of the young man. She had never met anyone like him before, and she was in no condition to guard herself against his charm of person and manner.

That walk home was something Grace never forgot. It was all like the gradual opening of a door that led to a land of dreams, so full of charm was the manner and the conversation of Charlie Denver.

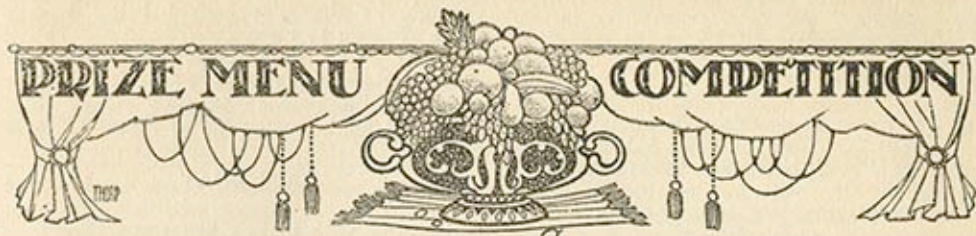
He left her at the door, after extracting a promise from her to permit him to call on her, and she went upstairs to her little room in a dreamier mood than she had ever been in before. She had even forgotten her difficulties in obtaining employment, and was only brought back to a consciousness of them by encountering her landlady in the hall.

"There are some letters for you in your room," said the latter, very stiffly. Grace was a day behind in the payment of her rent.

Thinking they were letters from home, Grace opened the door and darted in. It was impossible not to feel the weight of her troubles, but there would certainly be solace in a letter from home. She glanced over the envelopes, and saw that not one was from home; that all three, in fact, were city letters, and that all, singularly enough, were from theatrical managers.

Wondering what they could be about, she opened one and sank into her chair with a gasp of amazement; it contained an offer of two hundred dollars a week if she would join his theatrical company and pose as she had done in Madison Square Garden.

(To be continued)



The Prize Menu Competition closed April first. As most of our readers are aware, our endeavor was to get novel and original menus suitable for all. Owing to the fact that a great many of our readers are not yet sufficiently well versed in physical culture to accept the broader theories of the food question as advocated by us, or else are bound down by conditions that will not permit of their adoption of the physical culture diet, we permitted menus to be entered that included meat, oysters, fish, white flour, coffee, tea and other articles of food not advised for use by this magazine. Readers who are familiar with and follow our theories, will be able to judge what are worth accepting and what are well to reject in the case of the menus that have been and are yet to be printed in these columns. No more menus will be accepted for the competition. Those that have been entered but could not be printed, owing to lack of space, will be given in succeeding issues. We invite the criticisms of our readers in helping to adjudge the winners of the three prizes after all the menus have appeared in the magazine.—
BERNARR MACFADDEN.

WEEKLY MENU THAT CAN BE FOLLOWED WITH ADVANTAGE BY A MAN OR WOMAN LIVING ALONE

By Alice M. Moore

All the viands in the menus that follow are very easily prepared, as will be seen, and do not require any elaborate outfit of cooking utensils, the cooking all being done over one small gas burner.

As my work does not seem to make the "two-meal-day" plan practicable, and as many may be similarly situated, I have solved the problem for myself by taking a light breakfast, and also a light lunch, which usually consists of one, or sometimes two, slices of entire wheat bread, a mug of cocoa, hot milk, or occasionally hot tomato soup and a bit of fruit, so these lunches have been included in my menu.

MONDAY.

Breakfast.

Grape Fruit.
Corn Meal Mush with Honey.
Hot Milk.

Lunch.

Entire Wheat Bread, with Peanut Butter.
Cocoa.

Dinner.

Potato Soup. Olives.
Apple.
Celery and Walnut Salad.
Entire Wheat Bread.

Dessert.

Moulded Wheat and Raisins, with Cream.
POTATO SOUP.—One cup of hot milk, mixed thoroughly with one-half cupful mashed potato, and when hot add a dash of celery salt, a tiny piece of butter, and salt and pepper to taste.

SALAD.—One apple, cut in small pieces, and equal amount of chopped celery; one-half dozen walnut meats, broken in bits; mix, and ar-

range on crisp lettuce leaves. Serve with French dressing.

MOULDED WHEAT AND RAISINS.—One cupful thoroughly cooked cracked wheat, hot; two tablespoonfuls seeded raisins; mix well, and pour into cups or a mould, to harden. Serve cold with cream.

TUESDAY.

Breakfast.

Apples.
Cracked Wheat with Peanuts and Cream.
Banana Coffee.

Lunch.

Entire Wheat Bread and Butter.
Cocoa. Oranges.

Dinner.

Peanut Butter Soup.
Celery. Mashed Potato.
Omelette.

Lettuce, dressed with Oil and Lemon Juice.

Dessert.

Chocolate Jelly.

PEANUT BUTTER SOUP.—Cook a stalk of celery and a very small piece of onion in a third of a cupful of water, for fifteen minutes; strain, and mix to a cream with one large tablespoonful of peanut butter; add to two-thirds of a cupful of milk and make hot; add salt to taste.

CHOCOLATE JELLY.—Made from one of the "ready to use" gelatine preparations, according to directions on package.

WEDNESDAY.

Breakfast.

Triscuit, with walnuts, dates and cream.
Chocolate. Grapes.

Lunch.

Rye Bread.
 Cream Cheese. Cocoa.
 Banana.

Dinner.

Celery Soup.
 Olives. Grape Fruit Salad.
 Entire Wheat Bread and Peanut Butter.

Dessert.

Nuts, Figs and Raisins.
 Grape Juice.

THURSDAY.

Breakfast.

Apples.
 Rice, with Raisins and Cream.
 Malted Milk.

Lunch.

Entire Wheat Bread and Butter.
 Celery. Banana.
 Cocoa.

Dinner.

Tomato Soup.
 Cress Salad, Mayonnaise Dressing.
 Potato Fondue, Cream Sauce.

Dessert.

Prunes with Whipped Cream.

POTATO FONDUE.—Boil and mash two good-sized potatoes, add a small piece of butter, three tablespoonfuls of grated cheese, and a tablespoonful of hot cream; beat thoroughly together and form into a mound.

SAUCE.—Soften a little butter and mix with it an even teaspoonful of flour. Pour over this one-half cupful of hot milk and stir into the mixture of butter and flour until it thickens slightly; add a well-beaten egg and stir until the mixture is a thick cream; add salt to taste, and pour over the potato.

PRUNES.—The prunes are simply well washed, covered with water, and allowed to stand in a warm place until swollen and well plumped out; pour off most of the water, sprinkle with sugar, and return to warm place until sugar melts and forms a syrup. (No actual cooking.)

FRIDAY.

Breakfast.

Rolled Wheat, with Peanut Meats and Honey.
 Hot Milk. Apples.

Lunch.

Entire Wheat Bread and Butter.
 Soft Boiled Egg.
 Chocolate.

Dinner.

Cranberry Soup.
 (See Back Number of *Beauty and Health*.)
 Celery. Boiled Potato.
 Lamb Chops and Peas.
 Orange Salad.

Dessert.

Cream Dates.

SOFT BOILED EGGS.—One egg, one quart of boiling water; for each additional egg add one pint of boiling water. Remove water from fire and place eggs in it; cover, and let stand eight minutes. Eggs will be soft all the way

through, as they are cooked below boiling point. Season to taste.

CREAM DATES.—See recipe for "cream walnuts" in November number of *PHYSICAL CULTURE*, for the cream. Remove stones from dates and place small rolls of cream in place of them.

SATURDAY.

Breakfast.

Oatmeal, with Pecans, Dates and Cream.
 Cereal Coffee. Apples.

Lunch.

Graham Rolls with Peanut Butter.
 Bananas. Cocoa.

Dinner.

Pea Soup. Olives.
 Scrambled Eggs.
 Entire Wheat Bread and Butter.
 Potato Salad.

Dessert.

Sliced Oranges.
 Sugar Wafers.

PEA SOUP.—One-half can of peas; stew until soft; pass through sifter to remove skins; add two-thirds of a cupful of milk, a bit of butter, salt, pepper, and, if liked, a drop or two of onion juice.

SUNDAY.

Breakfast.

Orange.
 Whole Wheat, with Walnut Meats, Dates
 and Cream.
 Cereal Coffee.

Dinner.

Mock Oyster Soup.
 Olives.
 Spaghetti with Tomato Sauce and Cheese.
 Combination Salad.
 Graham Rolls and Butter.

Dessert.

Fruit Jelly with Whipped Cream.

Supper.

Egg Sandwich.
 Hot Milk.

WHOLE WHEAT.—Raw. Wash wheat and soak for twenty-four to thirty-six hours, changing water several times, when the grain should be well plumped out and tender. Mix with one-third cupful of broken nut meats and a few dates cut in bits. Eat with cream.

MOCK OYSTER SOUP.—One heaping tablespoonful of malted milk, one cupful of hot milk; pour hot milk over malted milk and beat until well mixed and the lumps are all out; add salt, a dash of pepper, if wanted, a dash of celery salt, and a small piece of butter. Serve with small crackers.

SPAGHETTI.—One cupful spaghetti, broken in short lengths. Have water well salted and boiling when you put spaghetti in. Boil about half an hour. Drain water off. Put one-half can of tomato soup (condensed tomato soup) in a stewpan; as soon as it gets hot add about three ounces of rich cheese, broken in bits; stir until cheese is well melted; add spaghetti, and serve.

COMBINATION SALAD.—On a bed of crisp lettuce leaves place alternate layers of sliced orange, sliced banana and malaga grapes, seeded and cut in halves; cut candied cherries in small bits and scatter over the top, as a garnish. Serve with either French, or mayonnaise dressing, as desired.

