

# PHYSICAL CULTURE

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

VOLUME XV FEBRUARY, 1906 NUMBER II

## Contents

(Copyrighted, 1906 by PHYSICAL CULTURE PUBLISHING CO.)

	PAGE
<b>LEADING ARTICLES FOR FEBRUARY—</b>	
Vitality and Muscle Building Exercise.....	by <i>Bernarr Macfadden</i> 119
Amateur Athletics Exposed.....	by <i>Arthur Duffey</i> 124
Scientific Wrestling.....	by <i>Claude E. Holgate</i> 131
Sex Physiology and Woman's Colleges.....	by <i>Walter M. Stevens</i> 134
The Irish, the People That Will not Die.....	by <i>John J. O'Shea</i> 144
Cooking Without Continuous Fire.....	by <i>J. Walter Smithson</i> 200
<b>ORIGINAL CONTRIBUTIONS—</b>	
From Weakness to Strength.....	123
Physical Culture a Necessity to the Actress.....	139
Weird and Wonderful Story of Another World.....	by <i>Tyman Currio</i> 153
Comstock, King of the Prudes.....	by <i>Bernarr Macfadden</i> 162
Physical Training for the Baby.....	by <i>Bernarr Macfadden</i> 172
General Exercises for Women.....	by <i>Bernarr Macfadden</i> 174
St. Valentine's Day.....	180
Short Talks to Women.....	181
Obesity the Plague of the Sedentary.....	by <i>W. D. Waites, M. D.</i> 185
Medical Laws, Graft and Other Things.....	by <i>B. M. Jackson, M. D. LL. B.</i> 187
Board of Education Methods that Wreck Lives of Students.....	189
Ignorance and Shame or Truth Without Fig Leaves.....	by <i>P. V. Powderty</i> 190
Ideal Babyhood.....	by <i>Marguerite Macfadden</i> 197
Why Are the Children of the Great Usually Failures.....	by <i>Grace Potter</i> 207
Mr. Baggs Takes a Cold Bath.....	by <i>Jimmie Sunn</i> 222
Arthur Duffey Demands Justice.....	by <i>Bernarr Macfadden</i> 223
<b>DEPARTMENTS—</b>	
Physical Culture as a Deterrent of Crime.....	by <i>Bernarr Macfadden</i> 141
Rounding up the Quacks.....	149
Athletic Training for Boys and Girls.....	166
Womans Forum.....	178
Vegetarian Menu of Cooked and Uncooked Food.....	by <i>Miss Florence M. Lloyd</i> 182
Parliament of Thought.....	192
Miscellaneous Paragraphs From Everywhere.....	195
Very Complete Menus for Three Days.....	by <i>Marguerite Macfadden</i> 203
General Question Department.....	by <i>Bernarr Macfadden</i> 209
Woman's Question Column.....	by <i>Bernarr Macfadden</i> 211
The Athletic World.....	by <i>Arthur F. Duffey</i> 213
<b>EDITORIALS</b> .....	by <i>Bernarr Macfadden</i> 226

Entered as Second-class Matter at the Spotswood, New Jersey, Post-Office

PRICE, \$1.00 PER YEAR, POSTPAID WITH FOREIGN POSTAGE, \$1.60

BERNARR MACFADDEN, EDITOR-IN-CHIEF

PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.  
PHYSICAL CULTURE CITY  
SPOTSWOOD P. O., NEW JERSEY

Send money by check, P. O. or express order, or registered letter. When sending check always add 10 cents for collection charges. Stories and articles of unquestionable merit and photographs suitable for publication invited. The editor does not assume responsibility for opinions of contributors.

We accept no advertisements from those whose wares we cannot conscientiously recommend. Patent medicine and other "fake" remedies cannot buy space of us at any price. We will consider it an especial favor if readers will furnish us with proof of any fraudulent claims made by advertisers in our columns. We have refused, are still refusing, to insert advertisements which deceive and rob the unwary of money and health. If any of this kind by accident secure insertion we desire to know of it as soon as possible.

CHANGE OF ADDRESS. Notify immediately. In ordering change, give old as well as new address.

DATE OF EXPIRATION of your subscription is printed on wrapper. Please renew promptly.

THE ADVERTISING RATE IS \$1.60 PER PAGE PER INSERTION. HALVES AND QUARTERS  
PRO RATA. CARDS LESS THAN ONE QUARTER PAGE \$1 PER LINE.



**GRADUATING CLASS OF 1905, VASSAR COLLEGE.**

The Curriculum of This Institution Recognized the Importance of Preparing Their Students for Wifehood and Motherhood.  
(See Article, Sex Physiology and Women's Colleges, page 134.)

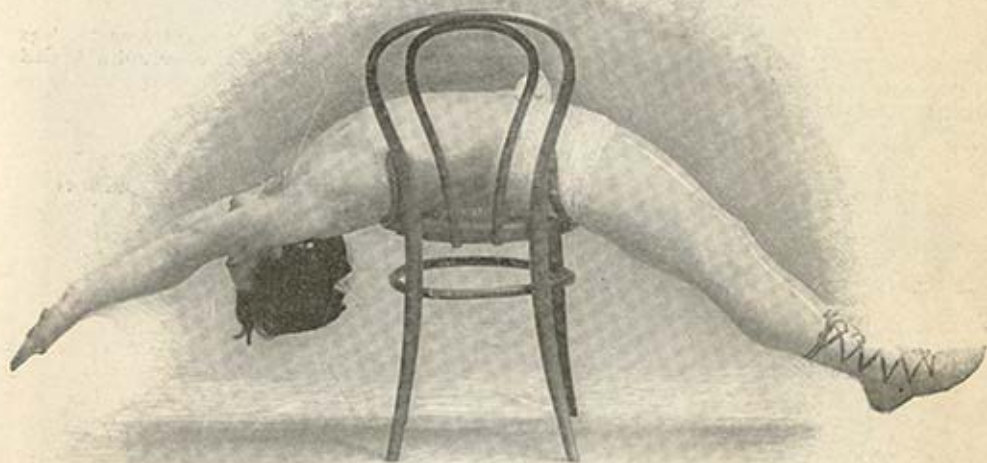
# Vitality and Muscle Building Exercise

SOME ORIGINAL EXERCISES FOR STRENGTHENING THE INTERNAL ORGANS AND DEVELOPING THE EXTERNAL MUSCLES

By *Bernarr Macfadden*

**I**N the first article of this series, published last month, I called special attention to the invigorating influence of these vitality building exercises upon the digestive organs, and the manner in which they help to remedy all the ailments to which such organs appear to be subject. In this connec-

his place of employment, and engaged in an occupation in which he was compelled to work all day in such a way that his stomach rested against the edge of a bench. This, as he stated, had the effect of not only strengthening the external muscles of the stomach but of so improving his digestive powers that

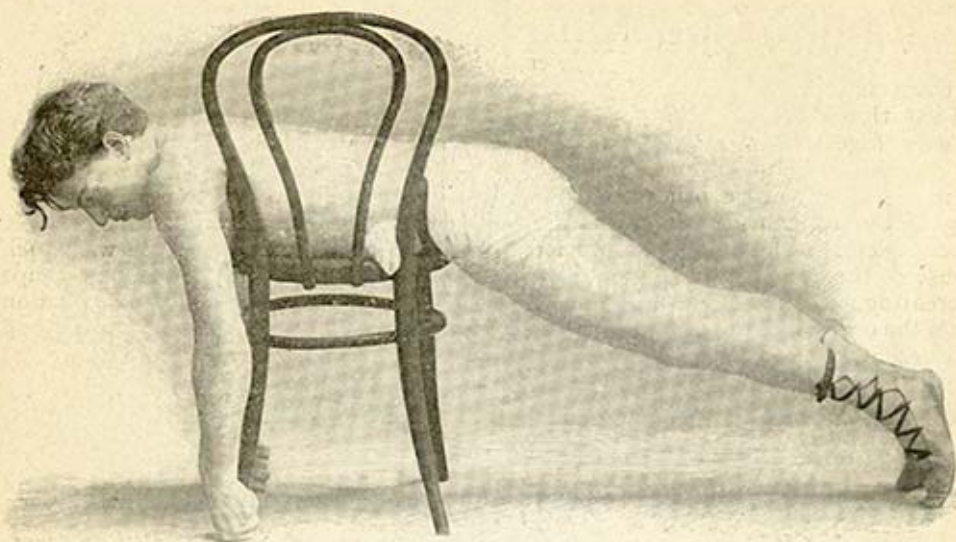


**Exercise No. 5.**—Lie prone on the back across the seat of a chair with legs straight and arms extended back of the head, then lower the feet, arms and head as illustrated in above photo. Now bring legs, arms and head upwards and over the trunk of the body as far and as high as you can, then going back to the first position and repeating the movement. Continue until tired. A little care at balancing will enable you to avoid falling off. For muscles of abdomen stomach and upper chest.

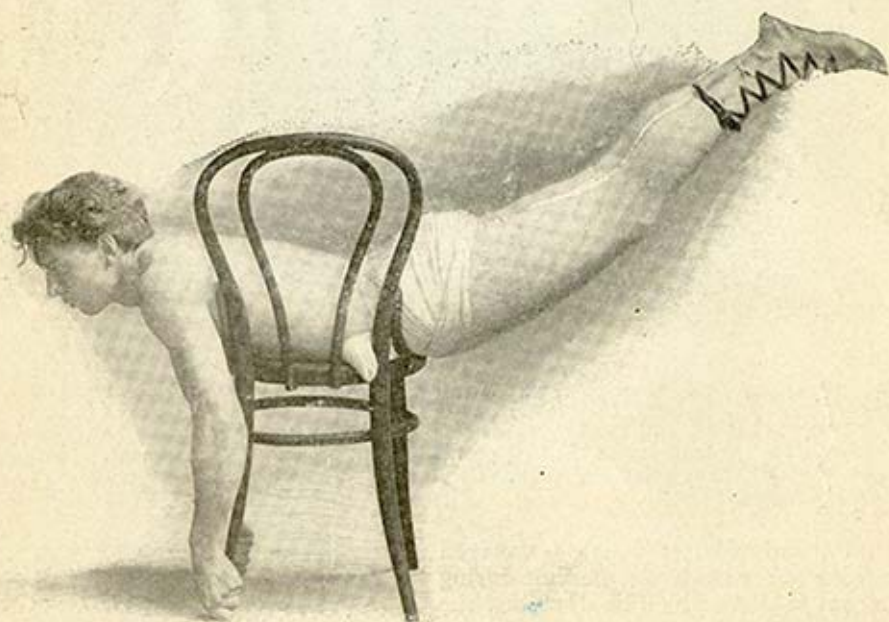
tion I recall a letter which I received from one of my readers some time during the past year, in which he described the manner in which he cured himself of a very obstinate case of dyspepsia from which he had suffered for years. He had previously resorted to every commonly known remedy for stomach troubles, and had doctored almost continuously but in vain. As it happened, he changed

in a very short time he was entirely cured of his complaint.

As you will note, this man's experience was very much in accord with the general principle which I am setting forth in connection with this series of exercises. In general, it might be said that any other form of work or of exercise in which there is either continuous or occasional pressure brought to bear



Exercise No. 6.—With toes resting on floor, assume position shown above, grasping the legs of the chair for steadiness, and placing a rolled blanket, cushion or pillow or other suitable pad directly beneath the stomach. (See next Photo.)

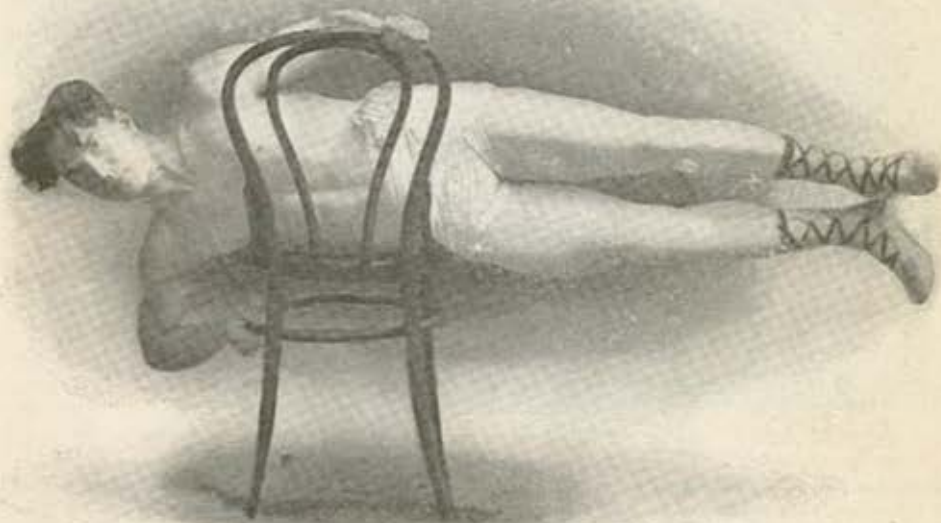


Exercise No. 6.—Continued.—Then, keeping legs straight, raise the feet as high as possible, as illustrated in this photo. Bring to floor again and repeat. This will not only afford you vigorous exercise for the stomach muscles, and benefit the internal organs, but will be found to bring into action practically all of the muscles of the back in a very energetic manner.

upon these parts, will invigorate and strengthen not only the external muscles but the internal organs adjacent to them as well.

I say that these exercises will help to remedy digestive ailments and weaknesses, and in some cases entirely cure them. But of course other conditions must often be considered for in many cases, exercise alone is not sufficient. Abuse of the stomach, through habitual overeating, for instance, which is so often the original cause of the complaint, will make it absolutely impossible to

them only in their relation to the building of superb health and nervous energy, and almost without reference to the subject of perfecting the muscular system. However, there are many of my readers who, aside from their natural desire for perfect health, have an ambition to build up an athletic, and symmetrical body, to develop all the grace of outline and pleasing contour which characterizes the perfect man, or perhaps they have been filled with admiration for the beauty of classic statuary, and well trained athletes, and desire to



**Exercise No. 7.**—This is very similar to the preceding exercise, except that you lie on one side, taking hold of the chair to steady yourself in the manner illustrated. A cushion or pillow or a roll of clothing should be placed under the body as in the previous exercises. Keeping legs straight, lower the feet to the floor and then raise them as high as possible. Repeat until tired. Same exercise on the other side. This really exercises the muscles of both sides at the same time, though in a somewhat different way.

remedy it either by exercise or through any other means until the stuffing habit is discontinued. Furthermore, deficient mastication and the character of the food eaten are usually contributory causes in cases of stomach trouble, and should be given due attention, if a perfect cure is desired.

Heretofore, and in connection with these movements, I have spoken of

emulate the ideals thus set before them. Or, many of them have athletic ambitions. Now, I wish to particularly impress upon the minds of all these, the necessity for great vital power in order to build muscular vigor. The first is of really greater importance than the other, and, of the two, far more to be desired. But as a matter of fact, the second cannot possibly be developed

without a sufficient degree of vital strength to start with. It is true that those born of vigorous parents and under favorable circumstances are supplied by nature with a splendid store of vitality, but at the same time this is usually dissipated by the unnatural habits of living prevalent in this civilized age. At all events, this vital power, this "life force" can be cultivated, if lacking, and greatly augmented if already possessed in a fair degree. And it is a mistake for one to attempt hard, competitive athletics, or to try to develop prodigious muscular strength, un-

muscles. Of course such cases are rare, and are due to the fact that the experimenters have not vitality enough to respond to the severe exertion of such strenuous exercise, whereas if they had taken some milder form of exercise at first and gradually built up their strength, or, better yet, if they had taken special pains to build up vital power by means of these movements, or other exercises for the same purpose, then they would have continually gained in health and strength until finally they would have been able to indulge in the hard work that they were unfitted for at first.



**Exercise No. 8.**—The use of an arm chair is required for this movement though a settee or any other suitable article of furniture could be substituted. Placing the abdomen across one arm of the chair, and steadying yourself by taking hold of another with the hands, gradually lower yourself down upon the abdomen until it partially supports your weight. As you become stronger you can slowly lift the feet from the floor, raising them as high as possible and repeating the movement as often as necessary. Later you may even be able to balance yourself on letting go with the hands. This answers very much the same purpose as some of the preceding exercises, but is of a more vigorous nature and is designed particularly to strengthen the abdomen. Very effective in cases of constipation.

less he is first assured that he has sufficient vitality to sustain him.

I have known cases where would-be athletes devoted themselves to very strenuous exercise, expecting to rapidly gain great strength. But they were too enthusiastic, and instead of developing larger muscles, they gradually lost weight, reducing what little fatty tissue they had possessed, and with almost no material increase in the size of their

To build or retain strength, strength must be used. There must be a demand upon nature for this strength, or it will never be supplied. But at the same time, your system cannot respond if the demand is beyond your powers, and for each one there is a limit beyond which any exertion will only exhaust and consume your vital energies. This limit is never, or very seldom reached by properly trained athletes, but the

novice or beginner may sometimes overstep it. Therefore, I say that the very first consideration of the prospective athlete or "strong man" should be the development of vital strength, so that stamina and reserve power may be obtained, which will enable his functional system to respond to any demands made upon it.

And if this vital strength is of the first importance to the athlete, by enabling him to develop the needed degree of energy for his particular line of work, how much more valuable must a similar store of vital power be to one who does arduous brain work, which requires and consumes daily, a vast amount of nervous energy.

## FROM WEAKNESS TO STRENGTH

PRESENT SPLENDID DEVELOPMENT OF G. F. CONNELLY, OF PITTSBURG, PA., BORN A "WEAKLING"



To the Editor:

I was born on the 22d day of September, 1882, a weakling and unfit for the battle of life before me.

I went to school until I reached the age of seventeen, and was always very fond of sports, especially those requiring physical prowess, but not possessing a constitution that would permit me to enter into these same sports you can imagine the misery I endured.

It is, as you well know, no joking matter for a young chap just budding into manhood to be a looker-on at a game of baseball or football with a "spirit that is willing, but flesh that is weak," with brain throbbing and blood surging and a great burning desire to get into the game.

After leaving school I went into the mill, although being physically unfit for such work, especially night work, was forced by circumstances to endure it.

Having all through the few short years of my miserable existence suffered from very weak lungs, they, through exposure, rapidly became worse and I began to stoop and to suffer from pains in my shoulders and chest, and after about six months or a year of night work I became afflicted with acute dyspepsia, which was rapidly becoming chronic.

Having doctored with first one doctor and then another and having been ordered to a healthier climate I had about despaired.

About this time I became aware of the existence of Macfadden's *PHYSICAL CULTURE MAGAZINE*, having been the recipient of a copy from a friend.

I became interested in some of the magnificent specimens of physical manhood illustrated on its pages and began to think why could not I become like them, why could I not do what another had done.

Reading one of Mr. Macfadden's treatises on deep breathing, I began to experiment with it and to try walking with my shoulders thrown back and erect.

Oh, I shudder yet when I think of the suffering and misery during that beginning. My poor lungs were in such bad condition that each and every deep breath brought a groan, and the pains through my lungs were almost unbearable and were increased tenfold by my effort to keep my shoulders erect and it seemed as though I must give up in despair.

Well, it is said that "God helps them that help themselves," and by His help, my own striving and Mr. Macfadden's good advice through the *PHYSICAL CULTURE MAGAZINE* I have gained that happiest of all attainments—perfect health and strength; and my aspirations are to become one of the strong men of the world.

G. L. CONNELLY.

Pittsburg, Pa.

# Amateur Athletics Exposed

THE A. A. U. AND ITS RULES AND REGULATIONS THAT ARE ENFORCED IN SOME CASES AND IGNORED IN OTHERS—INCONSISTENCY OF THE ORGANIZATION AND ITS FIGURE-HEAD—CASES IN POINT—BRAIN-FAG INDUCED BY A STUDY OF SOME OF THE RULES—PROMINENT AUTHORITIES WHO ENDORSE RADICAL CHANGES IN A. A. U. METHODS—J. E. SULLIVAN AND HIS INTERVIEWS—THE QUESTION OF COLLEGE ATHLETICS—CLUBS VERSUS UNIVERSITIES—A REMEDY TO BE SUGGESTED

By Arthur Duffey

(Continued)

ONE of the main contentions in connection with this series of articles is and has been that the present unsatisfactory condition of amateur athletics and the paradoxical status of the athlete himself, are alike the outcome of the rules and regulations imposed upon the amateur world by the A. A. U. But more than that, many of these same rules are rendered additionally irksome by reason of the fact that while they are ignored in some cases they are enforced to the extreme in yet others by the A. A. U. In other words, the inconsistency of intention and action which characterizes the A. A. U. as a body, is made additionally evident in the application of the legislation that emanates from that same body. "Expediency" apparently dictates the methods of the A. A. U., when it comes to the observance of its ordinances. The result is that it places itself in a position not only of a ridiculous nature, but also in one that lays it open to much criticism in regard to its integrity of purpose.

For instance, in my preceding article I referred to the way in which the A. A. U. dealt with Walter Eckersall, a star football player of the University of Chicago, reinstating him as an amateur in spite of "common report" that he was very much to the contrary. The rules and regulations aforesaid had large holes punched in them for his sake in order that he might re-enter the A. A. U. through the apertures.

And now we have the case of William J. Hail, of Yale, the intercollegiate cross country champion. According to the A. A. U. rules, college athletes are barred



Arthur F. Duffey



from athletic club basket-ball teams, yet at the same time the rules permit a man to run for both a college and a club within a short space of time. Only a few days before the national cross country championship, Hail won the intercollegiate event. In other words, Hail was running under a rule, which was directly contrary to the principle involved in the rule which bars college athletes from athletic club basket-ball teams. What is sauce for the running goose is evidently not sauce for the basket-ball gander, from an A. A. U. standpoint.

One of my late newspaper critics in commenting on the matter says: "If he (Hail) was so desirous of winning two championships in one season, he could just as well have entered the race from Yale instead of the athletic club."

This kind of thing comes from the pen of one who is supposed to be a sporting editor, and who on the strength of his position made virulent remarks anent myself. As a matter of fact, the merest tyro in athletics should know that the A. A. U. only accepts entries for its championship events when the would-be competitor is a member of a recognized athletic club. The consequence is that Hail could *not* "just as well have entered the race from Yale," as the sporting editor in question sagely remarks.

Another feature of the Hail and similar affairs that illustrates the inconsistency of the A. A. U. in the way alluded to, is that the intercollegiate athletic associations are all affiliated with it; in other words they are to all intents and purposes, athletic organizations. Nevertheless, the A. A. U. will not accept the entry of a man in its championships who is a member of an intercollegiate association only. He must be an active member of an A. A. U. organization.

It is true that very recently the basket-ball committee of the A. A. U. has been tinkering with the rules with the result that a new rule has been formulated which takes this form: "No person shall be allowed to represent more than one organization in Basket-ball during any one season." It is hard to reconcile this new rule with the Hail case. But it is not hard to show, as the athletic

editor of the Sun remarks "that the A. A. U. is not always influenced by a desire to make its rule uniform." An organization which is wobbly in its beliefs, cannot command respect. A fixed, fair and judicious policy is the basis not only of success, but of the respect and power that are the main factors in such cases. On this theory the A. A. U. can hardly expect to maintain its prestige in view of recent developments. The revolt of the basket-ball men and the very general criticism of the A. A. U. methods and principles which just now characterize no small proportion of the athletic world, is significant of the events that are to follow. Autocracy is having a bad time of it just now in both Russia and athleticdom. A ministration based on "blow hot and blow cold" rules and regulations is bound to come to grief under the influence of public opinion.

The French say that language was given us to disguise our thoughts. In the case of the A. A. U. constitution, it would almost appear as if its language was used to disguise its meaning.

Here is a rule, the attempt to solve which has almost resulted in my having an attack of brain fag: "Nor shall any person residing within the territory of any acting member of this union be eligible to compete for or to enter in competition as a member of any club in the territory of any other active member of this union, *unless he has been elected to membership in such club prior to April 1, 1891.*" The curious, in order to see that I am quoting correctly, may be referred to page 51 of "Spalding's Official Athletic Rules of the A. A. U." of the June issue, 1905.

Does it not at first appear as if the rule meant to imply that no person who was a member of a club, say in the Metropolitan district, could become a member of, say, a club in the New England district unless he had been a member for fourteen years of the first named club? I took counsel with experts over the proposition and it was finally concluded that what the A. A. U. really means was, that—to again quote a hypothetical case—no man who is a member of a club in the New England district and who yet by force of circumstances is compelled to reside in the Metropolitan dis-

trict can become a member of a club in the latter until he has been a member of his club in the New England district "prior to April 1, 1891." Which is a characteristic piece of A. A. U. legislation, and, as will be evident, is practically of a prohibitory nature.

I need not remind my readers that April 1st is All Fool's Day. What an appropriate occasion for the A. A. U. to formulate its rules and regulations, judging by this mystifying one and others.

I should also like to ask the A. A. U. if it ever enforces this rule: "An applicant for registration, not a member of an athletic club, must secure the endorsement of three reputable citizens of the locality in which he resides and the approval of a member of the registration committee within whose jurisdiction he resides." I know of my own knowledge that this rule is religiously ignored.

If necessary I could cite many other instances of the fast and loose methods that obtain in the A. A. U. on the lines indicated, but I think that the foregoing will suffice. Much will be forgiven of a man or an institution who is consistent wrongfully or otherwise. But where inconsistency is the order of the day, criticism and even suspicion are naturally aroused.

In this connection it is in order for me to quote an article which recently appeared in a Boston newspaper. Here it is in part:

"Many arraign Duffey very harshly but there are many others who are criticising the Amateur Athletic Union officials.

"If the A. A. U. starts an investigation of the amateurs there should also be an investigation of the way the A. A. U. officials do business.

"'People who live in glass houses should not throw stones' is an old adage that these same officials should remember.

"I don't know much about the game in New York, but everyone knows how loose the methods are around Boston and how rich the 'graft' is.

"Ask any athlete around Boston what happened at the athletic meeting held by the United Irish League. Because a certain man wasn't chosen starter,

officials of the A. A. U. openly tried to get the athletes not to compete at the games, and in every way harassed the meeting as much as they could.

"The local branch of the Amateur Athletic Union has furnished a soft 'graft' for the people who were 'in right.' All remember School Committeeman Ellery Clark's case. He was slated for expulsion, but never was expelled. Other cases by the score can be cited about the way athletics have been run.

"Everyone knows of how the Amateur Athletic Union forced the school boy Basket-ball players to be registered at twenty-five cents a man. Everyone knows that athletics have not been boomed around Boston as they have.

"Now that Duffey has 'shown up,' the Amateur Athletic Union, the officials are telling how they will punish Duffey.

"Secretary Sullivan has come out with the declaration that he 'intended to refuse Duffey a registration card in 1906.'

"Sullivan's declaration looks like a case of 'sour grapes.'

"Going back to the local conditions, everyone knows how much money was paid to Rodenbach, the fighter, to come to Boston two years ago. J. E. Sullivan at the time stood for Rodenbach's expense bill, which was extravagantly large.

"Everyone knows how certain athletes are given watches as prizes and how the same boys go back and sell the watches to the man from whom they are bought by the various clubs.

"Graft and politics rule the local athletics. If the amateurs are to be investigated, why not the officials.

"Secretary Sullivan can erase all the Duffey records he wants to. But the public will never forget that Duffey was one of the greatest sprinters the world has ever seen.

"LOVERS OF CLEAN ATHLETICS REALLY OWE DUFFEY THEIR THANKS. DUFFEY KNEW THE STORM THAT WOULD BE RAISED BY HIS ARTICLES. HE WENT AHEAD.

"It is now up to the Amateur Athletic Union, and don't look for a rigid examination, for if one is made, the officials will get tied up.

"If the A. A. U. is as bad in New York

as it is in some sections, the investigation will be rich."

The writer is evidently "next" to some things about which I shall speak later.

Outside of the legislative looseness of the A. A. U. in general, the total text of my articles has been that that organization cannot or will not recognize the conditions which are known to exist to every amateur athlete who is worthy the name of such, this condition being that the money element *does* enter more or less into amateur athletics and that the stupid ignoring of this fact is responsible for much of the current evils of amateur sport. I am glad to quote in support of this latter contention the following authorities for the reason that these at least are not actuated by the motives that some of my critics have been good enough to assign to me.

Prof. Edwin H. Hall, of Harvard for example, specifically declares that the rules regarding the taking of money by an amateur athlete should not be observed to the hair-splitting point.

Or as he states "should not be taken too literally." He expresses himself so fluently and so entirely in accordance with my own view of the question that I am going to quote him at length.

He says: "I think then we may fairly say that the application of this rule (expenses etc. for amateurs) is uncertain to the point of capriciousness, and the inevitable result of this is that a young man will think, 'If I report to the athletic committee any trivial violation of the letter of this rule with which I have been concerned, I shall merely make myself ridiculous. I must use my own judgment as to what the rule really intends, and use my own judgment as to what I shall declare of my own acts in violation of the letter of that rule.' And so he goes on giving himself the benefit of the doubt in various small financial matters till he becomes important in college athletics, and then some day, one of these small matters is suddenly thrown into the most unfavorable light and the young man drops out of the field of college sport in disgrace. Usually, it may be, he deserves his fate, but sometimes, I cannot help thinking, honest doubt as to the intention of the

money rule has led him into a snare.

"If we were to issue this money rule with a proper commentary, we would write across its face the following statement. 'This rule is not to be taken literally. The dividing line between infractions which count and infractions which do not count is to be drawn, without appeal after the act, by some athletic committee not yet known, if the matter happens to be brought to its attention in any particular instance.' But the uncertainty in the application of the rule is not the only objection to it. This rule puts into the catalogue of capital offences from the point of view of amateur standing, acts which are not in themselves wrong. A few decades ago the division of money among members of a college athletic organization won as prizes was not forbidden. I think we shall find that the distinction between the professional and the amateur is nearly as follows: *The professional is the man who makes all the money he can out of his athletics and admits it. The amateur is a man who makes all the money he can out of his athletics and denies it. This distinction would, of course, do injustice to many individuals, but does it not represent pretty accurately the public estimate of conditions in so-called amateur athletic associations?*"

Professor Hall further suggests a trial of the abolition of the money rule, and holds that for example, while playing base-ball for money by college students may not be dignified, it would be better to play openly for money on summer mines than to serve as a waiter looking to guests for fees. "It is to be noted," he says, "that the money rule as it now exists has a strong tendency to exclude college athletes from one of the most natural and useful summer occupations, the out-of-door care of boys with oversight of their sports, such service as an older brother might give a younger or a father might give a son."

Other of Prof. Hall's utterances in regard to college athletes apply equally to amateur athletics in general. His views are distinctly out of accord with generally expressed ideas. "Would the abolition of the money rule," he asks, "increase the practice of getting money to induce athletes to enter this or that

college, or to support them in whole or in part at college? It might to some extent, increase this practice, which the present rule has not altogether prevented. The extent to which financial aid is given to the student may vary within wide limits and the ways by which financial advantage may come to the student from his athletic relations are so numerous, that it is idle to think of putting into effect our present rule in full strictness, or of finding such a modification of this rule as will distinguish satisfactorily between practices which nearly every one would regard as legitimate and other practices which would be universally condemned. Let us suppose, for example, that a well to do student entering college has a classmate who is a good athlete. Can we undertake to prevent, and ought we to prevent the first student from inviting the other to share his college room without sharing the expense? Can we prevent, ought we try to prevent, a man who is interested in some college student, from contributing to the support of this student through college, basing our opposition on the ground that the student is a prominent athlete? The endeavor to prevent such practices and others like them is sure to result in a resort to those devices of concealment or absolute misrepresentation with which we are only too familiar in the periodical exposures of the violations of our money rule, practices to which the term 'crookedness' is peculiarly applicable.

"I should be willing to see the practice of giving and taking money in college athletics increased fourfold, if I could at the same time see the practice of deception or downright dishonesty which now attends that practice reduced to one-fourth of its present magnitude. We do too many things in this country simply because they are done in the English universities, where the conditions are very different from those in America. In Cambridge and Oxford practically all the students are men of means, they do not need to earn money; they are the sons of what the English people call gentlemen, or the 'upper classes.' We have no such distinctions in this country, and it is the boast of our colleges that they serve the poor as well

as the rich. Scores of honest, decent undergraduates in Harvard and other institutions would be glad of the opportunity to help in paying their way through college if they were given the chance. They ought not to be branded as professionals if they think, that is an objectionable word; they ought not to be kept out of athletics; they ought not to be induced to lie. *One of these three things is likely to happen in a great many instances as long as the present rules are enforced.* In trying to follow the example set by the English universities, which is doubtless the proper one for that country, we have gone too far. The best thing of all would be to do away with all rules except those which tell how the game shall be played or the race rowed."

Mike Lynch, the former Brown University pitcher, now with the Pittsburg National League Base-ball Team says: "It seems to me that the rules that are framed up for the college athletes are designed more to make a man a crook than to make him honest." His utterance is interesting, when taken in connection with that of Prof. Hall, for these two men, looking at the question from different standpoints, arrive at practically the same conclusion.