FRUIT JELLY.—Fill a mould with loosely packed fruits, such as prunes, dates and figs, cut in small pieces, a few chopped nut meats, etc.; anything you happen to have can be used; and pour over the whole about a cupful of some prepared gelatine, made according to directions on package. If any juicy fruits are

used, do not put in quite so much water as recipe on package calls for. Caution—*raw* pineapple cannot be used with gelatine; its chemical action destroys the "jellying property" of gelatine.) Serve with whipped cream, sweetened and flavored to taste.

EGG SANDWICH.—One hard-boiled egg and four pimolas, chopped rather fine. Mix with a teaspoonful or two of mayonnaise dressing. Place lettuce leaf on slice of entire wheat, or rye bread, spread with egg mixture, and cover with another thin slice of bread. (Brown bread with this egg mixture makes a delicious sandwich.)

WEEKLY MENU OF COOKED AND UNCOOKED FOODS

By Mrs. L. E. Fiske

SUNDAY.

Breakfast.

Rolled Wheat. Cream.
Whole Wheat Flour Griddle Cakes.
Maple Syrup or Honey.
Apples. Cocoa.

Dinner.

Tomato and Pea Soup.
Whole Wheat Bread Croutons.
Baked Peas. Macaroni and Cheese.
Creamed Potatoes.
Lettuce, Macaroni and Cheese Salad.
Fruit Jelly. Pound Cake.
Milk.

Supper.

Walnuts. Figs. Dates.
Whole Wheat Bread.
Fruit. Cocoa.

MONDAY.

Breakfast.

Rolled Oats. Cream.
Egg Omelette.
Toast. Wheat Coffee.
Fruit.

Dinner.

Tomato Soup. Cheese Straws.
Baked Beans.
Creamed Carrots.
Potato, Celery and Onion Salad,
Boiled Dressing.
Grape Fruit. Chocolate.

Supper.

Boiled Rice, with Butter and Sugar Sauce.
Whole Wheat Bread.
Cheese. Stewed Pears.
Milk.

TUESDAY.

Breakfast.

Uncooked Rolled Wheat. Cream.
Poached Eggs on Shredded Wheat Biscuits.
Fruit. Cereal Coffee.

Dinner.

Chestnut Soup.
Whole Wheat Crackers.
Creamed Celery.
Boiled Rice with Grated Cheese.
Spinach.
Shredded Wheat Biscuits with Marmaduke
and Cream.

Supper.

Rice Croquettes.
Stewed Tomatoes. Graham Gems.
Oranges sliced and sweetened.
Cocoa.

WEDNESDAY.

Breakfast.

Cereal.
Whole Wheat Biscuits. Honey.
Soft Boiled Eggs.
Apples. Cocoa.

Dinner.

Cream of Celery Soup.
Macaroni, Tomato Sauce.
Baked Potatoes.
Bean and Cabbage Salad, Boiled Dressing.
Uncooked Prunes.
Milk.

Supper.

Baked Sweet Potatoes.
Sliced Tomatoes.
Boiled Rice with Dates and Cream.
Fruit. Milk.

THURSDAY.

Breakfast.

Oatmeal. Cream.
Toast.

Baked Apples. Chocolate.

Dinner.

Nuts.
Whole Wheat Crackers.
Lettuce and Egg Salad.
Figs. Raisins.
Chocolate Dessert.
Milk.

Supper.

Cream Cheese Sandwiches.
Prunes.
Whole Wheat Bread.
Milk.

FRIDAY.

Breakfast.

Wheatlet.
Baked Eggs. Bread.
Fruit. Wheat Coffee.

Dinner.

Creamed Codfish on Shredded Wheat Biscuit.
Boiled Onions. Mashed Parsnips.
Potatoes.
Rice and Raisins. Milk.

Supper.

Whole Wheat Popovers. Honey.
Sliced Tomatoes.
Cheese. Crackers.
Cocoa.

SATURDAY.

Breakfast.

Steamed Apples and Oatmeal. Cream.
Eggs. Toast.
Cereal Coffee.

Dinner.

Vegetable Soup.
Baked Potatoes. Boiled Lima Beans.
Celery and Apple Salad.
Custard Pudding.
Milk.

Supper.

Dates and Cream.
Graham Bread. Olives.
Chocolate.

TOMATO AND PEA SOUP.—Put two cupfuls of dried peas to soak over night. In the morning pick them over, put them into a saucepan with plenty of water to cover them well. Let them boil all morning; press through a colander to remove the skins; put liquid in soup pot, add half a can of tomatoes; season with salt and good-sized piece of butter.

BAKED PEAS.—Soak two and a half cupfuls of dried peas for about eight hours. Boil for about four hours in vessel in which you are going to bake them, keeping them well covered with water. Remove from fire, see that the water is about an inch over the top of peas; sprinkle well with salt, a teaspoonful of sugar, and a large tablespoonful of molasses. Spread over the top four or five generous pieces of butter, and bake for four hours in a hot oven. Have your vessel covered to prevent the top of peas from hardening.

LETTUCE, MACARONI AND CHEESE SALAD.—Shred finely a fresh, crisp head of lettuce; cut in inch lengths a cupful of cold boiled macaroni; sprinkle, just before serving, with salt, and mix slightly with a fork. Grate over these about two tablespoonfuls of cheese, and serve with a cream dressing.

BAKED BEANS.—Prepare, as usual, using sev-

eral generous pieces of butter in place of corned pork.

BOILED SALAD DRESSING.—Place saucepan on stove, put in one-half cupful of vinegar, and two cupfuls of water, one teaspoonful of salt, one tablespoonful of sugar, one and one-half teaspoonfuls of celery salt, a dash of red pepper, two teaspoonfuls of mustard, and a piece of butter the size of an egg. Beat one egg thoroughly and stir in before the mixture gets very hot. Stir occasionally, and just before it boils stir in a large teaspoonful of corn starch dissolved in a little cold water. Let mixture boil for a minute or two. Bottle while hot, cork tightly, and keep in cool place. Inexpensive, easily made, and will keep. Especially desirable for those who cannot relish olive oil, or where but a poor quality is obtainable.

UNCOOKED PRUNES.—Prunes washed and soaked in cold water for about eighteen hours, are far more delicate in flavor than when cooked.

RICE AND DATES.—A few dates, cut in pieces, and added to boiled rice, makes, when served with cream, a tasty and nourishing dish.

CHOCOLATE DESSERT.—Put three tablespoonfuls of pearl tapioca and four cupfuls of water into a double boiler, add half a teaspoonful of salt and four tablespoonfuls of sugar; cook until tapioca is done. Put a quarter of a cake of unsweetened baker's chocolate into a bowl, place the bowl in a pan of hot water and place on the stove. This will melt while your tapioca is cooking, and saves the time taken in shaving it. Separate the yolk and white of one egg; beat yolk thoroughly; add to it half a cupful of water and two teaspoonfuls of condensed milk; mix, and stir into the tapioca; add the melted chocolate, and cook for a few minutes longer. Remove from stove and let it get cold; then add the white of the egg, well beaten; mix lightly, and serve with whipped cream.

Whole wheat bread should be served at all meals, and apples should be within reach at all times.

It is advisable to drink plenty of water between meals and gradually do away with the habit of drinking at meals.

The writer serves cocoa with breakfast, which is a simple meal, and no drink is served at other meals. An apple eaten after a meal will take the place of a drink and at the same time aid digestion.

THE SCHOOLBOY OF THE FUTURE

"Tommy, have you been vaccinated?"

"Yes, ma'am."

"Have you had your vermiform appendix removed?"

"Yes, ma'am."

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

"Yes, ma'am."

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

"Yes, ma'am."

"Have you your own sanitary slate-rag and

disinfected drinking cup?"

"Yes, ma'am."

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

"All of these."

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

"Yes, ma'am."

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

A RACE WITH A RUNAWAY LOCOMOTIVE

HOW NAT PALMER PUT HIS ATHLETIC TRAINING TO ACCOUNT AND
THEREBY PREVENTED A RAILROAD WRECK AND WON
HIMSELF A POSITION AND A BRIDE

By *E. L. Schram*

FICTION

"HARD work and devotion to duty will do a good deal for a man in the end, but you can take it from an old one, there's nothing boosts a man so quick as doing something that puts him before those above him so they can't help seeing him, even if they have got one eye glued to the payroll."

Old Morton brought his fist down with a crash and the rest of us settled ourselves comfortably in expectation of a yarn.

Such bald statements of the old man were always the forerunners of a story, and provided that he was not interrupted, his audience might expect to hear some interesting anecdote that had to do with his thirty years of railroading.

"Yes, sir! If you young fellows want to take short cuts to good jobs, all you've got to do is to make a grandstand play of some sort and you're made. Why, I can name a dozen men who got their promotions that way. Nat Palmer is one of them. Not that I begrudge Nat his rise. He was always a good fellow, and I guess if I met him now he'd know me, even if he is General Manager of the C. C. & St. L., and I only a retired engineer of the Union Pacific."

"Nat and I were great chums when we were on the old U. P. together. I can remember the time that he showed up at Laramie as though it was yesterday. Laramie wasn't Laramie at all in those days. The fort had not then been built, and in the early history of the West it was the presence of miners or soldiers that founded a town.

"The railroad had established a small yard there on account of the demand for extra engines to keep the road open during the winter. Some of the men had families, so there were a few houses and a store, in addition to the company's buildings.

"I had just begun my railroading, and they had sent me out from Cheyenne to do machine work in the roundhouse. During the summer there was next to nothing to do and the whole force consisted of the yard master, two tower men, three machinists and a few wipers.

"One day in August, 1872, I and a fireman named Ford, were sitting on a pile of ties outside the roundhouse swapping yarns. Just then the Rawlins local came in and we saw a young fellow drop off the rear car. He looked around a moment and then started for the roundhouse. Seeing us, he came over and said: 'Good afternoon. Can you tell me who to see about getting work in this yard?'