The *London Field* in commenting editorially on what it is pleased to call "the Duffey incident" says among other things that "Mr. Sullivan who seems to be a kind of 'benevolent dictator' in amateur athletics, proposes to take a new way in dealing with offenders of the Duffey type. But since the past is immutable, no stroke of Mr. Sullivan's pen can take from Mr. Duffey, should he be convicted, the credit of having run 100 yards in 9 3-5 seconds." The *Field* also calls attention to the fact that the condition upon which I have laid stress in these articles of mine, is very general in British circles, and hints that the organizers of athletic festivals are more to blame for offering star amateurs liberal "inducements" than are the amateurs for accepting the same; which is another illustration of the anomalous position in which the prominent athlete finds himself nowadays through the hypocrisy of those who refuse to face and acknowledge things as they are.

Referring to the A. A. U. rule, which forbids an athlete to profit financially by his ability or reputation, I would like to ask the Solons, who hatched that rule, whether it applies to the athlete who receives payment for articles on athletics, or indeed to any individual who by reason of his A. A. U. affiliations makes money out of his pen and his books.

If I, on the strength of my athletic standing, verbally coach a would-be sprinter or sprinters and receive a financial recompense; for so doing, I immediately become a "professional" under the A. A. U. rulings, and am fired out of the A. A. U. fold. But if I coach a would-be sprinter or sprinters by means of written instead of verbal directions, there is "nothing doing" in the way of reprimand or expulsion, even though I may get much more money for the latter than for the former form of coaching. The question thus raised is without doubt of interest to editors and publishers of athletic "libraries" or athletic publications in general.

The following communication is one of many of such which have been received. It explains itself.

MR. BERNARD MACFADDEN:

DEAR SIR.—Your statement in your editorial "The Amateur Athletic Union would lose a very large number of its best athletes if the definition of an amateur was rigidly observed" is so well known by a large majority of the A. A. U. "Stars" that little comment is necessary. For example we have in this town (just across the line from Chicago) an athlete of unusual ability—Clay Foster; this young man has posed as an amateur for years and was not until a year ago dismissed from the A. A. U. when they had the most positive kind of professionalism evidence against him for running in a match race (220 yards) with the most prominent sprinter in the University of Chicago who originally came from Indiana Harbor, this State. The A. A. U. officials realized that the U. of C. man was too valuable to lose, especially as the officials of the First Regiment of Chicago, who are closely affiliated with the local A. A. U. officers, had first call upon the services of the "Varsity" man. Foster never denied his part of the affair, and furthermore gave the writer permission to use his name in this article. Another case of the rankest kind of professionalism came to my notice at Cedar Lake, six miles south of here; a match 100-yard race between the best dash man in the First Regiment and an athlete, now one of the most prominent half backs on a University team. The race was won by the college man, and the Central A. A. U. of Chicago, heard of the

affair within three days and were given the athlete's names. Were either of them suspended? Oh no, they were both too prominent. Mr. Lipps, at that time the Central A. A. U. secretary looked wise when asked about it afterwards, and said it was merely a friendly race at a picnic. Is a match race, where hundreds of dollars change hands, where the winning sprinter is seen accepting his share after the race, is this a race for glory? This is but one of many match races that have been pulled off at Cedar Lake, and to my positive knowledge I have seen prominent A. A. U. officials right on the grounds while the rankest kind of money betting races have taken place between positive A. A. U. stars, and not a word was said afterwards. Let a poor eleven seconds "dub" runner be caught in these races and see how quick the A. A. U. makes an example of him! To return to Foster, he knew he was dead safe to do about as he pleased as to expel him meant the undoings of the Varsity star. When the college man left school and dropped out of athletics, Foster was quietly dropped by the A. A. U. although they had accepted his entries at the Pullman Games upon three different occasions, at the Central A. A. U. Championships at Elliotts Park, Ills. last year where he competed against Archie Hahn, Ernie Snow, John Vickery, Poge of Wisconsin and other stars, and still his entry was accepted by the A. A. U. when they had positive assurance he had competed for money dozens of times.

WM. H. WALKER, JR.

Crown Point, Md.

Mr. Sullivan who never objects to be interviewed, subsequent to his recent return from England talked freely in regard to the purposes and the results of his trip. The first he made apparent and the latter by his own confessions were somewhat less than *nil*. Mr. Sullivan admitted that Arthur Duffey was the reason of his journey across the ocean, adding tearfully that "Things have now come to such a pass in athletics that there must be a working agreement between us." By "us" he means the A. A. U. of America and the A. A. A. of England. It is characteristic of the man that he does not name the two organizations as parties between the prospective alliance, but uses the word "us," that is between Sullivan and the A. A. A. of England, for as everybody knows who knows Sullivan, he looks upon himself as the A. A. U.

It is also worthy of note that Sullivan confirms my original proposition thus: "The officials of both countries should realize at once that there have been abuses in athletics." He also asserts

that "sport is now in a critical condition." This too in spite of the fact that J. E. Sullivan is its High Mogal.

In other parts of his published interviews the inconsistency of the man crops out repeatedly. For instance, bewailing the fact that under current conditions there is lack of action between the two organizations named, he is alleged to have said: "When Shrubbs, the English runner proposed to come to this country to compete, he had been suspended by the A. A. U. Many athletic men considered that Shrubbs had been badly used when he was not allowed to compete here; but the A. A. U. recognized the decision of the English body." Now Sullivan's inference that the A. A. U. always honored the decision of the A. A. A. or other British athletic organizations is absolutely untrue. I will refresh his memory on this point by the following; the Irish A. A. C. in 1901 suspended I. K. Baxter of the N. Y. A. C. the international high jump champion, and Alvin C. Kraenzlein, international hurdle champion, on charges of professionalism. Nevertheless, when the two men came back to America, the A. A. U. "did not recognize the decision of the British body," for Baxter competed in many games here. Kraenzlein did not do so because he retired from athletics at this period. Once more the inconsistency of Sullivan and his A. A. U. colleagues was made apparent.

Speaking of myself and the English athletic authorities, Sullivan says that the latter were "somewhat aroused over the exposures made by Arthur Duffey." "Somewhat aroused" is a rather mild term if we remember the arousing of Mr. Sullivan himself consequent on the "exposures."

"I called their attention to the fact that Duffey is a self-confessed professional." In that case, Sullivan called their attention to a lie rather than a fact, for I am not and never was a "self confessed professional."

"Duffey is trying to build up a story

that the majority of amateurs make money out of athletics."

This is another deliberate falsehood on the part of Sullivan. My published remarks have been confined exclusively to some stars amateurs and they alone, and Sullivan knows it.

"It is very easy for anybody that has been detected in a breach of the rules to reply that others are guilty." Will Mr. Sullivan kindly tell me when I was "detected in a breach of the rules?" It is evident that the wish is father to the thought in his case. He knows as well as I do that up to the moment of the first installment of my so-called "exposures," the A. A. U. had never questioned my amateur standing in one particular.

Mr. Sullivan reluctantly admits however, that "my statements may be true" but that "mere generalities should not carry conviction to the mind of the man who takes the trouble to think for himself." Precisely, and Sullivan should remember this utterance of his when he is lading out glittering generalities regarding myself.

Again, and reluctantly, the Secretary of the A. A. U. admits that "What he (Duffey) has been telling us, and what he will tell us, will do us good in this way—we can take precautions that will prevent similar scandals in the future." Now, isn't that nice? Indeed it is almost embarrassing. Also it is truthful.

For twenty years or more, the dreams of an alliance between the British and the American amateur athletic organizations has been in being. From my knowledge of the condition of English sport, and the men who are behind it, and from my knowledge too of Mr. Sullivan, I hardly think that he is the individual who has been selected by fate to make the dream a fact.

Finally, I have not yet received a notification from the A. A. U. of the charges brought against me, such as is provided for in its rules and regulations.

"Is that a funeral?"

"Shure, sir, I'm thinking it is."

"Anybody of distinction?"

"I reckon it is, sir."

"Who is it that died?"

"The gintleman in the coffin, sir."—*Ex.*

# Scientific Wrestling

VALUE OF WRESTLING AS AN EXERCISE FOR DEVELOPING STRENGTH, GRACE, ELASTICITY, AND QUICKNESS, CATCH-AS-CATCH-CAN STYLE THE MOST SATISFACTORY

By Claude E. Holgate

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

**W**RESTLING is described in the dictionary as "a sport or exercise in which two persons contest, each endeavoring to throw the other to the ground." It is more than that; it is one of the most exhilarating exercises known. It develops and invigorates the body, and, unlike most athletic sports, brings into play and strengthens the entire muscular system. If systematically followed, it will enlarge and strengthen the various muscles of the neck, trunk, arms and legs, and will expand the chest so as to facilitate the play of the lungs, will render the joints supple, and will im-

part to the person grace, ease and steadiness of carriage, combined with strength, elasticity and quickness of movement.

Wrestling is one of the very oldest sports known, having been practiced from the time of the ancients to the present day, demonstrating conclusively its popularity. It is a very strenuous pastime, and I would not advise a novice indulging in it until he had first been examined by a physician to ascertain whether there were any organic defects in his make-up. It is also advisable that the beginner take his first lessons from a competent instructor, rather than to in-



1. Side Chancery or Head Hold.—After securing this hold as shown in photograph, quickly exert all your strength to turn opponent off his feet and upon his back. It will also aid you in turning him to grip his right arm at the wrist and pull toward you, and serve to hold him for a pin fall after he is down.



2. Fall from Side Chancery.—The under man is bridging to prevent his shoulders from touching the mat. The bridge can be broken by raising his head with the right arm and forcing him forward, keeping the weight of body on him. If thrown quickly, he will not have a chance to bridge.



3. Counter for Side Chancery.—Grasp the wrist that is around neck, raising the arm away from your body, then "crotch" opponent with left hand, raising him off his feet. This is one of the most effective counters known, as it immediately puts opponent on the defensive. Another counter can be worked by grasping with both hands the arm around your neck, bending your body to right, and throwing opponent over your

back with what is known as the "flying mare." If worked quickly, it will surely result in a fall.



4. Wing Lock or Arm Hold, and Outside Crook.—This shows another good hold from a stand, and also shows how effective it is in securing a fall. The counter for this is shown in Plate 3, and must be worked before opponent begins to turn you.

dodge in horse-play with another novice, as this oftentimes leads to strained ligaments or broken bones.

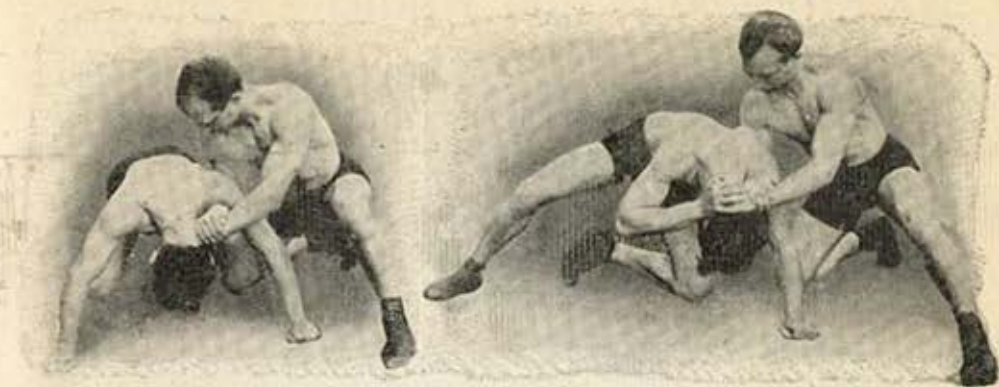
There are several styles of wrestling, including catch-as-catch-can, or Old Lancashire, Græco-Roman, collar and elbow, Westmoreland, Cornwall and Devonshire, side hold, back hold, turners' style or waist hold, and the latest recruit, physical culture style, each style differing specifically from the others and being governed by sets of rules. This article will deal with the catch-as-catch-can style, that being the most generally practiced in this country, and is the one selected by the Amateur Athletic Union of the United States to decide its annual championships.

Officially there are but five classes of weights: Bantam, 105 pounds and under; feather, 115 pounds and under;

light, 135 pounds and under; welter, 145 pounds and under, and middle, 158 pounds and under. These are the regular classes as called for by the A. A. U. rules, but several years ago the special-weight, or 125-pound class, and the heavyweight class, for all over 158 pounds, were added and have been contested in the recent championships.

Contestants are required to weigh in within one hour of the beginning of the contests. Strict rules to govern the wrestling have been drawn up to prevent the contestants from injury and distinctly specify that "No striking, kicking, gouging, hair-pulling, butting, strangling or anything that endangers the life or limb, will be allowed," and the referee is empowered to declare the bout forfeited and exclude a contestant from further competition for any violation of this rule.





5. Quarter Nelson.—To get this hold, press down on opponent's head with left hand, then slip right hand under his arm at the armpit, and clinch left wrist as shown. Maintain the pressure on head with both hands, gradually turning face toward you and forcing him over on his back. This hold can be used from either side.

6. Break for Quarter Nelson.—With your right hand shove opponent's hand off your neck, at the same time turning your face away from him. Simultaneously bring your left leg under right and quickly assume a sitting position. Keep turning away from opponent and arise to feet.

The duration of bouts is six minutes, and if no fall is gained by either contestant during that period the referee may award the bout to the contestant having shown the best qualities, or he may order a supplementary bout of three minutes. In recent years there has been a movement on foot among the wrestlers themselves to

have the trial bouts lengthened out to ten minutes, the opinion being that six minutes is too short a time to demonstrate superiority when the contestants are very closely matched and no fall has been gained. No definite step has been taken as yet, however, and the rules still stand as mentioned above.

(TO BE CONTINUED)

### WARM EARS ON A COLD DAY



ORDINARY, mild winter weather should, of course, not require any special effort to keep the ears warm on the part of one who possesses a good circulation. But when the mercury is in the neighborhood of zero, or lower, and one is in the open air for any considerable length of time, then some protection is certainly needed. Brisk rubbing with the hands will keep the hands warm, provided it is kept up almost continuously, but the better plan is to wear a cap with a flap that can be pulled down over the ears, as shown in the first illustration.

The old-fashioned toque, shown in the second illustration, made of heavily knitted wool or cotton, is, perhaps, the best means of keeping ears and head warm, and is equally suited to both sexes. Of course many may feel that this style of head gear is fit only for young people. For those who are afraid of sacrificing some of their dignity in wearing caps of this description, the plain ear-flaps might be suggested, shown in the third illustration, though they are not nearly so satisfactory for keeping the ears warm as the first two methods.

# Sex Physiology and Women's Colleges

THE PERSISTENT DEMAND ON THE PART OF THIS MAGAZINE THAT THE PHYSIOLOGY OF WIFEHOOD AND MOTHERHOOD BE TAUGHT IN THOSE EDUCATIONAL ESTABLISHMENTS WHICH HAVE WOMEN STUDENTS, HAS BROUGHT ABOUT RADICAL CHANGES FOR THE BETTER IN THE METHODS OF MANY OF SUCH INSTITUTIONS—SOME COLLEGE COURSES, HOWEVER, ARE YET DOMINATED BY PRUDERY

*By Walter M. Stevens*

NOT so many years ago the curriculum of a woman's college was chiefly remarkable for not including the main essentials in the education of its students. The allusion is to those branches of physiology and biology which have to do with womanhood, wifehood and motherhood. A jumble of non-essentials was packed and crowded into the wearied brains of the young women, and, in a good many cases, the process was accompanied by complete physical breakdowns or even, if these did not occur, the students in many instances had so weakened their normal powers by feverish and useless studies that they were unsexed to all intents and purposes. So on leaving college, the graduate was neither "fish, flesh, fowl, or good red herring" in an educational and, in a sense, sexual way. With a mind filled with a lot of stuff that was absolutely without benefit or use to her as a woman with a woman's prospects and duties ahead of her; and, without any correct or trained ideas regarding the main functions of her being, the girl graduate was more or less of a nonentity. Possessed of a semi-masculine education and with the womanly side of her nature undeveloped by that same education, she was a something and nothing; a betwixt and between; rather ornamental, somewhat attractive, but practically useless considered from the standpoint of the intention of her creation. She was a joke in the comic weeklies, more or less of an infliction on her friends, and finally, a regret to herself. She was an excellent example of how fool theories and asinine prudery can mar and stultify the most beautiful and wonderful of the works of the Almighty.