"Ford and I had sized him up as he approached, and we could hardly suppress a laugh when he sprung the question. He was a well-built chap, tall and stocky, but he had an air of refinement about him that made a request for work in a dirty railroad yard sound funny coming from him.

"I suppose you want a job brushing the engineer's white duck pants?" said Ford, with a serious face. At this the young fellow colored up a bit, but said quietly: 'I'm from St. Paul. I'm just out of college and want to try railroading. I want to begin at the bottom and learn the business from the start.'

"Oh! that's it, eh?" says Ford. "Well, young fellow, I'm only the Division Superintendent myself, but if you'll go over to that little office there, perhaps my immediate superior, Mr. Gavit, the yard master can do something for you." The young fellow thanked him and started in the direction indicated.

"Now, Gavit was about as crusty an old cuss as you'd find, and we both laughed up our sleeves as we thought of the reception Mr. College Man would get, for if there were two things the

old man despised above all others they were clean clothes and education.

"We watched him going over to the office and Ford called my attention to his peculiar walk. He seemed to jump along rather than walk, with a long stride that somehow gave you the idea that he could go as much faster as he liked without any more effort.

"Seems to be geared pretty high, don't he? One of those athlete chaps, I guess," remarked Ford. "Well, when Gavit opens his throttle on him he'll learn something about the railroad business right on the go-off." Here Ford went off into a spasm of laughter. "Old WHAT will start him at the bottom all right. If he don't kick him out of his office, he'll start him at the bottom of a cinder pit wiping off eccentrics."

"Now, 'WHAT' was a nickname the boys had given Gavit on account of the way he used to yell the word at anyone who asked him a question. It used to be the regular thing when a man would be seen going into his office for the men near by to take out their watches and bet on the number of seconds after the door closed that the first 'WHAT' would be heard.

"Ford and I watched the young chap go into the office and close the door behind him. A moment's silence. Then 'WHAT!' Another silence, a little longer this time, followed by a sort of guttural explosion, that evidently answered the purpose for the door opened and the young chap came out and started off up the yard.

"Well," said Ford, "I guess Willie'll go back to papa now. It's a cinch he's done with railroading after that frost."

"I don't know about that," said I, "he don't look like the kind that lays down his cards when he's got anything to draw to."

"I wonder what he's going up that way for?" said Ford. "There's nothing up there but the right of way from here to Tie Siding and that's 20 miles away. I guess the old man rattled him so he don't know what he's about. Say, but wouldn't he make an A-1 hobo, though. Just look at that lope. You or I'd be trotting to keep up with him."

"We watched him for a few moments and then got into an argument about the

new compound engines that the company was having built for the North Platte division, so forgot all about the lad.

"I was inclined to favor the new departure, but Ford was skeptical, and I remember he was about to back up his contentions with an article that he had cut out of the *Engineering News*, when we were both startled by a short, shrill blast of a locomotive whistle up at the other end of the yard.

"That sounds like trouble," said Ford. We both jumped to our feet and looked in the direction from which the sound had come. "Great guns!" yelled Ford. "Looks as though Jim Henderson's engine's got away from him."

"We both started for the roundhouse, bent on the common purpose of getting an engine to go after the runaway. Ford dived inside and made a hasty examination of the engines there. 'No use!' he cried. 'They're all dead. Run for the tower. We'll try and dump her at the switch.'

"Old Lantry, the best dispatcher the Union Pacific ever had, said once at a convention of the Brotherhood of Engineers that 'fate ran railroad trains and the dispatchers kept tabs on her.' On that particular day, Fate had things all laid out for the worst wreck the Union Pacific would ever have seen. Jim Henderson had pulled in from the West with 84 and had backed in on the long siding with orders to let 45 pass before going on to Cheyenne. No. 84 freight and 45, the Continental Limited, were the most important trains on the division, for 84 carried perishable stuff and the Continental was the crack train to the Coast.

"Davis and his crowd at Cheyenne used to be kept busy making meeting points for them and the other trains, for the Union was single track from Cheyenne west in those days. Jim had uncoupled and was taking water at the tank. As bad luck would have it, he happened to be nearly out of oil, and left his fireman to fill the tank while he went after some. He must have stayed away longer than he intended. Anyway, his fireman, having filled the tank, got tired waiting and went over to the Widow Schmidt's place after a cup of coffee and something to eat. About this time some small boys happened along, and, seeing

no one around the engine, started to look her over. One of them, a little older and more of a fool than the rest, climbed into the cab, and after he'd investigated everything else, took hold of the throttle lever and yanked it halfway open.

"Old 513 started to slip her drivers, and the youngster, getting scared, made a dive to get out of the cab. But the whistle cord happened to be a little long and he got himself tangled up in it in such a way as to blow the whistle, which had caught the attention of Ford and myself.

"Well, we ran for the switch tower for all there was in us. I reached it first and ran up the steps three at a time. Berney Higginson, the day man, was cleaning battery jars out on the rear balcony. I grabbed him and pointed up the yard at 513, with Henderson and his fireman sprinting after her and shouting. Then, pointing at the switch levers, I yelled: 'Dump her when she crosses over.' He jumped through the open window, I after him, and grabbed one of the levers and gave it a yank just as the engine struck the switch. 'Wrong one,' I shouted, and jerked at the next one myself. I saw the target above the switch turn from green to red, but I was too late!

"With a shake of her tender, 513 straightened out, and was off up the line with nothing to stop her till her fires gave out or she ran into something. It was this last possibility which occurred to Ford.

"Where's 45?" said he, in a hoarse whisper to Higginson, who was already at the key calling Tie Siding. After what seemed an age, Tie Siding answered.

"I-I-I-ts-ts. Where's 45?" jerked out Higginson. Another wait. Then we heard the answer. 'I-I-I-ts—45's gone; 15 minutes late. Anything wrong?' It's all up,' said Higginson, his face the color of ashes. Forty-five's passed Tie Siding fifteen minutes late. There's nothing to do now but call the wrecker, and he began calling Cheyenne on the dispatcher's wire.

"Then we three climbed out on the balcony again and watched the fast receding runaway in silence. She was running about twenty miles an hour, and was by this time about a mile up the track, with Henderson and his fireman still after

her. But it was evident that pursuit was useless.

"Suddenly, we saw Henderson stoop and pick up a stone from the roadbed. He turned and hurled it at his fireman. The young fellow dodged and fled into the woods beside the track and we never saw him again.

"All at once Ford gripped my arm and pointed at something up the road. I looked closely and to the right of the track at a point about two miles away I saw a man climbing the embankment. 'Berney,' said Ford, 'let's have those old field glasses of yours.'

"Higginson got them and Ford took a long look. Then he handed them to me and I did the same. Then we looked at each other. Each saw in the other's eyes the question he could not put into words. For there, walking away from us along the track was the young fellow over whom we had laughed but a short time before, and who was now the man in a million.

"The distance between the man and the engine shortened rapidly and the former turned suddenly, and, shading his eyes with one hand, looked back. The engine had almost reached him. I see the scene plainly even now. The engine is passing him and we note him through the glasses look up into the cab.

"But he makes no motion to follow. Instead we see him step across the track and look up at the fireman's side. Then a shout goes up from us all, for he is off after her like a shot, throwing his coat off as he runs. And such running. Ford and I on the balcony took turns watching him through the field glass. Through the clear mountain air we could see, even at that distance of two miles, every detail of the race.

"His was none of the short, jerky running of the ordinary sprinter. We could easily have counted every stride, and he seemed to fairly leap, as his feet touched the ground. 'I knew that that kid's legs were good for something,' said Ford.

"He's got the race of a lifetime, though, and if he don't catch her before she gets into the cut she'll get away from him down the dip on the other side.'

"The engine had a good start, however, before he noticed that she was empty, and he had succeeded in cutting it

down very slightly. 'He's got to do better than that,' cried Ford. 'There's a little more grade, though, just this side of the cut. We'll see what that will do for him. They're almost there now. Ah! she's struck it. She's running slower and he's gaining fast now.'

"We watched the race in silence for a few moments. The engine was about half a mile from the cut, and the boy had reduced her original lead about one half. He was still gaining on her, but seemed to be getting tired. Now they had only a quarter of a mile to go before reaching the cut, and he seemed to be about the length of the engine behind.

"'Hurry, boy, hurry,' murmured Ford. It was only a whisper, but he said it with an intensity that it almost seemed had the power to spur the runner on to new efforts. We saw him bend his head and stretch out his arm, as an athlete sometimes does when nearing the mark. Then he seemed to have the hand rail at the end of the tender, but the cut was reached and he was still running desperately. Ford was standing up on the balcony railing, with the field glasses glued to his eyes. He lowered them.

"'Don't know, boys,' he said. 'We'll have to use our ears from now on.' There was a silence so profound that I could easily hear the steam pump working over in the roundhouse. Suddenly came the distant chime of a whistle. 'That's Callahan, whistling for Bear Creek Crossing,' cried Higginson. 'Lord!' yelled Ford. 'That's only five miles the other side of the cut. If the boy hasn't caught her, they'll meet in —'

"'Hark, what's that?' Another whistle, this time nearer and long drawn out. 'He's got her,' shrieked Ford, almost falling off the balcony in his excitement.

"'That won't do him much good if he don't know how to run an engine,' said Higginson.

"'Oh, stop your croaking. You don't suppose Providence is going to let anything happen that Limited after a race like that, do you?' The distant whistle was still blowing. 'He's tied down his whistle cord,' cried Higginson. 'That's his idea of keeping Callahan off, I suppose. It won't work, though. Jim wouldn't hear a house falling with the echoes in the canyon. Hello! He's

stopped blowing. Wonder what that's for? If he don't hurry, it'll all be no use.' Everyone was beginning now to realize that time was getting short, and all eyes were fixed on the cut.