But the leaven of physical culture as embodied in the pages of this magazine, was at work. Those who have observed the rise and growth of the popularity of physical culture in this country will admit that such has been coincident with our efforts to set forth its principles and to extend its practices in a sufficient fashion. It will be unnecessary in this connection to call attention to the fact that physical culture enters into practically every phase of the life of to-day. The point that is sought to be made is, that to a very great extent, not only those institutions that are devoted exclusively to the education of women have yielded to the demands of PHYSICAL CULTURE that the physiology and womanhood and motherhood shall take a prominent place in their respective curriculums, but that several co-educational colleges have also followed suit in the like fashion.

Let us take Vassar as an illustrative instance. Vassar enjoys a deserved popularity on the score of the thoroughness of its methods and the attention which is given to the physical development of its students through its athletic department. There was a time in its history when the studies in question were practically ignored, this being due to that blind and bigoted prudery which teaches that any recognition of sex and its attributes is next door to criminal, and that the Creator was guilty of much impropriety in giving distinguishing functions to the male and female. But all that is changed and the Vassar of to-day has an admirable course of studies to the end of thoroughly fitting its students for wifehood and motherhood. One of the faculty in reply to

questions relative to the foregoing had this to say:

"There is an obligatory course during freshman year for the purpose mainly of enlightening young womanhood on the subjects to which you refer. Such a course is very complete, and many students, after taking it, take a further advanced course, the result being that in a good many instances they become medical students by reason of their

marrying a member of the faculty and house staff. It would also be pertinent to remark that the Vassar girls have a reputation for marrying soon after graduating, which goes to show that eligible bachelors are on the look-out for young women who, while well equipped mentally, are equally qualified for wifehood and for prospective motherhood.

The graduating class of 1905 was the largest in the history of the college,



GRADUATING CLASS 1905, VASSAR COLLEGE FOR WOMEN

A group of young women fully fitted to face the vital problems of wifehood and motherhood

recognition of the importance of the topics involved. Lectures on the subjects are delivered throughout the year. We believe that there is no college in the United States which teaches in so complete a fashion those things that are of such importance to young womanhood."

It may be added that the speaker had a daughter who was a Vassar graduate and who took honors in the subjects in question, subsequently

there being 168 members. Of these 50 admitted being engaged before graduation, and it was believed that a couple of score more were also "bespoken" although they did not acknowledge it.

Among the other interesting letters sent me in regard to the questions are those which follow, comment on them being unnecessary. These letters were received in reply to this communication which was addressed by me to the heads

of the faculty of a number of colleges, and co-educational universities.

"DEAR SIR.—Will you greatly oblige the writer by advising him if there is any special attempt on the part of the faculty of your institution to teach women-students those physiological facts which have a direct bearing upon matrimony and motherhood? It has been noted that your curriculum includes physiology and hygiene, but there is no apparent direct allusion in it in regard to the matters to which I have just alluded. The belief of myself, the editor and proprietor of this publication, is, that inasmuch as the most important function of womanhood is that of motherhood, it follows that not only for the sake of the individual, but for the race at large, the education of a young woman should include an absolute understanding of those questions which are of such profound importance to her and to the generations which are to follow. In other words, she should be taught the physiology of wifehood and motherhood in their respective entirety.

To repeat, does your curriculum teach these things? The importance of this question will, I think, be a sufficient excuse for the incidental trespass upon your time and courtesy. In this connection I may call your attention to a fact that you already probably know, that the Vassar curriculum treats exhaustively on the subject. I shall very much appreciate your reply, no matter how brief it may be, to the foregoing query."

Here are some of the answers:

SMITH COLLEGE, *Northampton, Mass.*  
President's Office,

DEAR SIR.—President Seelye desires me to say in answer to your letter that instruction is given to the students by the resident physician upon those physiological facts relating to matrimony and motherhood which it seems desirable for them to know.

Yours truly,

ANNIE P. KELLOGG, *Secretary.*

THE UNIVERSITY OF CHICAGO,  
Office of The Dean of Women:

DEAR SIR.—Your letter addressed to President Harper has been referred to me. I am glad to report that in the number of courses offered by the University of Chicago, physiological facts are taught which have a direct bearing upon matrimony and motherhood. I am,  
Very truly,  
MARION TALBOT.

WELLESLEY COLLEGE, *Wellesley, Mass.*

MY DEAR SIR.—President Hazard wishes me to acknowledge the receipt of your letter and to say that careful attention is given in the instruction at Wellesley College to the subject, which you mention.

Yours sincerely,

JULIA W. KYLE, *Secretary.*

ADELPHI COLLEGE, *Brooklyn, N. Y.*  
President's Room:

DEAR SIR.—Every woman-student who enters this institution is required to attend in the freshman year a course of lectures upon the sexual physiology of women. These

lectures are given by a lady member of our Faculty who is also a physician in active practice. The subjects to which you refer are all presented adequately and in the right spirit. Later in the course those students who select biological studies have every opportunity for the scientific study of comparative anatomy, embryology and morphology and cryptogamic botany.

Yours very truly,

C. H. LEVERMORE, *President.*

BARNARD COLLEGE, COLUMBIA UNIVERSITY,  
NEW YORK.

DEAR SIR.—Your letter to President Butler has been referred to me for answer.

The course in Personal Hygiene prescribed for all freshman students at Barnard College, is one which gives the facts of human physiology and hygiene as necessary for women. While it does not specialize for all future possibilities, it certainly makes a woman understand the importance of full knowledge in all physical crises of her life and gives her the means of finding out for herself whatever may be necessary.

Very sincerely yours,

LAURA D. GILL, *Dean.*

THE UNIVERSITY OF ROCHESTER.

Office of the President:

DEAR SIR.—In reply to your letter asking concerning the extent to which our course in Physiology deals with subjects of supreme importance to young women under our instruction, let me reply by calling attention to the textbook which is used, namely, Martin's "The Human Body, Advanced Course." As you may be aware, the last chapter of this book deals very fully with the questions of the physiology of sex. Our Professor Dodge tells me that the matter of that chapter is not discussed at all in a mixed class, but that at the close of the term the young women in the class have a lecture one or two hours long, on the subjects treated in that chapter, by a leading woman practitioner in the city. This lecture is illustrated by specimens both macroscopic and microscopic, by models and charts. The young men receive a similar lecture from a regular physician in the city. In addition to these separate lectures it is probable that most of the students come to these lectures prepared to be intelligent listeners of the discussions of the subject of sex in the study of lower organisms, both plant and animal, in other courses given in the department of Biology.

If I can aid you any further in this connection, it will give me pleasure to do so.

Very truly yours,

RUSH RHEES.

OBERLIN COLLEGE, *Oberlin, Ohio.*

DEAR SIR.—In reply to your letter addressed to President King, permit me to say that the subjects to which you refer are fully treated in Dr. Leonard's course in Physiology and Hygiene.

Very truly yours,

W. FRED BOHN,  
*Secretary to the President*

UNIVERSITY OF WASHINGTON, *Seattle, Wash.*

MY DEAR SIR:—In answer to your communication which came in while I was absent in the East, I am sending you the report given me by Doctor Roller, head of our department of PHYSICAL CULTURE. Doctor Roller has been a regular practicing physician and was put in charge of our work for that reason. In immediate charge of the young women of the department is a woman associate, Miss Rudberg, who has had no medical training but the ordinary training for physical culture.

With these notes of explanation Doctor Roller's report will give you practically the situation in our institution.

Respectfully Yours,  
THOMAS F. KANE, *President.*

DEAR DR. KANE:—In answer to the question from PHYSICAL CULTURE I have this to report to you. In a co-educational institution which offers so little time and opportunity as that which is in the reach of this department, we have found it impossible to devote much attention to this subject directly. The direct teaching consists of one lecture each semester to ladies only, as practical as possible, and of necessity more or less superficial, that is, not technical. Indirectly through Miss Rudberg I am constantly teaching the women students the practical hygiene pertaining to their sex, but not directly to matrimony or motherhood. There is no other course that offers much of anything to this end.

Very respectfully,  
B. F. ROLLER.

UNIVERSITY OF VERMONT GYMNASIUM,  
*Burlington, Vt.*

DEAR SIR:—Your letter to President Buckham was handed to me to-day. I wish to state that as lecturer in physiology or hygiene as it is called, I try to bring before the young ladies the physiology and hygiene of the genito-urinary organs. I leave the young ladies alone, several hours of my course. The entire course itself is brief, but by selection I believe I am able to bring before them things which will be for their benefit. To supplement my work I recommend to them the books with which I am familiar on the subject not, however, using medical text.

Sincerely yours,  
H. H. CLOUDMAN, M. D.  
*Instructor in Physiology.*

Unfortunately, and as intimated, there were exceptions to this admirable rule as set forth in the foregoing interesting communication. I desire to call especial attention to the reply sent by the principal of the Girls' High School of Brooklyn, which follows:

THE GIRLS' HIGH SCHOOL, *Brooklyn.*

DEAR SIR:—Replying to your letter, I would state that neither the course of study nor the syllabus in physiology calls for the teaching of the subjects you mention. The matter has often been considered by the teachers of the subject, but they believe that such teaching in a public school might be criticised. Very truly yours,

WM. L. FELTER, *Principal.*

Brooklyn, as far as its educational methods are concerned, has obtained an unenviable notoriety by reasons of its priggish prudery and the fool, freak system that obtains in its public schools. Superintendent Maxwell is held mainly responsible for the useless frills and frippery that are tagged on to the several courses in the schools of the City of Churches. But the Brooklyn Board of Education in general is distinguished by a sniffing hypocrisy in regard to anything that touches the borders of sex, that explains to a greater or lesser degree the conditions that exist at the Girls' High School. Such conditions are, of course, aided by Mr. Maxwell's singular ideas as to what children should or should not be taught. It was a Brooklyn Board of Education that decided that Longfellow's "Launching of the Ship" was "indecent" and unfit to form a portion of the public school courses. It was a Brooklyn Board of Education that took a similar stand in regard to Byron's works. If it was a Brooklyn Board of Education that took exception to Walt Whitman, and in short it is the Brooklyn Board of Education that has ever been distinguished for its ability to sow the seeds of prurient curiosity in the minds of the young by directing the attention of the latter to alleged evil where no evil was intended or intimated.

The pupils of the Girls' High School are of course graduates of Grammar schools, and are consequently either just budding into young womanhood or, towards the end of their course, have actually attained womanhood. Nevertheless, and as Principal Felter says: "Neither the course of study nor the syllabus in physiology calls for the teachings of the subjects you mention." But the idiotic course does "call for" the most ludicrous tangle of useless subjects that ever entered into the minds

of man or Superintendent Maxwell, outside of opium-induced dreams. I know one young woman who is a student at this precious institution, who tells me that amongst other things that enter into one day's "study"—save the mark—was a consideration of lobsters pickled in alcohol, algebra, sketching, leaves of trees, a dissertation on a chapter in "Ivanhoe," a dab of elocution, something about constitutional government, a trifle of geometry, a lecture on pollywogs, a fifteen minutes lesson in German, a bit of botany, and something, she didn't exactly know what, about fishes. But the most vital matters concerning her future, and her natural destiny, were absolutely ignored. It is true that the curriculum of the High School includes as Mr. Felter says: "A Syllabus in physiology" but in this syllabus there is not the faintest allusion to those portions of the body or the functions of the same, which are of such vital importance to young womanhood. A portion of the last sentence of Principal Felter's letter is indeed significant. The teachers "believe that such teaching in a public school might be criticised." There you are.

The other letters which follow have emanated from the heads of faculties who are still obsessed with prudery and need but little comment. It is amusing, however, to note by reading between the lines the mental attitudes of those who are responsible for the respective curriculums. May these people, in the light of common sense and physical culture teachings, some day come to realize that they are faithless to the trust reposed in them in that they are depriving the young women placed in their charge of the prime essentials of a woman's education!

UNIVERSITY OF WISCONSIN, MADISON.

DEAR SIR.—In reply to your letter will say that at the University of Wisconsin we have no courses in the subjects mentioned.

Yours very truly,

J. M. WILKINSON, *Secretary*.

THE UNIVERSITY OF MAINE, Orono, Me.

DEAR SIR.—Replying to yours I will say that I do not believe there is any direct instruction of the character you mention, to women students as such. We have a very thorough department of biology and many women take it. Indeed we have one woman assistant. We have but thirty-four women

all told in a body of over six hundred students. Consequently it would probably not be feasible to introduce such a course as you suggest.

Yours very truly,

GEO. E. FELLOWS.

UNIVERSITY OF SOUTH DAKOTA, Vermillion.

DEAR SIR.—In reply to your letter I wish to state that we do not attempt to teach women students any of the matter to which you make reference in your letter. No doubt, under ideal conditions such information could be given to the young women of the present day, but I should think that the proper place to begin would preferably be the colleges exclusively for women and not the co-educational institutions.

Very truly yours,

GARRETT DROPPERS, *President*

UNIVERSITY OF WOOSTER, Wooster, Ohio.

DEAR SIR.—President Holden has asked me to reply to your letter relating to special instruction upon matrimony and motherhood at Wooster.

We do not make any special attempt to give this line of instruction for the reason that our school is co-educational, and we do not separate the sexes in the classroom; and for the further reason, as it seems to me, that such instruction could only be given competently and with propriety by a lady physician, and such a competent person is not at present available with us.

Very sincerely yours,

H. N. MATEER, *Department of Biology*.

The communication that follows is somewhat curious in that the writer is apparently very hazy as to whether or no the subjects under discussion are taught at the University of which he is president. To the outside layman it would seem that the president of an educational institution should be on speaking terms with its curriculum. But in this instance it would appear to be otherwise.

UNIVERSITY OF UTAH, Salt Lake City, Utah.

DEAR SIR.—So far as I know I don't believe that the specific subject, named in your letter under physiology, is taught to young women in the University of Utah.

Yours very respectfully

J. T. KINGSBURY, *President*.

THE UNIVERSITY OF WYOMING, Laramie, Wyo.

DEAR SIR.—In response to your letter of inquiry dated November the 9th, let me say that, although we have courses in physiology and hygiene, we are not attempting at present to teach women students "those physiological facts which have a direct bearing upon matrimony and motherhood."

Very truly yours,

F. M. TISDEL, *President*

And once more the question may be asked "Why?"

# Physical Culture a Necessity to the Actress

MISS ELFIE FAY AN ARDENT PHYSICAL CULTURIST—SHE DESCRIBES HER HEALTH DEVELOPING HABITS FOR OUR READERS.

MISS ELFIE FAY, who is starring this season in "The Belle of Avenue A" is, as her picture herewith shows, an excellent and winsome specimen of the young actress whose health and attractiveness certainly, and whose success possible are due to the fact that she is a sincere believer in physical culture principles which she puts into constant practice.

Miss Fay was asked by a representative of this publication a question to which she replied as follows:

"You ask me if I think that physical culture is of value to an actress. Why, it is not only of value but it is invaluable to her. I'll go further than this, I'll say that every actress who is well and favorably known to the public is a physical

culturist whether she realizes the fact or whether she doesn't. Of course if you put the question point blank to her she might hesitate and hem and haw a little before replying. But get her to

talk to you about her every day habits and you will quickly discover that, even if she isn't living on the lines of a perfect 'system,' she has, for all that a physical culture régime, wholly or in part. She exercises faithfully and well, she would as much think of omitting her cold baths as she would of not going to bed, her diet is free from things harmful and in



Miss Elfie Fay in "The Belle of Avenue A."

short, she is living a common sense, wholesome and necessarily jolly kind of life.

"Me? Oh, well, I live very much in the way that I have just been indicating.

I am not a dyed-in-the-wool physical culturist as far as eating is concerned, by which I mean that I haven't got to that point yet where meats are altogether eliminated from my dietary, but all the same I have discovered, and I think most women of my profession have, that plain food including lots of fruit and cereals and vegetables, is not only the best for one, but is an absolute necessity if you would keep your nerves steady, your head cool, your blood wholesome, and yourself in general in good condition, each and all of which things are essentials in the case of her who would succeed behind the foot-lights.

"As to exercises? Well, I don't believe that even at this late day most people understand that walking is the ideal exercise. Think of it for a moment and you will realize that it brings into action every muscle of the body, that it quickens the circulation, increases the work of the respiratory organs, and stirs into action every part of the body in a natural and proper fashion. Does a girl ever look prettier than at the end of a brisk five mile walk on a crisp autumnal day with her cheeks like rose leaves, and her eyes sparkling and her lips crimson, and her hair just fluffy with the kiss of the wind? I think not, and all this is due to the general exercise which the body receives when you are walking.

"Best of all, this beauty can be perpetuated with the aid of this exercise. Give me walking all the time, as a beautifier, a muscle developer, a brain invigorator, and a general all round tonic.

"I also use Indian clubs whenever possible, and capital things they are too, as they give one exercise when other forms of exercise are not possible. A pair of light dumbbells are also part of my equipment when on the road. I fence, too, and I find that movements taken with the wand tend to keep one supple and in good condition. Water I just revel in, and never more so than when the rollers are coming in steadily on a hard beach on a fresh sunny morning. Ask me to give up everything except my profession and my bathing and I might, under certain conditions oblige you. But these two, I absolutely refuse to part with.

"May I confess it? Well, I suppose I may. I have a distinct weakness for a bout with soft gloves with a girl friend. Boxing is a most ideal sport and I use the word in its actual sense, for sport it is. The amount of laughter and fun one can get out of a 'go' with a friend is never dreamed of by those who have not been lucky enough to have had the experience.

"The life of an actress is one that demands a sound physical constitution, and an indomitable spirit which is often the outcome of the same. Such a body and such a mind can only be acquired by following physical culture principles to the extent that circumstances and your inclinations will permit. But apart from that, you have not known the zest that is added to life by the observance of physical culture in the way that I have alluded to, and so you have missed much of the true meaning of living. Experiment a little and see if I'm not right."

## ONE OF THE MANY

John A. Eddy, of Dalton, Mass., has offered to bet \$100 that he can live and keep healthy for one hundred days on \$2.50, and is also anxious to arrange a walking match with some man of his own age. Mr. Eddy, who is a veteran of the Civil War and sixty-six years of age, was ten years ago a broken-down invalid, suffering from heart disease, kidney trouble and rheumatism. Then he heard of the physical culture treatments advo-

cated by the editor of this magazine, and accordingly adopted them. Since September 15, 1901, he has lived on nuts, fruit and vegetables, the last in limited quantity. Of late, however, he has confined himself to nuts exclusively, especially peanuts, which he eats raw. He also indulges in early morning walks, barefooted, in the dew, and takes morning cold-water baths all the year round. He is a gymnast and enjoys ideal health.





Portions of the Municipal Open Air Gymnasium and Play Ground at Canandaigua, N. Y.

## Physical Culture as a Deterrent of Crime

AN INSTRUCTIVE AND SIGNIFICANT SYMPOSIUM ON THIS SUBJECT, THE CONTRIBUTORS TO WHICH HAVE A PRACTICAL KNOWLEDGE OF THE QUESTIONS AND ISSUES INVOLVED—IT IS APPARENT ON THE FACE OF IT THAT IF THERE WERE MORE MUNICIPAL GYMNASIA THERE WOULD BE LESS NEED OF PRISONS AND REFORMATORIES.

*By Bernarr Macfadden*

**T**HAT the world is still woefully blind to or negligent of, many things that have to do with its well-being is a proposition of so evident a nature that it needs no illustration or argument to prove it. Nevertheless, there are not wanting indications that it is awakening to the fact that the salvation of a man or a nation must begin from without rather than from within. In other words, that the first step in the progress and development of the mental and moral is, to a very great extent at least, the improvement of the physical. The human being who is living amid unhygienic surroundings, who makes no effort to give his body its due in the way of fresh air, exercise or proper food, or in other ways neglects the material part of his personality, is pretty sure to have a heart and soul, desires and feelings, that, in point of unwholesomeness and abnormality will match his muscles, organs, bones and blood. An unhealthy body is in nine cases out of ten inhabited by an unhealthy soul. It follows then that if we would save weak men and women from themselves, we must begin by saving their bodies. That this theory is based

on truth of the most absolute, is proven by the fact that whenever physical culture, pure and proper, enters into the life of an individual, the majority of evil tendencies and unnatural habits take their departure. My convictions in this respect, based upon many years of experiences, prompted me to send the following letter to the mayors of a number of the leading cities of the United States. A similar letter was also sent to private individuals whom I knew were interested in this subject.

I propose each month to publish the replies to this letter and I believe that the symposium will, in its completed form, prove to be a valuable addition to the already existing data regarding the practical aspects of physical culture as applied to the welfare of communities.

DEAR SIR:—It has for long been the belief of the writer that no small proportion of juvenile crime is the outcome of natural energy, which, by reason of circumstances or environment has been diverted into improper channels. The same proposition, so it is held, stands good, to a greater or lesser degree in the case of the adult criminal.

A desire for recreation into which the element of active exercise largely enters, is shared by every normal man, woman and child. If it is gratified, good is bound to

follow. If it is checked or stifled, evil inevitably results. As a consequence, physical culture—a term which includes all branches of recognized athletic sports or exercises—is a factor in the well-being of the individual, the family, and the municipality that cannot be safely ignored. It is in regard to this latter aspect of the question that this letter is written.

Reports sent to me from various communities in which public gymnasia are maintained under proper direction and discipline are to the effect that, since the establishment of such, there has been a notable decrease in crime, especially among children or those who have just reached puberty. And with every increase in the number of public gymnasia or allied institutions, there has been a further lightening of the work of the officers of the law. That "Satan finds some mischief still for idle hands to do" is generally admitted. It follows then, that to prevent mischief, we must eliminate idleness, that is, that form of idleness that takes the shape of the corner gang, the horse-play of the hoodlum, and such amusements as are provided in the back-rooms of saloons. And this can be only done through the medium of municipal effort rightly directed in the direction of physical culture facilities.

Believing that you will confirm my beliefs as stated, I am asking you if you would confer a great favor on me by replying to the following questions: (1) Have you any local public gymnasia, recreation grounds, swimming pools, or other and similar athletic institutions that are supported by the municipality?

(2) Are there special facilities for children at these institutions, if any? (3) Has there been any appreciable falling off of crime either among juveniles or adults since the municipality founded the gymnasia, etc.? (4) Has the effect of these institutions on the public health been noted? (5) Will you favor us with your personal opinion of the gymnasia, etc., based on your observation of the same?

The questions involved are of so much importance, not only to the community, but the nation at large, that I am sure that you will pardon this trespass on your time and courtesy. Your reply, together with that of

others, will form the basis of a series of articles dealing with the question that are to appear in forthcoming issues of this magazine. I feel sure, therefore, that I can rely on your kind and ready co-operation for reasons given.

If you could further favor me with a photograph of yourself or any of your local institutions to which allusion has been made; these too would be greatly appreciated.

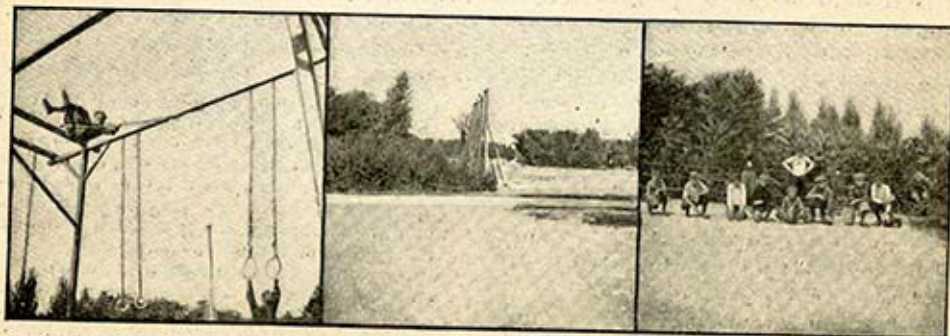
Awaiting your reply and extending my thanks to you in advance for the same, I am, sir,

Very respectfully yours,

BERNARR MACPADDEN.

There are at Canandaigua N. Y. some model recreation grounds which were given to the citizens of the town by a private individual. The letter which follows regarding them is sufficiently explanatory, but it may be added that according to those who are in a position to pass on them, the results in regard to the health and habits of the children who take advantage of the gymnasium or the grounds are of an eminently satisfactory nature.

"DEAR SIR:—Referring to your letter, I beg to say that the Thompson Recreation Grounds, which are one of the notable features of this town, were built by a Mrs. F. F. Thompson, a wealthy resident whose broad and acute mind apparently saw what the combined minds of our people could not see; namely, that the growing generation needed something besides public libraries and other institutions which have only to do with the mental side of their natures. Unlike most people, she did not wait to interest the public in the welfare of the children, but set to work independently and built the recreation grounds, believing that the public would get interested later when they saw the work which the grounds were accomplishing. That her beliefs were not without foundation can readily be seen in many ways, but chiefly by reason of the numbers that flock to the grounds daily. It would surprise most people to see the interest that the mothers have taken in the enterprise and how careful



Other Views of the Canandaigua Public Play Ground Showing Flying Rings, Swings and Boys' Football Team.



Girl Athletes Who Enjoy Themselves at the Canandaigua Recreation Grounds.

they are that their children do not miss any of the gymnasium classes which are given every week-day afternoon. There is an instructor in attendance at all times, and one, by the way, who I think is especially adapted to this work. He seems to be right at home with the children, who have all confidence in him, as have the mothers also. The latter came over with the little ones at first, but later, let the children go alone after seeing how the instructor controls and at the same time interests them.

The recreation grounds cover about two and one-half acres, costing, I should judge, about \$7,000.00, as they are located in one of the prettiest and most desirable portions of our town.

There are three swings, three see-saws, five tennis courts, a basket-ball court, baseball grounds with a heavy wire back-stop about fifteen feet high, making it possible to watch the game without the least danger of a foul tip. In addition, there is a fine outdoor gymnasium, provided with ample electric lights. The grounds are closed at 10 P. M. There is also a fine building with a large veranda on which the public can watch the tennis games. There are also dressing rooms and lockers, with separate shower baths for both sexes.

Furthermore, there is a special enclosure for the very little children which has swings and sand-pits, with a pretty little house in which they can find shelter in case of showers, but which is mostly used by them to "play house." This enclosure is almost surrounded by shrubbery, as are also the larger grounds.

Mrs. Thompson will maintain these grounds for ten years, also furnishing the instruction. The class work is divided so that the boys have certain afternoons and the girls have their class work also, while the "grown-ups" have different evenings, the ladies three each

week and the men the same. I may add that at these gatherings one seldom sees anything to which the slightest exception can be taken. And I am glad to add that the prude is always conspicuous by his or her absence.

The number who attend these classes show how remarkably enthusiastic the people have become over what, to tell the truth, they were at first inclined to laugh at as "being about as foolish a notion as you ever heard of." I am giving you these particulars with the hope that they will interest your readers, and that some of our neighboring towns, especially Rochester, will profit thereby, for Rochester is a city which not only needs a similar institution, but makes no effort to secure one of the kind.

I am sending you under separate cover some photographs of the grounds. You may perhaps notice the absence of a crowd about the gymnastic apparatus, but the pictures were all taken during the hottest part of a summer day, so that explains why there are not more people in evidence. I may add that I suffered and doctored for rheumatism and dyspepsia for two years, and that it was the teachings of PHYSICAL CULTURE which finally cured me. I have now neither taken medicine or the advice of a physician for eight years, which is saying a good deal of one belonging to two fraternal societies, both of which furnish you with a doctor and medicine free.

All of us who have been able to observe the good influences that have been brought into existence by these recreation grounds, bless Mrs. Thompson for her practical wisdom. Personally I believe that they have been the making of scores not only of children but of adults also.

Very truly yours,

FRANK J. KINSKY.

Hotel Canandaigua, N. Y."

[TO BE CONTINUED.]

"I hear you're dissatisfied with your doctor's bill."

"Yes. I don't think he's entitled to \$350 for that operation."

"Why not?"

"Because if he was, he'd claim more."

Hawkins—"I understand that the physicians held a consultation, but I see you are still alive."

Robbins—"Yes. I have since learned that the vote stood two for me and one against.—Puck.

# THE IRISH A PEOPLE THAT WILL NOT DIE

THE VIRILITY OF THE RACE AND THE PERSISTENCE OF ITS NATIONAL INDIVIDUALISM ARE ALIKE DUE TO THE PHYSICAL AND MORAL VIRTUES THAT HAVE DISTINGUISHED IT FROM THE EARLIEST PERIODS OF ITS HISTORY—IRELAND, EVEN BEFORE ITS ACCEPTANCE OF CHRISTIANITY, WAS FAMOUS FOR ITS POETS, MUSICIANS, SOLDIERS, AND WISE RULERS.

*By John J. O'Shea.*

**I**n ancient Ireland the ideal presented to the mind of the youthful hero was a lofty one. It is expressed in homely form there to-day: "Death before dishonor."

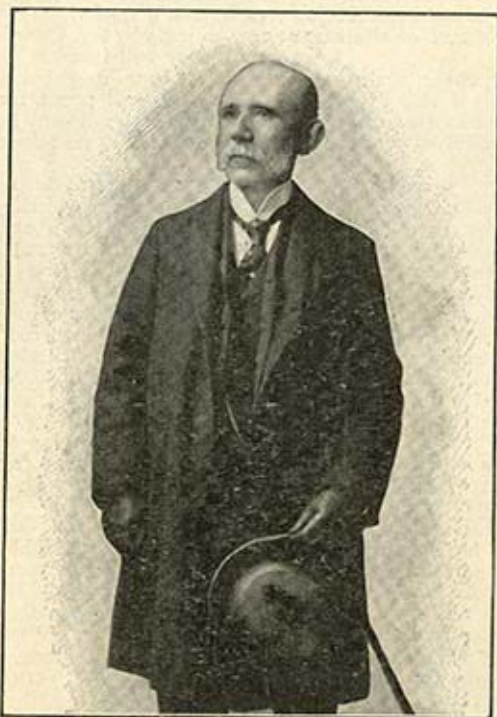
For the institutions of chivalry seem to have originated among that remote people, in the dim twilight of history, radiating thence all over Europe, until the cult attained its full flower and bloom in the age of the Crusades.

There were five equestrian orders in Ireland. The first was the Knights of the Golden Collar. These were all of royal blood. The next were the famous association known as Knights of the Red Branch, and their headquarters were in Ulster. There came next the Munster Knights or Clana-Deagha from their founder Deagha, an Ulster prince who had been expelled from his own province by the Red Branch, and in revenge set up this rival order in

Munster. The Knights of Leinster were called the Clana Baosigne—from a Prince of that name, an ancestor of the celebrated Fionn, monarch of all Ireland.

There was also an order of Connaught Knights, who were all of the Danaan race, and famous for their valor and high principles. When and how these various orders came into existence is a point impossible to decide; but the historians agree that it was long before the Christian era, for there was a law passed in the year of the world 2820, called the law of Ilbreachta, or colors, specifying that Knights should have five colors in their garments and should have silver shields and be given the privilege of fighting in chariots—an honor previously

confined to princes and generals. Sumptuary laws, it should be observed regulated all such matters in that remote island in ancient days. The people were divided into classes—the royal,



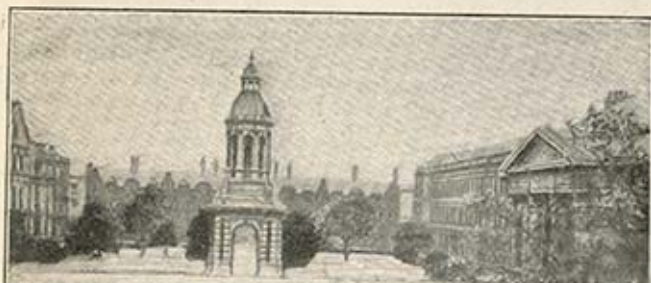
Mr. John J. O'Shea.

the noble, the poet, the musician, the judge and the artisan; and each class had its distinctive costume and colors. The law prescribed punishment for all who should violate these curious regulations.

Academies for the training of noble youths in the ways of Knighthood were established in Ireland, long before the Christian era. The principal ones were at Tara, Emania, Cashel, Cruachan and Naas. The candidates for the honor were entered at the early age of seven

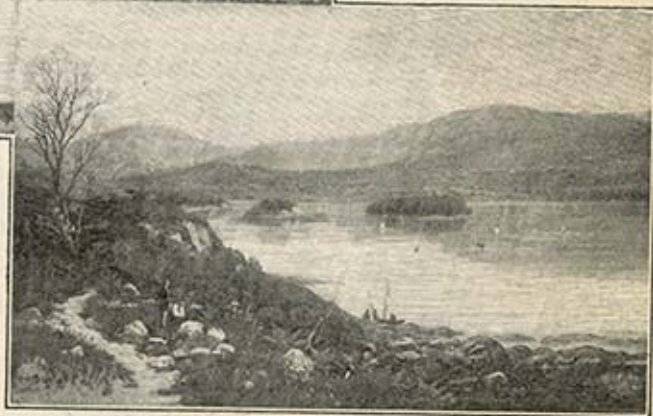
any of the newly ordained, he struck this shield three times with his lance, crying out "Sgreadaim, sgiath, agus sarim comhpach"—i. e., "I strike the shield, and I demand the fight." Philologists, by the bye, will find it interesting to compare the Latin *scutum* (a shield) with the Irish *sgiath*.