"'There he is!' yelled Henderson, who had climbed on a car quite a distance up the yard, and, being further to the left than the rest of us, could see deeper into the cut.

"'Sure enough. The runaway had come out of the cut with a rush, and was coming rapidly down the two-mile stretch. 'I'll open that switch and let him go on by,' remarked Higginson. 'We can stop 45 anyhow and he'll spill if he hits the switch at that rate.' 'You leave it closed,' said I. 'You can bet he's learned more about running an engine in that three-mile run than the average person would in a year.' So the switch stayed closed, and he slowed down and ran in on the siding just as 45, her exhaust a continuous roar, came out of the cut. We opened the switch again, and she tore through the yard and vanished down the line.

About an hour later, the wrecker came in from Cheyenne, with Sloane, the Division Superintendent, in charge.

He listened to Gavit's explanation of how the accident had been avoided, and then he began to do things. First he sent for Henderson and fired him. Then he went up into the tower and talked Morse with Davis, the dispatcher at Cheyenne, making his meeting points for the run back. Finally, he climbed on board the wrecker and started off.

"On the way up the yard they passed the stranger, who was lying beside the track, surrounded by a group of employes. He had gone off into a dead faint when the strain was over. Sloane stopped the train. 'Is that him?' he asked. 'Yes, sir,' said one of the men. 'What's his name?' A search was made through the boy's pockets, and presently one of the men handed Sloane a card. He glanced at it, took out a pencil and a scrap of paper and scribbled for a few moments. Then he folded the paper, handed it to one of the men, and said, 'Give him this when he comes to. All right, Brown, let her go, and tell George to push her; I'm in a hurry.'

"About a year later, Nat and I, having become great friends, I was visiting him one Sunday at his boarding place in Cheyenne. We were talking over the events which I have just related. 'But where did you learn to run so well?' I asked.

"For answer, he opened a trunk and showed me a host of trophies of different sorts.

"'Where did you get them all?' I said. 'Oh! They merely show that I could run a little faster than anyone in the colleges of the country,' he replied. 'This one is the most valuable.'

"He took out a red plush case, and, opening it, showed me a solid gold loving cup, magnificently engraved. 'This represents the 187— Intercollegiate Championship for the mile.'

"He handled it lovingly for a moment, and then resumed: 'But here is the one I prize the most of all. It is for the two-mile against Death, and you saw me win it.'

"He took a small sheet-iron box out of the trunk and opened it. Inside were a photograph, a telegram and one of the blanks that foremen of wrecking crews

use for making reports. On the back of this was written in pencil:

"R. A. Baldwin, Master Mechanic, Cheyenne Division, U. P. R. R.

"Sir: The bearer, Mr. Palmer, is desirous of obtaining a position on the division. Through his efforts to-day 45 was prevented from meeting runaway engine 84 in Little Fork Canyon. You will please show him any consideration in your power. W. W. SLOANE,
Div. Supt."

"That's the certificate, but here's the prize,' said Nat, handing me the telegram and photograph.

"St. Paul, Aug. 24, '72.
Congratulate you. Accept my consent and Nell's love. She's waiting for you.
THOMAS R. RICHARDS."

"I picked up the photograph. It was of a beautiful girl with the most wonderful eyes I have ever seen. I stood gazing at it in silent admiration. At length he took it gently, almost reverently, from my hand.

"'We're to be married in St. Paul on Christmas Day,' he said, 'and I want you to be my best man, old fellow.' And I was."

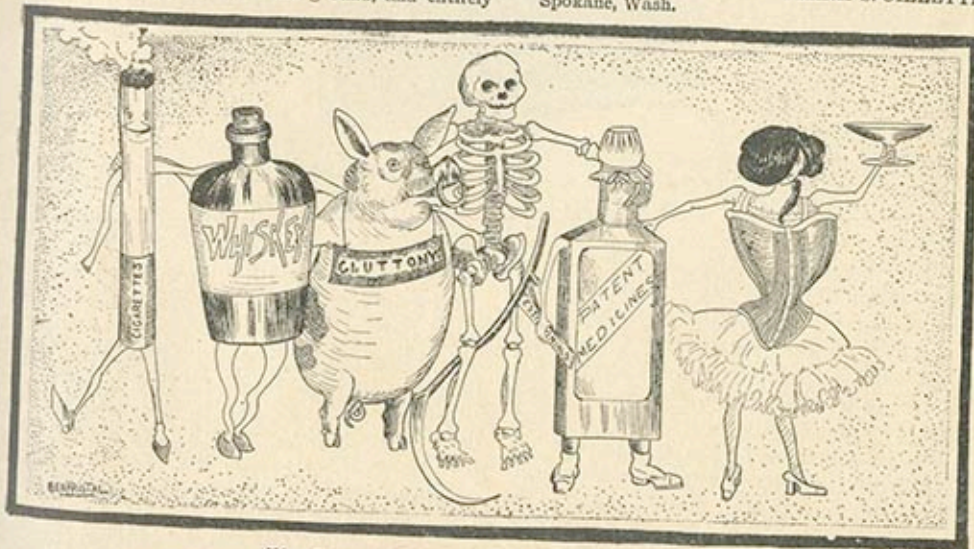
WENT NAKED TO CURE CONSUMPTION

To the Editor:—Your frequent reference to air-baths and sun baths leads me to write regarding my experience in curing consumption with air-baths. Some years ago, while still doctoring myself for consumption, I was living in a lonely spot in the mountains of Montana when often I would start out in the early morning, before sunrise, with a heavy frost on the ground, and entirely

naked, tramp for two or three hours over the mountains, coming back with a fine appetite for breakfast and in splendid condition every way. I never have taken cold, though I have walked right out in the snow bare-foot and with nothing on my body.

Spokane, Wash.

FRANK S. GILLETTE.



The Onward March of Civilization's Curses

THE SECRET OF STRONG AND BEAUTIFUL TEETH

WHY TEETH DECAY—CLOSE CONNECTION BETWEEN SOUND TEETH AND BODILY HEALTH—HINTS FOR PRESERVING THEM UNTIL OLD AGE—TOOTH BRUSHES AND DENTIFRICES—DENTISTS, HONEST AND OTHERWISE

TEETH play a most important part in the scheme of the human body. They are necessary to beauty, speech and health. In all ages, perfect teeth have been recognized as one of the chiefest charms of the human countenance. Poets have exhausted their adjectives in enlarging on their loveliness. They have been compared to coral, pearl, snow, "lilies between roses," and what not. Great artists have never let slip an opportunity to picture their attractiveness. The polished orator, the finished elocutionist, and the popular actor, will in turn be found to be the possessor of sound sets of teeth. Health without good teeth is impossible, because properly masticated food is the foundation of health, and imperfect mastication and consequent ill health, are the logical results of imperfect teeth. Dental imperfections are also responsible for a host of major and a number of minor bodily ills, one of the latter of which is a foul breath. And persons with foul breaths, whatever their physical or mental gifts are otherwise, are always repulsive to those with whom they come in contact.

Human beings have two sets of teeth during their lives, the first being known as the milk or deciduous, and the second as the permanent teeth. Under normal conditions, the order and the period of life in which the teeth arrive are as follows:

MILK.

Central incisors—Five months to six months of age.

Lateral incisors—Seven to eight months.

First molars—Twelve months to sixteen months.

Canines—Fourteen months to twenty months.

Second molars—Twenty-one months to thirty-six months.

PERMANENT.

First molars—Fifth year to sixth year.
Central incisors, lower jaw—Sixth year to seventh year.

Central incisors, upper jaw—Seventh year to eighth year.

Lateral incisors—Seventh year to ninth year.

First bicuspid—Ninth year to tenth year.

Second bicuspid—Tenth year to eleventh year.

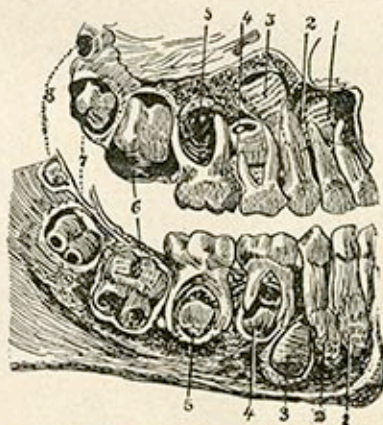
Canines—Eleventh year to thirteenth year.

Second molars—Twelfth year to fifteenth year.

Third molars, or "wisdom teeth"—Seventeenth to twenty-third year.

Chemically speaking, teeth strongly resemble bone in regard to the combination of elements of which they are formed. They are composed, for the most part, of phosphate of lime, carbonate of lime, fluoride of calcium and phosphate of magnesia, in addition to which there is a small percentage of organic or animal matter to be found in them; but, for all practical purposes, they are as told.

There are four distinct parts to a tooth, these being the enamel, dentine, cementum and pulp. The enamel is the external coating or surface of the tooth, and is



Temporary Teeth, Sometimes Called Milk Teeth. The Rudiments of Permanent Teeth are Indicated by Figures 1, 2, 3, 4, 5, 6, 7 and 8

the hardest tissue or product of the human body. It is a clear, lustrous, nacre-like substance, which, in its perfect form, is the chief cause of the beauty of a set of unsullied teeth. Under the enamel is the cementum which holds the enamel on to the dentine. Dentine is a hard, semi-elastic material that forms the bulk of the tooth. It is slightly yellowish in color, and, in a healthy person, is capable of withstanding a marvelous amount of wear and tear. Running through the dentine is a cavity or chamber, wide at the crown of the tooth and narrower at its root. This cavity is filled with the pulp, which is a soft tissue containing nerves and blood vessels. It is the vital or living part of the tooth, and not only nourishes the latter, but endows it with sensation also.