The bards or poets ranked next to the royal blooded. Their chief was the archdruid, a high priest. They not only composed their poems, but set them to music and sang them to the accompaniment of the harp. The bards were a sacred race, and exempt from the secular jurisdiction. They were obliged to attend the King and the princes in the battle, and animate them by their soul-stirring music and poetry. There is no



Near King's College, Dublin,  
the Capital of Ireland.

years. On entry a slender lance was put into the boy's hand and a sword suspended to his side. From the age of seven to fourteen he was instructed in letters and military discipline. At fourteen he took his first vows of chivalry. At eighteen the final vows were proposed, and thence forward the youth was pledged to do battle as a true Knight. To swear by his Knighthood was the most solemn affirmation the warrior could make. Large numbers of people attended on occasions when the young Knights took their final vows. A shield was suspended under the archway where the inauguration was celebrated, and if a foreign Knight wished to enter the lists against



Killarney, one of the famous beauty spots of the "Emerald Isle"

doubt but they must have been masters of heroic melody, and from these long-forgotten lyrists came many of the thrilling airs that, even in our own time, give Irish music an irresistible fire. Polydore Virgil wrote of this music, "Hiberni sunt musical peritissimi" and Giraldus Cambrensis confessed that the Irish excelled all other nations in the art of glorious Apollo, and Cambrensis was a travelled man and a scholar, and well accomplished in music and letters himself.



Lord Kitchener, Commander of the British Forces  
in India.

The standards of manly chivalry inculcated in those remote days may be estimated from an incident related concerning the sanguinary battle of Maigh Lena, fought in the second century. A. D. Gaull, the son of Morni, chief of the Connaught army, which had invaded Munster was advised by his officers that he could win a victory by a coup de main, if he ordered a night attack. He made this noble rejoinder:

"On the day that I received the honor of Knighthood I swore never to attack an enemy at night, by surprise, or under any disadvantage."

There are numerous examples of the same scrupulous fidelity to the laws of honor to be found in the martial annals of Ireland.

The ancient Irish chivalry was of no spurious or artificial character. It was a thing of actual precept and usual practice. The victor in a combat paid to his defeated enemy all the honors due to the brave. When Eugene, or Owen, the King of Munster, was slain in the battle of Meigh Lena, his body, covered with wounds was taken into the

presence of Gaull, the general who commanded the Connaught army, who ordered that all proper respect be paid the remains, since "he died as a hero should," he said: It was the maxim of the Kings that death was preferable to life after defeat in battle. This idea was crystallized in a common aphorism: "Is buane blath na saoi ghai," *i. e.*, "glory is preferable to the world."

No ethnologist and no historian has failed to note the wonder of the survival of the Irish people, after centuries of industries deliberately ruined by their overlords, of almost unflagging persecution, of an emigration unparalleled in human annals, and of want and misery so general that annihilation in all forms of wasting disease would seem to be the only logical consequence. Yet the Irish endure, not merely as a people persistent

upon their own soil and integrally distinct, but as the most famous givers of fresh, stimulating life-energy to the other nations of the world. It is to that imperishable strain the United States owes its Sheridan and its long list of leaders in thought and action, as well as its millions in the body of the people. It is to that strain France owed Fontenoy and the MacMahon. It is to that strain Great Britain owes the backbone of her armies, and their modern heads in Lord Roberts, Lord Kitchener and Lord Wolseley.

The morality of the Irish goes far toward solving the secret of their present racial vigor. But we must look to other fortifying causes if we would comprehend the marvelous secret of that astonishing survival—causes which, allied with the indispensable quality of virtue, must have sufficed for the development of a race energy that could not be destroyed by any cumulation of disaster, no permanency of misfortune. It is in the history of the people that the solution lies when, long before the years of famine and the decades of want, the

seeds were implanted of the stamina which could not fail, though generations of adversity might weigh crushingly upon them.

One of the most eminent figures in the heroic age of Ireland was a chieftain named Cúeullain. The deeds attributed to him rival those ascribed to Theseus, in romance, yet there is no doubt that there is some historical basis for the record, though a much exaggerated one. He fell in the battle of Muirtheimhe, into which he was drawn despite the counsels of his officers. He had been advised by them to delay hostilities until the arrival of an ally, Connal Cearnach, and his host; but he declined the advice, since his vows as a Knight, he said, prevented him from declining a combat whenever he was challenged. Whenever a great chief like himself fell in the fight, hostilities immediately stopped; the marshal who stood by him struck his standard, and this was the signal for all fighting to cease. Every honor was paid the gallant dead, in many cases, by the victors in the fight.

Physical Culture was brought to a point of perfection in the early training of the warriors who formed the militia. They were drawn from the military order, and their origin is lost in the mists of time. They were called *Fine*—a word signifying a military body. Some derive the word from the name of the great monarch Fionn or Finn McCubhal (pronounced McCool). Of the various militia forces that of Leinster was deemed the highest in training. It was called the *Fine-Eirion*. None were admitted to its ranks, but men of large stature free from all deformities. Their educational status was equally imperative. Perfection in the use of arms was aimed at, particularly the sword, the javelin, and the sling. Each soldier had to be an athlete as well as a fighter. He had to be

able to vault over a wall or barrier of his own height, as well as to run under the branch of a tree that hung as low as his knee. He was bound by his oath not to fly if confronted singly by nine enemies armed.

The advent of Christianity saw a land all pagan, yet glowing with much pagan virtue; and the ease with which the imaginative and poetic-minded people were won over to the nobler tenets, ranks amongst the great metaphysical phenomena that defy explanation. The whole island was converted in the lifetime of the man who understood the mission—the celebrated St. Patrick. The fact that this became possible would strongly point to the theory that superior physical culture leads to clearness and spirituality of mind—that *mens sana in corpore sano* is a tonic for the higher nature's health as well as the body's.

Athletics and martial games were very popular in ancient Ireland. At the great feast, such as Samhuin, or the



Lord Roberts, Present Commander-in-Chief of the British Army.

Moon, and of Bel, or the Sun, these exciting amusements were carried on for several days. Horse-racing and chariot racing were the great attractions, wrestling, hurling (or game played with a ball and a long curved club called a hurley, somewhat like La Crosse), javelin-throwing and archery, and foot racing and bathing were the main features of the assembles.

Jugglers and "fools" or joke-makers, as in mediæval times, were also conspicuous in these popular gatherings, and some of the sharp and witty sayings of the latter have come down in the form of Irish proverbs.

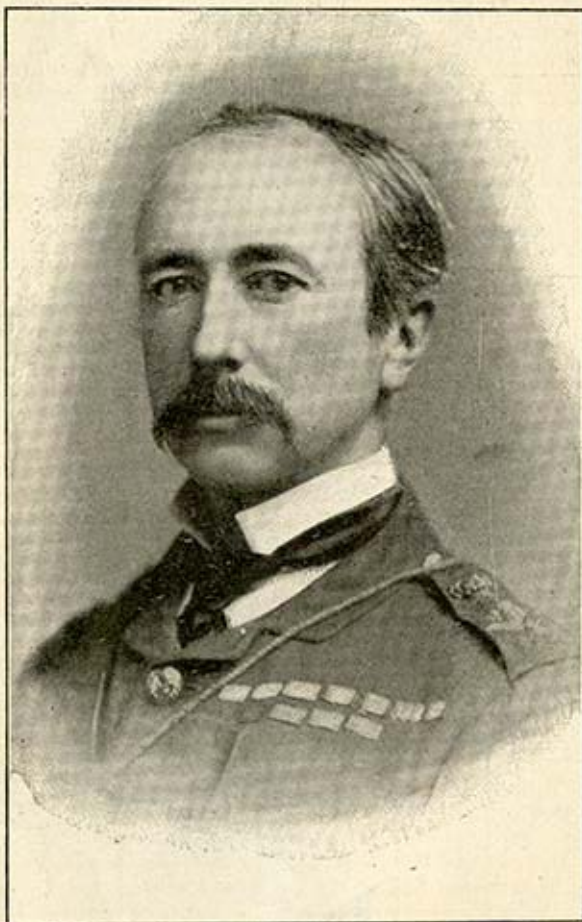
The food of this martial and gifted people was in the olden time simple and wholesome—oaten bread, cheese, milk, curds, butter, wheat and barley meal, together with some flesh of the domestic animals and fish and game. A mild ale and a non-alcoholic mead were the chief drinks, and the right to sell the ale was restricted to certain houses, called *flatha*. Wine, imported from Spain and France, was used at the great festivals only by the chiefs and visitors; at the lower end of the table was served ale or mead. It may be assumed that the people who were raised on such diet were of better *physique* than those of

the present day, who partake of so much tea and coffee. These articles were not known in Ireland until the beginning of the modern period. Whiskey, or usquebaugh, is not mentioned in Irish literature until after the coming of the Anglo-Normans; hence it may be conjectured that its appearance in Ireland was an augury that a

larger acquaintance with the restless outside world meant a narrowing of the moral concept among the masses.

While the flame of Christianity lighted in Ireland illuminated the Western world for centuries, and reclaimed it from the ruin wrought by barbarian hordes, the seeds of decay were fructifying in the island itself. Internecine wars invited the foreign foe. The Danish sea-robbers came and for centuries laid it waste; and when they were finally driven back to the sea, there came a still more for-

midable invader, the Norman. Ireland fought and fought well. But *force majeure* bore her down in the long run though the extinguishment was not final. It was only coma that supervened. Life is again pulsing through the old veins, and the spirit of the past is calling across the deeps to that of the present and the brighter future.



Lord Wolseley, Late Commander-in-Chief of the British Army.



## Rounding Up the Quacks

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

THE Lee Edwards Dispensary, a quack medicine concern of Cincinnati, concludes one of its letters thus: "I give you my word of honor that there is no catch or deceit connected with my offer. If you find any, I want you to denounce me to the public as a fraud and have nothing further to do with me."

The "me" in this connection is presumably one Lee Strouse, M. D., whose signature is attached to letters of the dunning sort, although in the general correspondence, the communications sent to victims of the dispensary are simply signed with the title of the concern. It is proper to believe then that the personal pronoun used in the foregoing quotation applies to Strouse, and we gladly accept his invitation to denounce him to the public as a fraud. But we reserve to ourselves the right "to have nothing further to do with me." It is our present intention to have a good deal to do with Lee Strouse, M. D. in the way of showing precisely what brand of swindler and humbug he is.

The Lee Edwards Dispensary claims to have been established in 1871, and Strouse appears on its letter heads as "Diagnostician." If the dispensary is an actual institution, and Strouse holds the position which he is alleged to, it is evident that he isn't attending to business as a "diagnostician," as we shall presently show. For the rest, the dispensary is obviously an institution of a charlatan order which preys upon the fears, the weaknesses and the credulity of human nature, in precisely the same fashion as does the typical quack or congregation of quacks. It is hardly necessary to state more explicitly the type of diseases which it allegedly treats.

Now to convict the dispensary or Lee Strouse, M. D. as a liar and fraud out of its or his own mouths.

Some time since, a member of the

PHYSICAL CULTURE editorial staff, whose attention had been directed to the preposterous claims of the dispensary, wrote the latter asking for information as to its methods. Among the mass of printed matter, and literature of the "brother-just-say-you-need-help" sort which was sent in reply was a printed symptom form in which were asked some thirty or more questions of the "Have you ever had" kind. To each of these questions "no" was given, and to one of the queries which was "To what do you attribute your troubles" the reply was made "Have no troubles." Another of the questions was "What is the condition of your general health." To this the answer was "very good." Yet another query ran "Are you in any way weak or physically run down," the reply being "I am all right in every way."

This blank as stated was filled up and returned to the Lee Edwards Dispensary. A long typewritten letter accompanied by a box of pills and capsules came back very promptly.

The letter ran "I am sending by mail the treatment that I know will cure such cases as yours (sic). I have considered your age, symptoms, and everything in connection with your case, and can almost positively say that you will be a cured man thirty days after you begin. I want you to follow directions closely and if you do, it probably will not be necessary that you will require all of it, but I want you to finish the treatment, even if you think you are cured, then I know the results will be permanent. The reason I speak in such positive terms is because, the case while complicated is not at all uncommon. I treat thousands just like it each year and know just what the treatment will do for you. For such a case as this there is nothing known to medicine

which I have left untried. There is no other way of curing you, if there was I would have adopted it long ago."

There was much more of the same kind of thing in this letter to which is also attached a P. S. which said among other things "After the first ten days or two weeks your general health will greatly improve, the symptoms you describe will gradually disappear, you will feel an increase in vitality, etc." There was also a note to the effect that the medicine forwarded cost \$2.00 which amount should be forwarded to the Lee Edwards Dispensary, ten days after receipt.

In view of the foregoing, and acting in accordance with the Lee Edwards Dispensary's request, we have no hesitation in denouncing it to the public as a fraud. This for the evident reason that the recipient of the medicine specifically declared on the symptoms from that there was nothing whatever the matter with him.

But if this was but a single instance of the fraudulent methods of the dispensary, it might be excused or explained on the ground of an error on the part of some member of the clerical staff. But judging from the correspondence that has been sent to the editor of this magazine, the instance was by no means a singular one. For example the following letter explain itself:

Toronto, Can.,

TO THE EDITOR:

Through some source the Lee-Edwards Dispensary of Cincinnati secured my name and address and they sent me a lot of literature stating how they had cured thousands of people and how they would cure me and for how much. For the mere asking I could have one month's treatment on five days' free trial, after which I was to either return the balance of the medicine or remit the price, \$2.00. The literature contained the usual order blank with a symptom blank on the opposite side asking about thirty or more questions from which they were to diagnose my case and prepare the medicine accordingly. I answered every one of these questions in the negative, showing that there was absolutely nothing the matter with me and sent it to them. A few days later I received a letter (printed, of course) stating that they had sent the medicine and that they had "cured thousands of cases just like mine."

Now I think this proves conclusively that they never diagnosed the case or even looked

at the "symptom sheet," but just handed the order to the shipper to be filled from the same medicine as every one else receives.

L. A. DEMMERLING.

It should be added that we have in our possession more correspondence of a similar nature.

To those who recognize the fraud that the dispensary attempts to foist upon them and who ignore its correspondence and its medicines, the following letter is sent by Strouse. The attention of the reader is called to the impudent suggestion of black mail which is embodied in the communication.

Cincinnati, O., U. S. A

MR. C. B. WILLIAMS, New York, N. Y.

DEAR FRIEND.—Circumstances compel me to ask for a remittance of \$2.00 to pay for the treatment I sent you more than two weeks ago.

Because I am daily treating hundreds of sufferers without receiving a penny in advance giving the most expensive medicines to relieve them and at such a very small profit to myself, I am forced to call upon my friends for prompt payment of their obligations that I may continue to meet my laboratory and office expenses.

I have your written order stating that you would use my treatment on trial and then either pay or return the balance 25 days treatment. As the five days time for trial has long expired, I naturally conclude that you have continued taking the treatment. I am pleased with your good judgment and I now know that you will be cured. I will leave nothing undone to accomplish this for you.

Although disappointed in not receiving any word from you, I don't want you to consider this letter a "dun" or think that I believe you other than an upright and honest man. My faith and confidence in suffering men is firmly established. Of all the thousands that I have given treatment on these fair terms I have found only a very few men who were so degraded and base as to try to take advantage of my kindness to them in time of need. I trust you have by this time, felt the good effects from the treatment.

I will look for a remittance from you within the next few days, or if you prefer I will make a sight draft upon you, with your original order attached through your nearest bank for collection.

Let me know how you are getting along when you write.

Sincerely,

LEE EDWARDS DISPENSARY

Lee Strouse, M. D.

The claims of this quack concern are as extravagant and mendacious as is usual with such. And this is one of the remarkable features of the matter—remembering the type of diseases with which the dispensary especially treats or allegedly so—it publishes a printed list of individuals who have taken this so-called treatment and have allegedly endorsed it—such list including a number of ministers' names which follow. We leave the reader to draw his own conclusions.