The beginning and progress of teeth troubles of all descriptions, barring those that are brought about by accident, is, in 90 per cent. of instances, due to a neglect to properly cleanse the mouth of particles of food when eating. The acids that result from fermentation or putrefaction of the particles attack the enamel which, yielding, lays bare the dentine that in turn gives way. Then the pulp is affected, and agonizing pain results, which can only be remedied by the removal of the tooth or by filling the acid-formed cavities. In some cases the decay of one-sixteenth of an inch of the exterior of the tooth will lay bare the pulp. As a rule, it is not hard to discover whether it is only the dentine or the pulp that is affected. If the former, the pain is dull, and ceases when the food or object that causes it is removed; if the latter, the agony is almost unendurable and serious complications may ensue.

Besides all this, the so-called "tartar," or rock-like substance, that gathers on teeth in the case of the large majority of persons, is also the outcome of lack of

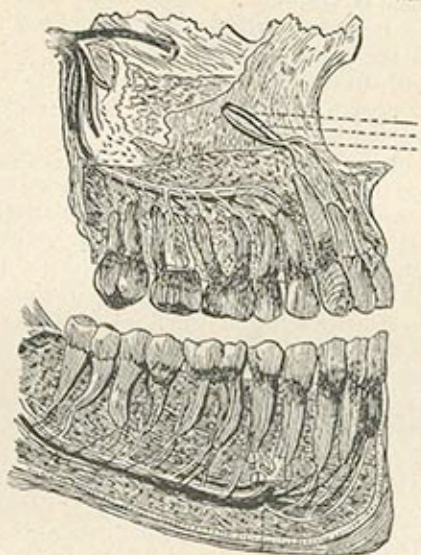
cleanliness of the mouth. It is a deposit of animal and mineral matter precipitated from the mouth-fluids when the latter are laden with the poisons of decaying food. In addition to making the breath very offensive, tartar causes the teeth to assume a dirty color and renders the gums spongy, sloughy and liable to bleed on slight provocation. Its growth also forces the gums between the teeth; in many cases it also attacks the bony processes of the jaws to such an extent that the teeth themselves are loosened in their sockets.

Not only do decayed teeth cause that symptom of which we speak in general terms as "toothache," but in addition, they are responsible for abscesses of the mouth, head and neck, gum-boils, locked-jaw (not tetanus), neuralgia, necrosis, or death of the jaw bones, vitiated saliva, foreign growths in the mouth, sometimes tumors and a variety of diseases of the ear, eyes and cavities of the head. It is an established fact that decay in one tooth causes decay in the teeth adjoining it.

It will be seen, then, that apart from the pain and unsightliness which decayed teeth inflict upon those that are unfortunate enough to possess them, their cure should be ef-

fectuated as soon as possible in order to avoid further, and often dangerous, developments.

Although, as said, lack of cleanliness is the chief cause of decaying teeth, yet, on the other hand, there are other things that will lead to one's dental undoing. The broad but nevertheless truthful statement may be made that anything that tends to mar the health, has a tendency to bring about a bad condition of the teeth. Dr. Victor A. Bell, one of the most notable of British authorities on dental matters, states that sickness of any kind, lack of outdoor exercise, excessive study, hereditary tendencies and tobacco and alcohol in particular, will in turn work



Showing Permanent Teeth, the Nerves and the Blood-vessels That Supply Them

harm to the teeth. Like every other part of the body, the teeth require to be properly nourished, and in consequence, anything that interferes with the nutritive powers or functions affects them for evil.

But, as intimated, the first thing to do in order to preserve the teeth is to keep the mouth clean. This is easily done. After each meal a soft tooth brush should be used, but not in the usual manner. Instead of the teeth being brushed horizontally, which, so far from removing, forces the particles of food between them, the brush should be used up and down, which ensures a thorough cleansing of the spaces between them. But in order to be certain that the mouth is absolutely ridden of food particles, it is always well to supplement the use of the brush with a silk thread or piece of dental floss, which should be carefully drawn between the teeth every few days. Finally, the mouth may be washed with a weak solution of lime water, which is in no way harmful to the teeth, but, on the contrary, very beneficial. Especial stress is laid on the necessity of a thoroughly good toothbrush being employed. Not only are cheap brushes far more expensive in the long run than those of fine quality, for the simple reason that the former have a tendency to shed their bristles after being used two or three times, but in addition, it is almost impossible to get a low-priced brush that does not harm the gums and the teeth by reason of the harshness of its bristles. Besides that, a stray bristle may lodge in the throat or gums and cause trouble. As a rule, a toothbrush manufacturer who has an established reputation supplies goods of a satisfactory nature in order to sustain that reputation. Hence it is always well to purchase your brushes of such an individual or his agents.

In regard to dentifrices, it should be remembered that the teeth are, by reason of their chemical make-up, extremely susceptible to the action of any acid. Dentifrices which contain acids of any sort, therefore, should be religiously avoided, for they roughen and finally corrode the enamel, and so lay the way open to the destruction of the teeth. What has been said in regard to toothbrushes applies equally to dentifrices. In other words, the long-sustained popularity of a den-

tifrice is a pretty good guarantee of its value and harmlessness. Don't let your druggist persuade you into buying something "just as good." Dentifrices may include powders as well as pastes and liquids. In all instances innocuous substances, such as powdered chalk, carbonate of soda, orris root, castile soap and so on, enter largely into their compositions. It should be added that the best of such may be used once or twice a day without resultant harm. Powdered pumice stone is a dentifrice that should be used rarely, if at all.

Referring to diet in relation to the teeth, it is a fact well known to dentists that those who eat much meat invariably suffer greatly in their teeth, while the more nearly one approximates a vegetarian diet, the better teeth one has. A series of exhaustive researches on the part of European scientists have proven this much beyond all question. The explanation is one easy to understand. A carnivorous diet charges the blood with impurities, which in turn affect the teeth, and in addition and as already told, particles of meat are one of the prime factors in bringing about decay of the enamel and consequent dental destruction in general. So well is this fact recognized by the highest dental authorities that, when treating a patient, they almost always put the latter upon a diet from which meat is eliminated and into which laxative fruits enter very largely. Dr. Bell, in one of his books on the subject, also calls attention to the fact that the indigent teeth that characterise high states of civilization are, in a great measure, due to the fact that white bread has almost entirely taken the place of Graham or brown breads and that the teeth are, to a very great extent, thereby deprived of those materials that are essential to their formation and retention. The allusion is to the silicates and other mineral elements found in the exterior covering of the wheat kernel which are removed during the process of making white flour.

Teeth, like every other part of the body, require exercise of a more or less strenuous kind to keep them in health. The tendency of so-called civilized diets is without exception, in the direction of over-cooked, mushy and pulpy foods which call for no effort on the part of

the teeth to masticate them. As a consequence they, in time, become tender and brittle, while the jaw muscles get correspondingly weak. It is for this reason that the vegetarian or the individual who favors a frugivorous diet has the advantage over the man who feeds on food as commonly cooked. The cracking and eating of nuts, the chewing of toast, raw foods of nearly all kinds, and, in fact, anything that brings the teeth into active action, is an excellent thing for them, and, furthermore, it assists in preserving their cleanliness. Yet it is a mistake to suppose that the proverbially white teeth of the members of the savage tribes are due to the fact that they use their "ivories" so constantly on hard substances, such as bones, gristle and so forth. The fact is, that in the great majority of cases, savages are much more particular about cleansing their teeth before and after eating, than are so-called civilized folk. In some instances tooth cleaning among uncivilized tribes actually takes the form of a religious rite.

It has been aptly said that one's parents are responsible for the condition of one's teeth. There is a good deal of truth in this, for the making or marring of a set of teeth certainly begins when the permanent teeth arrive. Among the things that go to harming the teeth at this period are the improper feeding of the child, the candy habit, breathing through the mouth, sucking of the fingers, thumbs or food and so forth. As far as candy is concerned, an excessive amount of sugar in one's food upsets the system and as a result, the teeth are affected as well as other parts of the body. Again, all cheap candies contain poisonous coloring substances, acids, etc., which work havoc with the material of the teeth. Mouth breathing is almost always the result of irregular teeth. Food or liquids that are either too hot or too cold, are also very harmful for the reason that they affect the enamel. Not infrequently an iced drink taken immediately after hot food or vice versa, will cause the enamel to crack with a consequent rapid decay of the tooth unless the trouble is attended to forthwith.

Children should be taught to use the toothbrush as regularly as any other article of the toilet. The habit thus formed

will remain with them through life and, apart from all else, will save them an endless amount of suffering. The clean child or man is almost always a self-respecting child or man, and cleanliness is never more manifest than in the case of a snow-white set of teeth.

It is a safe rule to observe that the moment you detect anything wrong with your teeth, consult a reputable dentist. Stress is laid on the word reputable in this connection, for, unfortunately, there are as many quacks and charlatans to be found in the dental profession as there are in any other branch of medicine. As a rule, the cheap dentist is a person whom it is well to avoid. He will not save your teeth and you will find that he will not save you money—in the long run.

As has been said, the only way in which decayed teeth can be treated is by extraction or filling. If you determine on the latter, be sure that both the filling and the filler are above suspicion. Unless a cavity in a tooth is thoroughly cleansed before being filled, much mischief may ensue, including the decay of the jawbone itself. Some cheap dentists use a filling chiefly composed of arsenic, which, it need hardly be said, is as highly dangerous as it is distinctly poisonous. Gutta-percha and cement are good for temporary fillings. Silver is only used as an amalgam with mercury and is not to be recommended. Gold and pure tin are the ideal fillings.

The art of making artificial teeth has been brought to such a pitch of perfection that even the most conservative need have no objections to the use of these beautiful products of the dental art. It is not too much to say that, in the case of artificial teeth, science has outdone nature, for they do not decay, cause no pain, and, if the occasion arises, may be renewed at pleasure.

To sum up, the care of the teeth should begin in childhood and continue through life. A proper diet on the lines already indicated will practically insure sound teeth. Use toothbrushes with a reputation and use them frequently. Use dentifrices with a character at proper intervals. And if the occasion arises, use the services of a dentist whose repute is above suspicion.

DISCUSSION OF THE MILK DIET

READERS SUBMIT INTERESTING VIEWS ON THE IMPORTANT SUBJECT OF MILK AS A FOOD

PHYSICIAN OBJECTS TO MILK DIET

To the Editor:—Permit me to set the readers of Physical Culture right on the milk question. The false impressions regarding the value of milk as food are due to several causes. Being the first food of all animals which suckle their young, it is quite natural for us to fall into the error of believing that if suitable for infants it would surely be easy for adults to digest, and an ideal food for the sick. And so, for hundreds of years, mankind has gone on recommending, trying, giving up and returning to this unnatural food. And why? Simply because we did not apply natural law to the subject and settle it once and forever. Another reason why men have been so long at sea in regard to this question is that we have thoughtlessly looked upon milk as a liquid food, which it is not. Milk is composed of an aqueous menstrum, holding in suspension (not in solution) casein and fat. When taken into the stomach the water is quickly absorbed into the circulation, from which it is extracted by the kidneys, and passes out of the body in an hour or so. The cheese and butter are left behind, to constipate, to decompose and poison the eater, unless gotten rid of by a cathartic, which, in this case, becomes the least of two evils. I would earnestly say to your correspondent who has been urging his friend to adopt a diet of milk and raw eggs, that I can hardly imagine a course more certain to work injury to one suffering from a possible disease of the lungs. He would soon add indigestion and auto-infection to his other trouble. Thousands of people have tried this diet, and if any of them recovered their health they did so in spite of it and not because of it.

The enormous death rate among infants is principally due to the fact that so many mothers are unable to nurse their young as Nature designed, and so they are given cow's milk. It is unnecessary to explain here why a baby can digest cow's milk better than an adult, but while this is a fact, it is such an imperfect food for the human baby that thousands of them die every year because of its use. The reason that there are almost no deaths among the young of other animals which suckle their young is that they are all able to perform that function. We should bear in mind the important fact that, when thus fed, the milk goes directly into the stomach of the infant without being exposed to the air. This is Nature's only method of feeding milk, and is a wise provision, for the moment that it is exposed to the air, important changes take place, to say nothing of the fact that contamination is sure to result from the germ-laden dust to be found in all air. Cow's milk is an exceedingly poor substitute for human milk for two reasons. First, the cheese element in cow's milk is greater in quantity and more difficult of digestion than in human milk, and second, by the time it is ready for our use it has ceased to be milk in the strict sense of the term,

the fat globules having begun to separate from the menstrum, forming masses of fat which no amount of shaking can break up into its original form. If mankind would only realize that this is a world of law, how rapidly we would progress toward physical perfection. But we are constantly reaching out after strange gods, when natural law should be our god, and a belief in such law our only creed.

CHARLES G. PURDY, M.D.
Brooklyn, N. Y.

GOOD RESULTS FROM MILK DIET

To the Editor:—Noticing the query and answer about milk as a food, in the "Question Department" of the November issue of Physical Culture, I thought that the story of my own case might be of interest to people who are in poor health.

In February, 1903, I began to cough and to expectorate a great amount of pus at a time. Some doctors told me my lungs were in a very critical condition, while others said: "Your stomach is causing you all this trouble." Whatever the trouble was, I began to fail rapidly.

In the latter part of May, 1903, I went West, visiting the different States recommended by doctors for pulmonary trouble.

At this time it was nothing unusual for me to cough for two hours at a time. Doctors wanted to operate on me, alleging that I had an abscess on the left lung, and that my system was absorbing the pus, which would soon kill me.

At the end of April last my stomach was in such a condition that even a glass of water would give me pain, so I decided to return home, where I could get some comforts, in spite of the fact that the doctors told me that the Ohio climate would kill me. But by this time I was accustomed to their talk, for in July preceding they had told me that I was only good for four months, at the most.

I came home in May, weighing only ninety-nine pounds. I had a place built so as to sleep out of doors, and taking the advice of a doctor (who said I was a very sick man, and my entire system poisoned), I commenced to drink milk. All of my friends thought I would never get well.

I began with two quarts a day, drinking a glass at a time, and increased the quantity until I was taking five quarts a day—never drinking more than two glasses (one pint) at a time. In four weeks from the date that I began the milk diet my cough had left me, and at the end of seven weeks I had gained fourteen pounds. I then commenced to eat other food. A little later, and I found that I could walk for four or five miles and not get tired.

I still sleep out of doors, and use milk with other food. However, I fully believe that milk did more toward saving my life than any one thing.

PHILO S. HANKEY.
Bowling Green, O.

MILK ACTS DIFFERENTLY ON DIFFERENT PEOPLE

To the Editor:—You said you would be glad to hear from others on the question of milk being a healthful or unhealthful food for adults.

I know people who can eat milk, and whom it seems to agree with perfectly. I know one man who for the first thirty-five years of his life was thin almost to the point of emaciation. He began to drink milk, and he began to gain flesh. A milk diet agreed with him so well that he finally made up his mind he would live on it entirely, with the result that in a few months he gained about

thirty pounds in weight and looked ten years younger. My father was troubled for years with indigestion. His supper usually disagreed with him. He finally began eating bread and milk. Since my father began eating a bowl of bread and milk for supper, and nothing else, he has had very little trouble with indigestion.

I also know people who cannot take milk in any form or at any time.

It seems to me that we shall have to consider milk a wholesome and proper food for some, and an unhealthful food for others.

ANNIE L. SWETT.

Cedar Rapids, Ia.

CRAVING FOR STIMULANTS CREATED BY "DRUGGED" CIGARETTES

"One of the best specialists that has ever been in this country once told me," says Mrs. Logan in the New York American, "that any one who smoked cigarettes would surely drink to excess, that there was never a pure cigarette made in the world, that all cigarette paper was saturated with a drug, that the boasted purity of those made by the smokers themselves was nonsense, that the tobacco and paper were both treated medicinally and thoroughly impregnated with a deadly drug, and that their use begot an insatiable thirst for stimulants.

"He said, furthermore, that the drugs used in the manufacture of cigarettes were so deleterious in their effect, that they destroyed every moral sense and all mental powers, that the nervous system was so wrought upon by them

that it was impossible to save any victim from total wreck physically, morally and mentally if such victims could not be induced to give them up.

"I hear constantly of 'smoker's heart trouble,' Bright's and other diseases, brought on by excessive smoking.

"From careful and conscientious investigation it has been established that tobacco in its disastrous effect upon the human mind and body is second to no other poison. It is inseparable from stimulants, and the two make short work of the destruction of their victims.

"Intemperance usually comes from the use of tobacco or the temperate use of wine, beer, cordials and other alcoholic beverages."

HAS ERADICATED TUMOR ON CHEEK BY UNDERGOING LONG FAST

REMARKABLE INSTANCE OF HOW SYSTEM IN FASTING FEEDS ON SPURIOUS FLESH AND REMOVES IT FROM THE SYSTEM



C. Emerick, Jr.—Cross Shows Condition of Left Cheek Before Fasting

TO THE EDITOR:—I am only 19 years of age, yet have undertaken and just com-

pleted a 41-day fast. During the time of the fast I ridded myself of a swollen abscess on the cheek which no doctor could cure, and besides, I was cured of complications that the abscess was responsible for.

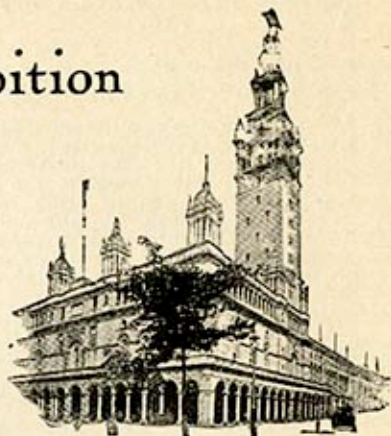
The first week of the fast I lost twelve and a half pounds and continued losing weight thereafter up to 28 pounds; but, when I resumed my meals, I gained flesh in a remarkable manner.

After 35 days of fasting, the abscess began to disappear and the feverish and inflamed conditions which had accompanied it also began to leave my cheek. I might state also that the duct of one of my eyes which, for a long time, had been clogged with matter, ripened and opened in a natural manner, and soon healed, giving me untold relief. Before the fast I was troubled with frequent overflow of tears from the eye that I could not control. Since the fast, I have got rid of this troublesome complaint.

Penn Station, C. EMERICK, JR.
Westmoreland Co., Pa.

Physical Culture Exhibition for 1905

Elaborate and Extensive Plans Being Made for the Second Annual Physical Culture Show to be Held at Madison Square Garden, New York, During the Week Commencing October 9, 1905—Some Important Changes in the Original Plans—The Exhibition Will Allow of Amateurs Competing in All of Its Athletic Events.



Madison Square Garden, the beautiful and immense Exhibition Building, the whole of which is to be used for the entire week beginning October 9th by the Physical Culture Exhibition.

SINCE our first announcements of the Second Annual Physical Culture Exhibition, which is to open on October 9th next, in Madison Square Garden, New York City, pressure has been brought to bear upon us from numerous amateur athletic organizations and individual athletes, to the end of our having the Exhibition conducted in such a manner as will enable and induce amateur athletes to compete in the several events. After due consideration of the suggestions, we have decided to accede to them. Although our contests of last year were technically open to amateurs, yet the money prizes for the final contests naturally placed the competitors therein in the professional class, and hence, and to a certain extent, barred out those in whom we are especially interested—the amateur athletes.

On this account we have decided this year, in the case of all the competitions open to men, to have the prizes take the form of valuable gold medals instead of the cash prizes that were given last year. This will place every event in the Exhibition in the amateur class, and consequently no professionals will be allowed to compete.