Rev. A. M. White Pastor, M. E. Church, Corinth, Miss.  
 Rev. G. W. McCrae, Box 17, Quincy, Florida.  
 Rev. W. R. J. Clemens, 220 E. 25th St., Chicago, Ill.  
 Rev. T. J. Nettles, Pheba, Miss.  
 Rev. B. F. H. Moore, Sweet Home, Ark.  
 Rev. D. L. Sapp, Preston, Ga.  
 Rev. David C. Selby, Lake Landing, N. C.  
 Rev. A. D. Veal, Box 16, Elysian, Minn.  
 Rev. I. J. Murray, 122 Boyden St., Newark, N. J.  
 Rev. T. J. Mitchell, Sheridan, Ind.  
 Rev. T. G. Marr, Glen Morris, Md.  
 Rev. Francis Lenox, Avena, Ky.  
 Rev. J. E. Durgue, Broadway St., No. Tarrytown, N. Y.  
 Rev. C. L. Jewell, 200 Ave. "A," East, Hutchinson, Kas.  
 Rev. D. K. Smith, Porter, W. Va.  
 Rev. George W. Tritch, Ashville, Ohio.  
 W. I. Renford, 271 S. Broad St., Atlanta, Ga.  
 Rev. Robert Jones, 513 Palaska St., Little Rock, Ark.  
 Rev. J. G. Smith, 600 N. 6th St., Waco, Texas.

When an individual or a concern that "diagnoses" cases of individuals who emphatically declare that there is nothing wrong with them, as calling for a special treatment, there is hardly a ground for protest on their part if the truth of their list of ex-patients is questioned. Nevertheless these ministers' names appear as stated, but we only hope for their sake that the Lee Edward Dispensary or Lee Strouse M. D. is once more the fraud in this connection that he has requested us to declare him.

Jackson, Mich. which seems to be a center of quack enterprises is the home of an individual who calls himself "Dr. Na-Morg. the discoverer of Vitala, the wonderful Phillipine restorative." In response to our personal inquiries concerning Dr. Na-Morg we received the following together with other statements about him. "The physician whom I suppose is the real head of the concern is said to be one of the leading physicians of the city, Dr. Na-Morg being only a pseudonym. I put the circular in the hands of one of our most respectable physicians and he is making inquiries concerning the institution, (The Vitala Company) which he says is a fake like all the rest. The names of references

given by the company are all residents of Jackson, one a Mr. Winchester, is a member of the firm. I think Jackson has the reputation of having several other fake-cure institutions which might be looked up too."

It will be noted that Na-Morg is practically Morgan. It would be interesting to ascertain whether there is a physician of this latter name on the medical lists of the Michigan town.

Na-Morg in the literature which he sends to his prospective gulls makes the usual preposterous claims for his nostrum. He tells a long yarn about a United States soldier who came in contact with a tribe of Philipinos who, thanks to a plant which they eat, are "physically and sexually giants and giantesses" and when nearly a hundred years of age, look as young as the average man does at thirty-five; who wear practically no clothing and know nothing of certain diseases with which civilized communities are afflicted. It is somewhat remarkable that nobody but Na-Morg's ex-soldier has ever come in contact with this interesting tribe, as far as official records of their existence is concerned. One would imagine that the United States government would have taken cognizance of these "sexual and physical giants," but it seems to be otherwise. So it has remained to the "Dr" to tell of the wonders and incidentally push the sale of his Vitala.

Not so long since, the Post Office authorities took drastic action against those quacks who were selling compounds to "restore lost manhood;" this for the very excellent reason that there is no drug in existence which can bring about such a result, and that in consequence, the quacks were using the mails for fraudulent purposes. This being so, we desire to call the attention of the authorities to the literature sent out by Na-Morg or Morgan in which it is specifically stated that Vitala cures impotency among "every form and variety of weakness."

The "doctor" has a follow-up system of letters which are ingeniously worded. Should you, out of curiosity or because you are an every-day fool, write to Na-Morg, you receive in return a package of Vitala together with a symptom chart

and a booklet. Also does he warn you in this communication against "worthless drugs," and "quacks and their pernicious drugs." Which reminds one of the ancient proverb about the sauceman calling the kettle black. You are also requested to send on \$5.00 for a forty days treatment.

If you take no notice of this letter, you receive another two or three weeks later, the tone of this letter being more of sorrow than of anger because you have not replied—and sent on that \$5.00.

If this second communication is passed in silence by you, you get a third in which the "doctor" writes thus: "I feel it to be a duty to write you at this time. It is always a source of anxiety to me as well as surprise, when those who have sent to Vitala in its trial form delay to write me, or to make a report on their case." There is also a reproachful allusion to the \$5.00, the sting of which, however, is blunted by the offer that if you order the forty days treatment without delay you can get it for \$4.00.

If again you take no notice of Na-Morg and the miraculous product of the Phillipines, you receive a fourth letter, which opens in this fashion: "Why is it you have not written to me? Is there anything worse than usual the matter with you? (which is kindly if an ungrammatical query.) Am I not right to feel that you owe me at least the civility of a reply to some of my letters?" Also, is there a further allusion to that missing \$5.00 with the added fact that "for only \$3.00 I will now give you the forty days treatment."

This last being thrown in the waste basket by you, you get yet another of Dr. Na-Morg's epistles which begins with the truism that "Time has been speeding since you first wrote me." Once again is the question of that five dollars referred to with a delicate hint

that in the event of your being "short" you may, if you will send on \$2.50, receive twenty days treatment instead of the original forty days.

If you are still deaf to the voice of the charmer, Dr. Na-Morg doesn't give up in his attempt to make you "give up" by any means, and so he makes an astounding bargain counter offer, which is that if you will send \$1.87 "just to barely cover the cost of preparing, packing, and mailing the Vitala formulas to you, I will give you a forty days treatment." This is somewhat of a give away for the "doctor." If the inclusive cost of the forty days treatment is only \$1.87, it follows that the doctor's profits on each treatment must be \$3.15, which is a very respectable profit indeed. Although our knowledge of patent medicines leads us to believe that the doctor has considerably under-stated the plunder in the case. As a case in point we may remind our readers that Liquozone has been stated by scientists, to cost about .01½ a gallon.

Na-Morg also pleads guilty in print to being the author of the Vitala Synergics, which seems to be a sort of belt for the cure of all kinds of diseases. In view of the claims made for Vitala proper, by the man with the queer name, the Synergics would seem to be a trifle superfluous, for the obvious reason that, according to Na-Morg or Morgan, there is nothing left to be cured after the Vitala forty days treatment—for \$1.87.

We have given a fair amount of space to this particular humbug in order that the public may become familiar with the methods of individuals of his type. He and his kind know the advantages of persistent advertising, as their follow-up system of letters prove. The one redeeming feature that these fellows have is, that they furnish a practical hint in this respect to those engaged in legitimate business enterprises.

---

"It is ever true that he who does nothing for others does nothing for himself."

—Goethe.

"Every man is a fool or his own physican at thirty."—Tacitus.

"Shut the door to the sun and you will open it to the doctor."—Italian proverb.

# Weird and Wonderful Story of Another World

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

By Tyman Currio

(Continued)

## CHAPTER VII.

WHEN I say that she struck me, I do not mean that she clenched her fist and dealt me a blow with the deliberate intention of hurting me. I shudder to think of what might have happened if she had done that. What she did was rather to push me, to thrust me aside with her open palm; but the effect was to send me reeling, to fall half-conscious.

I lay there, on the grass, for a few moments, gathering my wits and watching her as she passionately broke my rifle by putting it below her knee while she pulled with a hand at either end of the weapon. To see it break at the barrel joint was to have a new realization of her awful strength.

I rose to my feet, chastened, rejoiced that she had not displayed her power on me, wondering fearfully if she might not yet sacrifice me while her fit of passion lasted. I guessed that I had been foolish enough to kill a sacred animal.

When the rifle was broken and useless the beautiful Amazon—and beautiful she was beyond the power of my pen to describe—turned her flaming eyes on me, and I shrank from her.

Whether it was my movement of fear, or that the revulsion of feeling would have come anyhow, I do not know, but as her eyes fell on me, they softened and that queenly head sank low with such an air of profound humiliation that I actually pitied her.

She walked slowly toward me, her head still bent; and when she had reached me, took my hand in hers and spoke to me in low, almost tender tones, showing me by her gestures that she was asking me to pardon her for her exhibition of violence.

As soon as I comprehended her meaning I made every show I could of regret for my own part in the matter, and tried to bring her out of her humiliation. Of course I was grieved to think that so intelligent and so fine a creature should be a victim of a foolish superstition, but I was still more pained to see her contrition.

I discovered afterward that it was not a case of superstition at all, but that her anger had been roused by my wanton killing of an innocent, harmless and useful animal.

Her tender heart had been wrung by the sight of the dying bird, and she had not meant to strike me at all, but only to rend from me the instrument of destruction before I could commit so wanton a crime again.

When the time came that I understood her point of view, I assure you I felt exceedingly small; and I do believe that I have been more modest in respect of either my sensibility or my intellectual attainments ever since.

As it happened, the occurrence, shameful as it was for me, yet turned to my advantage; for in her contrition at losing her temper—a matter that meant very much to those singular people—she went at the work of teaching me the

language of the country with a patience and a skill that seem to me no less than marvellous; I might even use the word angelic without fear of exaggerating.

It would be altogether possible for me to go on as I have been going, telling of the things that happened to me in their consecutive order from this point as I have already told them from the moment of my advent on the planet and I would like nothing so well; but I have been given the space of one volume in which to tell what should fill several, and therefore I shall pass over the interval of time during which I was learning to speak the language of the people I had come among.

I have said that my hostess devoted herself to the task of teaching me with a patience and skill that were marvellous; it seems hardly necessary for me to add that I did my part with an assiduity that was born of sheer desire to be able to converse with the people among whom I had come, so that I might glean from them a knowledge of their ways and of themselves.

This desire I had from the outset, as will be understood at once by anyone who conceives the situation I was in; but a singular and inexplicable circumstance soon entered into the situation, adding so much of mystery to it, that I was spurred on to extraordinary exertions to master the sweet, mellifluous language of my beautiful preceptress.

The circumstance to which I refer was one which must already have suggested itself to the judicious reader, and which had already offered itself to me as a problem for solution, but which soon passed out of the realm of doubt or mere suggestion into a fixed fact.

I had been but a few hours in the company of my hostess, of course, and I could not have expected much to happen in that short space of time; but I could not help realizing that on Earth, such a stranger as I was to the people of Jupiter, could not have made his appearance before a girl such as my hostess was without the news of it being spread to the four corners of the civilized world; and yet I had been there over night and no one but the young man of the previous night had come to look at me.

Nor did anyone come for several weeks—many weeks they seemed to me, although I must admit that I pretty soon grew to fear the day that would come to wake me from the dream of happiness. Such, however, is the inconsistency of human nature that much as I dreaded an interruption of my happiness in having that peerless creature alone to myself, yet I was disturbed to think that I was not taken into the world of which I could not help knowing she was a part.

The same young man, indeed, came with great frequency, and greatly to my discomfiture each time; for it would have required eyes less sharp than mine to see that Bel was glad of his visits.

I see I have used her name. I render it Bel because I know no other way of spelling it with the letters of our alphabet, though the accent and the intonation rendered it, in fact, the most beautiful and expressive name I had ever heard. Her friend was named Dolha.

Dolha assisted Bel in her efforts to teach me their language, and it is not surprising that I learned quickly when it is considered that in addition to her patience and skill and his unusual cleverness, there was my love for her and my passionate jealousy of him.

I must be frank in respect to my emotions, for I can no longer have the same attitude toward them that I had before I went to that planet. Besides I cannot but feel that it is due to my emotions that I am here now, able to tell the wonderful story of my so-journ among that remarkable people.

No one came to see me during the days that went by but Dolha, though Bel was in daily communication with many of her friends by means of the telephone which so faithfully reproduced their voices that later, when I came to meet them, I knew them at once.

Why I was not an object of curiosity I could not find out; and even when I had mastered the language sufficiently to ask a few simple questions and to understand better than I could speak, my inquiries on the subject were so systematically ignored that I was not long in realizing that it was by design that I was isolated there, far from the busy world of her people.

I gathered well enough why she was there alone, though her explanation was one which at that time did not really explain. She told me that she was there for the purpose of studying certain plants which grew only in that neighborhood and which were in some danger of becoming extinct.

But why she, a young woman, should isolate herself from her family and bury herself in the wilderness, I was unable to comprehend; and I was a long time gaining the necessary knowledge of the language to comprehend.

Furthermore there was nothing in my experience to enable me to see how her friends could contemplate with equanimity her very free and unrestrained companionship with a young man like me. Of course my respect for her—But after all she was even better protected by her own physical strength, so I won't dwell on that aspect of the matter.

Perhaps, however, I cannot do better than insert here a copy of an account of our meeting written by Bel for the information of her friends and given to them just before they were made aware of my existence; for as I discovered later, no one but Dolha knew of my existence until I had learned the language sufficiently to speak it with some fluency if with no great accuracy.

But before I let you read Bel's account I wish to say that my life with her was of the simplest and most idyllic sort. We slept in the open air, lived in the open air, worked hard, ate twice a day generally, though sometimes only once, played with as much zest as any children on Earth and never thought of our bodies after that first unfortunate illness of mine.

The manner of our living—of which more will be said later—seemed to free my body of all poisons, after a little while; and I grew stronger than I had ever been in my life. My skin gradually became a dark and almost ruddy color by reason of constant exposure to the Sun and air; though I never had any reason to be proud of it when I compared it either with the satiny flesh of my lovely hostess or the smooth, hairless skin of Dolha.

Of course I made copious notes all this time, and I was afterward very

glad that I did so, for I never again had so much opportunity for putting down my every impression; not because life is in any proper sense strenuous in the meaning in which we use that word now, but that it is always full.

Bel, although isolated there in her little cottage, far away from any sort of surveillance, yet she was never idle. She was always doing something with all her might; either gathering plant specimens, classifying them, making minute and most beautiful colored drawings of them, or playing at something. As a matter of fact, I believe she thought she was playing all the while—even when she was teaching me.

As for me, I lived in a sort of fool's paradise. I was by the side of my beautiful hostess excepting when she was scaling what I should call impassible cliffs; and at such times I sat below and watched her performing the impossible with as easy a grace as if she were walking on the level greensward.

I did not know it at the time, but learned later that she was making as copious notes as I all the while, studying me as she studied her plants; and it is the results of her study in a condensed form that I give here to my readers in order that they may better understand what I shall hereafter say of these singular people.

I may say that Bel voluntarily gave me this account written by her in order that I might form a better judgment of my place among them. Here is the account done into a very free translation.

#### A BRIEF NARRATIVE OF MY INTERESTING DISCOVERY.

Late yesterday afternoon I met with a singular adventure, the account of which I am putting down here upon the advice of Dolha, in order that nothing may be lost which will be of use in determining the place in creation of the remarkable animal now domiciled with me.

I was engaged in seeking for some specimens of the Rock Rose, now nearly extinct, and was some distance up the side of the cliff near my cottage, when I caught sight of a strange animal clinging in seeming fright to the face of the rocks.

How the creature came there, or why it should be in such a state of fright was not apparent to me, but so certain was it that it would fall if I did not go to the rescue that I hastened to it and gave it such aid as it seemed to need.

I presume it must have made its way to that spot while I was absorbed in my search, for there were no caves or deep crannies on the face of the cliff from which it could have emerged; and yet it was so feeble and made such plaintive cries of fear that I find it difficult to believe it could have come very far from above. I shall investigate that matter further, however.

The singular creature had a remarkable resemblance to the human animal; and, indeed, I am disposed to believe that it is human, but in a very backward state of development, and, I am fain to believe, seriously diseased. I do not know how otherwise to account for the strong and altogether unpleasant odor that emanates from it.

At the time, however, I was forced to conquer the repugnance that overcame me on a near approach to the creature because it was so manifest that if I did not lend a helping hand at once I might forever lose the opportunity to study a species, of which I had never read, and which might be a specimen of a genus hidden away in some secret, unexplored part of the globe.

The meekness of the creature was remarkable, and was further enhanced by the most extraordinary garments, which seemed invented for the express purpose of impeding its movements. This statement applies more especially to the covering it had on its feet—clumsy, stiff things which not only made locomotion difficult for it, but, as I discovered afterward, by constant use had rendered the feet almost useless.

I have so far spoken of the creature as if of no sex because at the time I could not determine whether it was male or female; since I have learned that it is a male.

I assisted it to descend, but first was obliged to relieve it of a box in which it carried some of its treasures and also of a weapon, the terrible character of which I afterward discovered.

Of course the clothing which the

creature wore, together with such articles as its box and weapon convinced me that it had made some progress in civilization, so that I had no fears that it would turn on me viciously as some of the other lower animals will do, but nevertheless I was suspicious of it for the reason that its odor was of that putrescent sort which suggested a moribund condition; and to be candid I was afraid that it might have one of those communicable diseases of which I have read as formerly afflicting even our own race in its earliest historic stages.

I was obliged to take it by the hand, however, and even occasionally encircle it with my arm, repugnant as such close contact was, in order to bring it in safety to the bottom of the cliff.