As far as the athletic events are concerned, they divide themselves into two classes from a prize viewpoint. In the first place, there will be a series of track and general athletic events in which any amateur can take part, the winners being given gold medals as stated. In the

second place, there will be the Grand Competition to determine the most perfectly developed men, in which seventeen gold, and, in some cases, diamond studded medals, will be awarded. In this competition, symmetry and general beauty of form will constitute thirty per cent., or thirty points in deciding the winners. The aggregate value of the prizes is nearly \$1,000.00.

All competitors in the Grand Competition will be expected to take part in the following athletic events, and the winning of each event will count as a certain number of points, to be announced later:

Five-mile run.	Standing broad jump.
15-mile walk.	Putting 16-pound shot.
Two-mile run.	Throwing 56-lb. weight for height.
One-mile run.	Back lift, in harness.
Half-mile run.	Straight two-hand lift.
Quarter-mile run.	50-yard run, carrying 100 lbs.
220-yard dash.	Climbing the rope hand-over-hand.
50-yard dash.	
Standing high jump.	
Running high jump.	

The possibilities of a competitor winning several costly prizes apart from his chances of being a winner of the Grand Competition will be apparent. If entered for the Grand Competition, the prizes which he secures by being victor in one or several of the events just named are independent of the prizes awarded in the Grand Competition itself.

In the competition to determine the most perfectly developed women, money prizes to the value of \$1,000.00 will, as previously announced, be given, the di-

vision of the cash being as follows, so that seventeen competitors will receive, at least, a portion of it:

First Prize, \$500.00	Fifth Prize, \$25.00
Second " 200.00	Sixth " 20.00
Third " 100.00	Seventh " 15.00
Fourth " 50.00	

Ten prizes of \$10.00 each for the next ten best competitors.

Any additional donations to the amount of the prize money from outsiders, will be divided and apportioned among the seventeen winners in each contest, pro rata.

During the week all female contestants will be expected to compete in the following athletic events, and the winning of each event will count for a certain number of points, to be announced later:

One-mile run.	High jump.
Half-mile run.	Five-mile go-as-you-please.
Quarter-mile run.	Two-hand lift.
220-yard dash.	
50-yard dash.	

In this contest, beauty and symmetry will count fifty points.

OTHER ATHLETIC CONTESTS FOR WOMEN

Aside from the Grand Competition to determine the most perfect women in the world, there will be a number of other very important athletic contests for women, for which we invite entries.

We will among such events conduct a Women's Fencing Championship, which, in view of the popularity and growing importance of this splendid sport, should prove most interesting.

Then, too, we are offering a silver loving cup for basketball games between prominent Women's Basketball Clubs. These games should be among the most fascinating features of the huge entertainment that we shall have to present to the public.

A Bag Punching Championship for women will be another feature of interest and importance.

OTHER GREAT AMATEUR ATHLETIC CONTESTS

In addition to the foregoing, there will be numberless other interesting features

in the Exhibition, including amateur athletic contests, in which the notable athletes of the country are expected to enter.

Among these contests will be amateur wrestling, physical culture style, in the following classes:

Featherweight,	Welterweight,
Lightweight,	Middleweight,
	Heavyweight.

In this style, a fall consists simply in throwing one's opponent off his feet, thus making the struggle most interesting and lively throughout.

Although we have not yet definitely decided on the matter, we hope, nevertheless, to have amateur boxing contests in the following classes:

Featherweight,	Welterweight,
Lightweight,	Middleweight,
	Heavyweight.

We will also have games of

Push-Ball for Men,
Tug of War,
Fat Man's Race,

and a host of other like attractions, including many events and things of a humorous nature. With the experience of the first Physical Culture Exhibition behind us, we expect to be able to make the coming show the greatest physical culture and athletic carnival ever held in this country.

Physical Culture Societies and Athletic Associations in general are invited to hold what we term Physical Culture Championships. For particulars in reference to these, we refer you to the editorial on this subject appearing in this issue.

The all-round winners in each of the local competitions will have the privilege of representing their respective cities at the Exhibition, and a portion, and in some cases all, of the expenses of these representatives will be paid, depending upon the distance of their cities from New York. The winner of any special event, however, in other cities, will have the privilege of competing in a similar event in the Madison Square Garden Exhibition should he so desire, but at his own expense.

QUESTION DEPARTMENT

By *Bernarr Macfadden*

Those interested in the articles which have appeared in the magazine during the past year, giving instructions for the treatment of various diseases, will be pleased to hear that we have adopted a new method of helping those in need of advice of this character.

We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily régime. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

Fasting for Paraplegia

Q. In case of paraplegia, caused by a clot of blood on the brain, what should one do to obtain a cure, or at least a partial recovery?

A. The numbness, occasional tingling and partial paralysis of the lower limbs which you experience may be due to other causes than that mentioned, though, whatever the cause, you should be benefited by a physical culture régime. Exercise, massage, care in diet, abstinence from meat, free drinking of water, pure air, dry friction baths and cold water bathing, together with the application of cold wet cloths upon retiring, to remain all night, all would be of assistance to you in bringing about an improvement. Walking, if you are able to walk, or as soon as you become able, would be of the greatest value in such a case. Fasting, however, would be the most important measure to be adopted. The clot of blood would probably be absorbed in the circulation during a fast. At such times the body gets rid of any surplus or foreign matter contained within it, and while nothing definite can be promised in this way, yet a complete fast of two or three weeks will unquestionably be productive of some benefits, and in some cases will bring about surprising results.

To Tear a Pack of Cards in Two

Q. Kindly advise me in what way to develop and strengthen the wrists and hands so that I can tear a pack of cards in two. A friend of mine is of the opinion that it cannot be done.

A. The feat you mention is a difficult one and is performed only by those possessing great muscular strength. It is, of course, largely a matter of practice, and the powerful grip necessary can be obtained only by persistent exercise of the parts involved. I would especially suggest resisting exercises for the wrists, hands and fingers. After you become familiar with the exercises I am presenting in this issue, for developing the shoulders, you should be able to adapt the principle of resistance involved therein, and devise a series of movements for strengthening the grip. Remember, that it requires determination and intense mental concentration upon your exercises to get the best results.

Cure for Warts

Q. Would you kindly offer a cure for warts?

A. About the best and simplest way to get rid of these harmless, but sometimes unsightly, growths is to kill them with a little drop of carbolic acid, merely touching the tops of them with the liquid once every day until they disappear. Be exceedingly careful not to touch the skin around the warts with the acid.

Relaxation vs. Resisting Exercises

Q. A physical culture advocate recently expressed the opinion that "relaxation" is better than the "resistance" system. I would greatly appreciate hearing your view of the matter.

A. I cannot see that the two principles of resistance and relaxation conflict with each other in physical culture work, inasmuch as each has a distinct and different purpose of its own. I thoroughly appreciate the value of relaxation. It is another name for rest. In this busy, strenuous age, the majority of our people are too tense, they keep their nerves strung up to the highest pitch, they are continually "on edge," as it were, and in that way undoubtedly waste great quantities of nervous energy and vitality. It would be worth a great deal to such people if they could learn to "relax," and the practice of relaxing exercises would be of unquestionable value to them. At the same time, relaxation, like sleep, would never develop actual strength, except as it enables one to recuperate and recover the energy which has been consumed in one's daily work. It requires activity and effort to develop strength, and resisting exercises are among the most valuable to be found for building up vigorous bodily strength and for accelerating the circulation.

How to Take a Sitz Bath

Q. What is a sitz bath? After reading your magazines for six months I have noticed frequent mention of the cold sitz bath, but have never seen instructions on how to take same.

A. The cold sitz bath consists simply in immersing the hips in cold water, sitting down with raised knees in an ordinary tub, so that the water covers the hips, buttocks and abdomen. This bath is very effective, exerting a very powerful stimulating and invigorating influence upon the body. It is a splendid help in curing constipation and in remedying genital weaknesses of both sexes. But the greatest care

must be used to see that you recuperate properly from the bath, otherwise it can do no good, and possibly lower ones vitality for a few hours. It may last any length of time from a half-minute to a half-hour, depending upon the vigor and recuperative powers of the patient, and upon the temperature of the water; but one should always come out of the bath with a feeling of warmth and comfort. The hot sitz bath is also valuable in some cases for relieving bladder troubles or other severe pains or inflammation in the abdominal region.

Menus Containing Meat

Q. In the last two or three numbers of your magazine, I have noticed that some of the menus, published in competition for your prize offer, suggest meat and chicken in the daily bill of fare. Is it an oversight that you publish these, or have you repudiated your past teachings in reference to meat?

A. Let it be understood that my views on the subject of meat eating have not changed. Of course, a vigorous, active person can use a moderate amount of meat in his diet and still gain strength and maintain a somewhat satisfactory degree of health. At the same time, meat is stimulating in its nature and contains many impurities, while the nice, delicate expressions "cured", "seasoned", and "tender", cannot entirely disguise the fact that it is often partially decayed before it is eaten. I believe that a much more satisfactory, healthful and strengthening diet can be found in nuts, legumes, cereals, vegetables and fruits, to which can be added milk and eggs, if one is so disposed. Our attitude, in this matter, however, is one of tolerance. A great many physical culturists have not yet reached a point where they can eliminate meat from their diet entirely. It is to accommodate our friends of this class that we have permitted the use of meat in a few of these menus.

Strain in Abdomen

Q. Sometime ago I strained myself, and since have noticed pain in right of abdomen, which is much aggravated by exercises. Please give your opinion and advice in reference to it.

A. It is impossible to advise accurately without knowing more definitely the exact nature of your trouble. If it is a muscular strain, the part should be given absolute rest, or as nearly so as possible, with the application of a cold wet cloth on retiring, to remain all night. If it seems to be a rupture, I would advise a careful reading of

my book, NATURAL CURE FOR RUPTURE, and close application to the system of exercises outlined therein.

Impaired Sense of Taste

Q. Why is it that we cannot taste as well as when we were children?

A. There may be several reasons, but there are two of special consequence. For one thing, the sense of taste is often blunted by the continued use of condiments, hot sauces, unnatural beverages and other stimulants which are calculated to awaken a jaded appetite. Continuous eating without appetite, habitual over-eating, and the lack of activity to provoke an appetite, also contribute largely to cause the condition you mention. Naturally, a growing child requires more frequent and a better supply of food than one who has reached maturity. But out-of-door activity, together with a fast of two or three meals, will usually restore, even to an adult, that keen, delightful sense of taste which most people never experience after they have passed their childhood days.

Should One Inhale a Consumptive's Breath?

Q. Can consumption be contracted by inhaling the breath or kissing the lips of a person afflicted with this disease, provided that one has sound lungs and no tendency toward consumption? Also, how would it be if one was slightly disposed toward consumption?

A. On general principles, it is, of course, very foolish to inhale the breath of any person, whether that person be consumptive or in perfect health. The breath carries off the waste of the body, and is always poisonous. When indoors, therefore, perfect ventilation is always of the greatest importance. I would say, however, that no perfectly healthy person, with sound lungs, would ever contract consumption by inhaling the breath of a person suffering from that disease. Of course, if you lived continuously with such a person, breathing day after day the confined air of his apartment, your own good health would in time become impaired, and you would be subject to the disease. We all breathe consumption germs every day, in city streets, in trolley cars, churches and theatres, and if the inhalation of these germs could give us the disease, we would all have been dead years ago. In nearly all cases, germs, like other scavengers, are the result of disease and the decay of tissue, not the cause. Even the advocates of the germ theory now agree that germs cannot affect a person unless he is in such "poor physical condition" that he is susceptible to them.

OUR ADVERTISING MANAGER AT YOUR SERVICE

Persons living in distant parts of the country who do their purchasing by mail and who are unable to find what they want in the advertising columns of PHYSICAL CULTURE, will be assisted in procuring the

articles they want by addressing the advertising manager of this magazine. He is at the service of readers and will endeavor to give you the information you desire, or procure for you what you cannot get in your home town or city.

Editorial Department

We are leading a reform that aims for a cleaner, stronger and nobler manhood and womanhood. We are trying to annihilate the greatest curses that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL AND TOBACCO.

This magazine is not published for financial gain. The editor believes that there are objects in life that give far more satisfying rewards than money. He is leading a reform that is of more value to humanity, that gives him more calm content than any financial return could yield him, no matter how great it might be. To prove that he is in earnest, that this magazine is not published for financial profit, he makes the standing offer, that he will place the property necessary to the continued existence of this publication where he can never gain financial profit by it and will still continue his work as editor, provided one or several persons will guarantee him a permanent income that will suffice for the living expenses of him and those who depend on him, during life.

BEGINNING with this year, we desire to inaugurate an athletic feature which we believe will be of immense importance to the entire athletic and physical culture world. We want to inaugurate what we may term Physical Culture Championships in every city of any size and importance in the United States. Wherever there are Physical Culture Societies we, of course, would like the championships to be conducted by them. Where there are no Physical Culture Societies we invite gymnastic and athletic associations to hold these championships for us.

Physical Culture Championships

We will furnish medals for all the various events, and also beautiful lithographs to advertise them, and we will also announce them several months in advance in our

magazines.

One of the objects of these Physical Culture Championships is the selection, in the localities in which they take place, of the most proficient and finely developed men and women to represent the several districts at the Madison Square Garden Exhibition, in New York City, which is to be held during the week beginning October 9th. The posing competition, which will be part of these contests, can be held during the athletic games, or a special exhibition can be given later in some hall.

Full instructions for holding these championships, together with our terms for furnishing medals, lithographs, etc., can be secured by writing to our main office.

Commencing with this month, I expect to publish a series of valuable illustrated articles on athletic training, written by the champions and record holders in the different athletic events, each one discussing the particular branch of track and field work in which he excels, and giving definite instructions and helpful pointers on just how to train for and perform that event. This series of articles will be of incalculable aid to those who wish to train for these Physical Culture Championships.

I would especially call attention, also, to the announcement, on another page of this magazine, in reference to the great Physical Culture Show at Madison Square Garden. In addition to the two great competitions to decide who is the most perfectly developed man and the most perfectly developed woman in the world, there will be a host of other amateur contests in which the best male and female athletes of the country will compete. With these, and many other special features of like importance, we expect that the Exhibition this year will vastly eclipse the splendid record of the great Physical Culture Show of last year.

SINCE his recovery from a serious illness some time ago, Mr. John D. Rockefeller has perhaps accomplished more for the physical culture movement than any other one man. Not by his strenuous work in the field, but by his remarkable exemplification of the power of physical culture methods in his own case.

While attending his son's Bible class recently, he gave some advice which could hardly be improved upon in this magazine. He said: "Don't drink ice water, and don't bolt your food down. Drink your water straight. The use of ice for cooling water is bad. Ice is of little use except in

reducing temperature of fever in a patient or keeping the refrigerator cool. The ice habit is the great American sin. Frenzied finance is not nearly so hurtful. Drink pure water of the ordinary temperature and drink lots of it. Drink a pint every two or three hours. When you drink ice water you do not drink enough."



EVERYWHERE we are reading editorials now in which there is a physical culture twang. One of the most valuable converts we have noted is the New York Times. This newspaper is noted for its conservatism. It would hardly advocate a reform without careful investigation and consideration.

Some time ago we made some very emphatic statements about the surgery evil in the treatment of appendicitis. From the editorial column of the New York Times we reproduce the following which indicates that even this conservative newspaper has found it

necessary to sound a note of warning against the murderous operative methods in vogue in the treatment of appendicitis:

Sir William McEwen, the eminent English surgeon, has lately made an important addition to medical literature in a lecture, taking the ground that the appendix vermiformis, instead of being a useless organ and a mystery in the human anatomy, has a very important function in assisting digestion. It is, moreover, the chief habitat of a certain micro-organism which is most effectively industrious in attacking imperfectly assimilated nourishment, and if useful solely as a medium for the cultivation of these bacteria, it should be parted with only as a last recourse to save life.

Dr. Rabagliati, one of the sanest of modern writers on such subjects, says:

"A structure rich in lymphoid elements has probably a useful part to play in the economy, and it would be far more useful to poor and suffering humanity, though possibly less immediately beneficial to the prophets, to advise how to keep the appendix vermiformis and other parts sound and healthy than to proceed to remove them in the way that is now freely proposed and carried out. Even after the appendix is removed the caecum and other parts of the intestine may become inflamed, and the appendix-less patient may still suffer from inflammation of the caecum or of the bowel, from peri-typhlitis or enteritis. Are we to excise the caecum in order to prevent typhlitis or peri-typhlitis? Or would it be wise to amputate the head in order to prevent neuralgia in the face?"

A few years ago this would have sounded perilously like medical heresy. At present it is rated as good common sense. If the length of time that man has been on this planet has not sufficed by natural evolution to eliminate the appendix

*John D. Rockefeller
Teaching Physical Culture*

*The New York Times Joining the
Physical Culture Ranks*

vermiformis, no great stretch of the imagination is needed to reach the conception that perhaps it is useful, after all. The results of surgery on this organ prove very little. Some have died under the knife; some have died after the operation, and some have recovered more or less quickly and completely. What the statistics do not show is how many of these patients would have died and how many would have recovered without operations. The conviction in medical circles that there are diseased conditions now rushed to the operating table which might be treated much more satisfactorily and equally successfully by medical, and particularly by dietetic, management is an evidence of the growth of a kind of conservatism which has a close resemblance to sanity.



JOHN L. SULLIVAN, the well-known pugilist, recently made his debut on the lecture platform. In an issue of *The New York American* he is credited with giving some very sound advice, which we hope he is practicing as well as preaching:

Prior to his lecture John L. converted a messenger boy whom he found smoking a cigarette, and who admitted having sometimes drunk liquor. Here is what Sullivan said in his effort to reform the youngster:

***Is John L. Sullivan Turning
Physical Culturist?***

"I don't believe in lecturing boys—but take my advice and stop drinking and smoking cigarettes. When you get older and must smoke—why, smoke a good cigar or a pipe.

"I ought to know what I'm talking about, boy. I've owned forty or fifty saloons in my time, and was glad to get out of that business. I know as much about drinking rum as any one.

"I've drunk a lot of it in my day. I never was a drunkard, but I've drunk too much, lots too much, and smoked too much.

"About the only thing I brag about is that I never smoked a cigarette in my life.

"I'm an advocate of temperance in all things, and especially in smoking, drinking and eating. I used to be a great eater, but I am not now. I only eat two meals a day and I'm better off for it.

"Now, lad, I'm not posing to you as a horrible example or anything like that. I'm simply telling you what I've learned by experience. I would have been champion of the world for years longer and probably never would have been whipped had it not been for intemperance in living—in eating and in drinking and in smoking. I didn't drink much in training and the smoking I did did not hurt me materially, but at that I did too much of it, and when I met Corbett you could have whipped me if you had made me run after you long enough.

"There's Muldoon. He's the greatest trainer that ever lived. He won't let any one who smokes cigarettes come near him.

"That rum hasn't wrecked my constitution is due to the strength of the constitution and not an argument in favor of drinking; besides, I've never fought it consistently, and besides, I've been an easy drinker except by spells.

"Drinking rum takes a lot out of an athlete; smoking dries him up inside and cuts his wind. If you're thinking of ever being any kind of an athlete don't touch tobacco or rum unless the doctors tell you to—and they never will."

Bernarr Macfadden