The creature has a language, which, although harsh and uncouth in sound has nevertheless been carried very far, as a number of small volumes in the printed character, in his possession, prove; and I afterward discovered that the race he comes of has a very considerable culture of its own, such as it is.

At the time I speak of, however, I was less concerned about the intellectual status of the creature than about its physical; and I was determined to discover as quickly as possible if it betrayed any signs of one of those ancient ailments of which we have record and perhaps even description. Dolha, whom I presently brought in to aid me, says he has looked up some of the oldest authors and has found enough in the way of detail to enable us to detect any serious outbreak of distemper in our ward; but it is our determination to call in the assistance of good old Vella before coming to any conclusion in regard to the creature.

That afternoon, however, I took the creature down to the lake in the hope that it might be induced to bathe there and thus enable me to see its entire body, so to discover the source of the foul odor that emanated from it; but it seemed to suspect my intention and ran from me the moment I entered the water.

I would willingly enough have been rid of my unpleasant companion, but I felt that I owed it to my fellows not to allow it to run at large. If there were disease in the creature I must at



least not allow it to pass beyond me if I could help it. It was indeed a terrible thought to me that such a pestilence breeding creature might spread his disease among us.

I pursued the creature and found it without difficulty, for in truth it is of so weak and enfeebled a constitution that it is incapable of the most trifling exertion except at the cost of extreme fatigue.

I could not induce it to rid itself of its integument, foul as that was, at the time, but later, when at my cottage, it gave signs of succumbing to its ailment and even seemed at the point of dissolution, I waived all ceremony and tore its clothing off from it as well as I could, inducing it to assist me, so that presently it was quite nude. And I was able to come to a reasonably just conclusion in regard to it.

I may say here that I called upon Dolha that evening to consult with, in regard to the creature, and that he agreed with me that it could not be fair to our fellows to permit the creature to go at large until we knew more about it.

It had already shown a commendable desire to learn our language, and Dolha entered into an arrangement with me whereby he was to come to us as frequently as might be to assist me in teaching the creature, as well as to study it.

I shall not go further now into the narrative of how one by one the peculiarities of the creature were discovered by us, but will try to describe in as few words as possible what some of those peculiarities are; though I will say now that the springs of the creature's actions are hidden in its early environment and are consequently full of surprises.

One fact which has aided our study of the creature is its docility; and I may add that in spite of a number of inherent cruelties in its nature, it is remarkably affectionate; too much so, almost, for it is on the verge of the painful to be constantly under the surveillance of those dumbly beseeching eyes. The creature, in fact, would be absurd if it were not pathetic.

I have learned that it calls itself Wuzzy; and at first I suspected that it had received that name from some

one of our race with whom it had come in contact, since the word describes it very well, for it is the hairiest creature imaginable.\*

The hair on its body is neither long nor thick and is most marked on the legs, forearms and chest. In this it gives one the impression of being in a transition state between the ancient, prehistoric man and our existing, almost perfect being. The face is, or rather would be covered with a thick, wiry growth of hair but for the amazing care poor Wuzzy takes to remove it daily with a sharp, murderous-looking implement, which, however, it uses with singular skill.

Dolha and I argue from this exceeding care to be rid of the evidences of hair on the face and to cover its disfiguring presence on the body by clothing, that Wuzzy is conscious that this hirsute growth classes him with a lower and inferior race.

I have practically forced him to discard his clothing, however, because of its tendency to increase the terrible odors which are exhaled from his body; and already there is a marked improvement in this respect.

I should say in this connection, however, that one of the most active agents in the production of this fetid odor is one that I dislike to speak of now; particularly as Wuzzy no longer offends in that respect. Wuzzy is a carnivorous animal!

I ask in advance that due consideration be accorded the fact that he manifestly comes of a race of flesh-eaters, and has recognized no moral wrong in being such himself. As how should he? And I may add that I have made out from him that he makes a distinction between the flesh of the human animal and that of other animals.

I beg of you to keep yourselves free from prejudice in regard to poor Wuzzy, for I am sure he needs only proper instruction to wean him from the strange and evil practices of his kind. I have come to feel so kindly toward him that I would not put down here some of the things I have learned from him in regard to some of his habits were it not that I am sure you will extend to

\*I told her that my name was Jose, but Wuzzy, meaning The Hairy One, was as near as she could come to it.

him that tenderness which is almost your habit.

When he came to me first he had in his box some very cunningly contrived metal packages containing flesh food in compact form; and so innocent was he in his shocking custom that he actually placed some of it on my table. I suspected what it was by its awful odor, but I made assurance of it by careful examination; and I need not tell you that I had the utmost difficulty in swallowing another mouthful after that. However, I destroyed his flesh food with his consent, and only once since has he shown the cruelty which the flesh eating habit has engendered in him. That was on an occasion which I will now describe.

I have mentioned the weapon he had with him. No doubt he carried it in order to supply himself with the food of his choice and partly because his feebleness is so great that he must be at a serious disadvantage in his way through life.

I shudder now when I recall the incident. I suppose the desire for blood was paramount in him at the time; it was the first morning after his coming to me. At any rate he pointed up at the sky with a strange, eager expression, which I now suppose to be that of blood lust, and then exploded something in his weapon.

Alas! I had not noticed at what he was pointing until there came tumbling to our very feet, the bleeding body of a seropa. And oh! the look of savage blood lust that filled poor Wuzzy's eyes then. He pointed his horrid weapon again and would have murdered another of the beautiful creatures had I not torn the instrument from him.

I did not mean to be violent to him, but he is such a feeble creature that he was frightened almost into a stupor by my unexpected conduct. I broke his weapon and rendered it harmless for any other occasion, and then made my peace with the poor, benighted creature. Please remember that he meant no harm.

Difficult as it is for us to do so, I feel that we must bear in mind that constant usage in any form of violence soon robs it of its terrible aspect. I am confident, even, that Wuzzy was conscious of a

sort of merit in his act. Recall what history tells us of wars of extermination between our savage ancestors! Recall even that a hundred thousand years ago it was deemed a meritorious and even pious act to murder in cold blood one who had had the incomparable misfortune to take the life of another by an act of violence following a loss of temper.

If I am not mistaken, good old Vella has told me that there was a time when our ancestors would organize into bodies of extraordinary numbers and set upon and kill their neighbors in order to despoil them of the land upon which they lived, for no other purpose than to possess that land themselves; for in those remote days, when the human animal was held in slavery, he could best be controlled by a pretended ownership in the very soil which was the source of his existence.

I only refer to this to bespeak your greatest forbearance for my poor Wuzzy, who, wherever he comes from, is evidently of a most degraded race. And this brings me to the remarkable assertion made many times to Dolha and me by Wuzzy, that he comes from the third planet of our system.

He has endeavored to explain how he contrived this impossible feat, and has not only made drawings remarkable for their delicacy and ingenuity to describe the machine used by him, but intimates as well as he can that this very machine is now hidden in the mountains somewhere.

As to the machine, I can only say that Wuzzy shows a remarkable aptitude in comprehending any mechanical device we show him. It is as if his advance upward had been along a purely mechanical line, leaving his moral and spiritual nature fallow.

As to his claim to have come to us from the third planet, I need only say that our learned men have decided that we are the only inhabited world, and you know that there are those who are assured that it is impossible that such another race as ours can exist. That, however, is theorizing.

In favor of Wuzzy's claim, Dolha points out that we have no knowledge of any such degraded people existing on our globe. Though, of course, there

may exist such in some hidden part. However, we shall go in search of his machine as soon as he has gained sufficient strength to use our air machine.

I have given you the salient points in regard to our singular guest, excepting so far as pertains to his physical appearance; and it is herein that he betrays his low rank in the human scale.

I am writing this at a much later period than the opening words were set down, and am therefore at some advantage in making the description, as well as able to note certain changes which have taken place in our interesting ward.

When Wuzzy came to me his skin was of a shockingly livid, unhealthy color and gave me the feeling that he was the victim of some horrid ailment; his awful odor lending testimony to that belief. Now I know that the condition of his skin was due in part to its being kept constantly covered by almost impervious clothing, but more than that to his flesh-eating habits; for now that he has discarded his clothing and has no opportunity to indulge his fearful appetite for flesh, his skin has begun to take on an appearance of vigor and the evil odor which originally characterized him has almost disappeared.

I feel quite confident that when he has learned to eat properly and has gained a better control of his elemental emotions, he will be absolutely inoffensive. Already I find comparatively little discomfort in sitting at the table with him, although it is still somewhat unpleasant to remain long in the cottage unless there is a strong breeze blowing through it.

Dolha tells me that after reading up all he can find on primitive man, he discovers many characteristics in Wuzzy so similar as to convince him that whether he comes from the third planet or from some unknown corner of our world, he is undoubtedly a specimen of a prehistoric race.

We think both from external and internal evidence, if I may say so, that his digestive apparatus differs from ours, for the abdomen is quite protuberant, in implying a much greater length of intestine, and he swallows his food with imperfect mouth preparation according to our notions.\* He also seems to re-

quire much more food. Dolha seems to think that is a habit rather than a necessity and has been induced by the uncertainty in food supply characteristic of the primitive conditions of life. He tells me that the books say that gorging with food was the irrational custom of the unthinking savage of early historic times; as if food could be stored in the digestive apparatus.

Wuzzy is slightly taller than Dolha, but has such an ungainly manner of moving about, owing to a striking lack of muscular development, that he has neither dignity of manner nor the least grace of action. This is partly due to his feet being so lacking in development owing to their having always been cased in stiff, leather coverings, which have even distorted the bones.

Perhaps the most striking external evidence of the low plane of life on which Wuzzy belongs, lies in the rudimentary claws which are seen on hands and feet. These claws are no longer of any use to him, being delicate and easily broken, and are almost disgusting to the sight, collecting dirt as they do, so as to necessitate constant cleaning.

Dolha and I were very much surprised at not finding some slight rudiment of a tail; but evidently Wuzzy has long since passed out of that stage of development. That is to say his race must have.

There is very much more I could say concerning him, for he grows in interest with acquaintance, and in proportion as he conforms to our more cleanly habits of life.

He now converses in our tongue with a really remarkable facility and we are daily gaining much information from him concerning his previous life. I put nothing of that down here, however, since you are to see him in a few days; as soon, in fact, as good old Vella has seen him and has agreed with us that the condition which we at first took for the evidence of disease was, in fact, only due to unhygienic living.

I know that this account is very defective, having been written at various times and without regard to that coherence that would have resulted from

\*Since my return to Earth I find that a certain Horace Fletcher is urging more complete salvation, more perfect mouth preparation of food.

a more careful rehearsal of the subject matter. But I hope that what you do not learn from this you will gather more interestingly from Wuzzy himself.

I should warn you that he is as elemental as a child; impatient, curious, talkative, prone to little gusts of anger, vain, proud in a comical way and altogether what one can easily imagine a primitive human animal to be.

#### CHAPTER VIII.

Bel, as you will see, accuses me of vanity. I beg to point out that if I were vain at the time of her writing, I can hardly be so now, or I would not so frankly give you her estimate of me. But there is her account, and nothing could better present the attitude toward me of the remarkable people among whom I had gone.

Perhaps her estimate of my curiosity found its basis in my repeated and finally insistent questioning of her on the matter of my being introduced to others of her people.

You see I did not understand all her reasons for keeping me out of sight and touch of them; and I am very glad I did not at that time; for I had no consciousness of my unpleasantness to her, since she never betrayed it by word or look.

And this must not be set down to any deceitfulness in her, for a more open and frank person never lived, but only to an exquisite tenderness for my feelings. Something of that tenderness was however, as she so well expresses it in her narrative, almost a habit of her people.

Weeks had passed by and I was able to converse with great fluency on any ordinary topic in the language of my hostess, when one afternoon I was surprised and delighted by the appearance of a stranger coming through the air toward us.

"My good old Vella!" Bel said to me with her beautiful smile irradiating her fair face.

"Oh yes!" I cried, feeling toward him as toward a friend, for I knew his voice well. "But he is not old!" I exclaimed as he came near enough to be seen by me, and I could distinguish his dark hair, his fresh, unwrinkled face, his

robust form. Forty years old he might have been; not more.

"Not very old," she replied, waving her hand joyously at him. "About one hundred."

She meant one hundred of Jupiter's years. I will not try to make any calculations which will be easy to any school boy who has studied the elements of astronomy, but will use figures always in the Jupiterian sense.

"One hundred! Surely you are jesting!" I cried, forgetting that she never joked or did anything else at the expense of the truth. Indeed wit was not much cultivated by the Jupiterians, though, to compensate, humor was; and I will say that it made life very sweet.

"I speak the exact truth, Wuzzy," she answered, smiling kindly at me.

"It seems incredible," I replied humbly, "that is why I spoke so. With my people, a man of that age would be so feeble, so worn out and decrepit that he would hardly be seen out of his chair."

"You will teach them better ways, Wuzzy," she said in that benign way of hers. "Ah, dear old Vella!" she cried out to him with an enthusiasm I had not seen in her before, "I am so rejoiced to see you!"

"Your joy is my compensation for our long separation," he said so simply that the words were deprived of all suggestion of gallantry; and he took her to his breast very tenderly.

I was glad he was old; I wished him older. Now I preferred Dolha's more formal and less demonstrative way of holding her hands and gazing into her eyes. I wondered if it might not be that Bel made too much of his being so old.

"This is the Wuzzy of whom Dolha has told you," she said to him. "Wuzzy I am glad to have you know my dear old Vella."

He approached me with hands outstretched and held mine, gazing steadily and with searching inquiry into mine; and it seemed to me then that I could see in that look the effects of his years of experience. I felt as if my soul had been brought out and reviewed by this sage and kindly old man.

"You will be made welcome among us," he said; "and what we have to give is yours to have."

I did not understand then how literally he meant this, but took his words for a form of compliment, having no real meaning.

"I have much to learn," I replied; "but if there be any bit of knowledge which is mine and not yet yours, I shall be rejoiced to share it with you."

I am afraid my modesty was feigned, for after all my talks with Bel I was full of the notion that I had much to teach a people who did not know many of the things that were common knowledge on Earth.

"That is as it should be," he answered, giving me one comprehensive glance which included my whole body, but without the least offensive curiosity.

"Wuzzy would like to go about and mingle with our people," Bel said to Vella, linking her round arm in his in a loving way that would have been most charming to see if it had not been that it gave me pain to see her betray so much affection for any male creature, no matter how old he might be.

"There seems no reason why he should not," he replied. "He speaks our language well enough to make himself understood; and there will always

be some one who will gladly be his guide if he wish one. Has he learned to use our vehicle?"

"So well," answered Bel, with a faint suggestion of a smile, "that he is engaged in improving it." I may say that she had been greatly amused by my efforts to invent an attachment to her air motor to lessen a certain physical exertion required to propel it.

"Then, if it suit his convenience," said Vella, "I will set him on his way to-day. Can you not spare a little while for the games? You, Wuzzy, may be pleased and interested to see our young people competing in the games. I do not miss them if I can help it."

"I, too, will go," Bel said.

"You mean to compete, perhaps?" he asked.

"I think so."

"I shall enjoy the games very much," I said. "I am eager to see and learn as much as possible of your ways."

"Then," said Bel, "we will start as soon as Dolha shall have brought you a vehicle; and there," she added, pointing to a speck in the air, "comes Dolha now, with your machine towing behind him."

(To be Continued)

### Cured of Bronchial Trouble.

TO THE EDITOR:

Two and two are four and *I know it.*

I was a suffer from inherited bronchial trouble in an aggravated form for years and now I am cured and *I know it.*

The simple facts of the case are this: My case—a continous aggravating cough, leaving me often in an exhausted condition, was treated unsuccessfully by several of the best local physicians, who after all their remedies had failed suggested Florida or Colorado as the only escape from a consumptives grave. Providentially a copy of PHYSICAL CULTURE came into my hands, whereupon, I immediately threw away all my drug remedies and practiced PHYSICAL CULTURE rules. The cure was quick, complete and permanent. In three short weeks my old cough was gone. Neither could I catch my "customary cold."

To prove beyond a doubt the thoroughness of the cure I have undergone the following tests: Exercised until dripping in sweat, then sat naked by an open window for fifteen minutes in a cold east wind. Remained out-of doors exposed to a cold, fall rain for several hours, dressed only in bathing trunks. Walked for five minutes in six inches of snow, entirely naked at 9:15 P. M., temperature 20°, finish-

ing with a roll in the snow. And *not a trace of a cold.* Do you wonder that I am a Physical Culture crank, talking and teaching it every day of my life?

Yours in the fight against physical, mental and moral weakness.

Salem, Mass.

W. H. PEARCE.

"RUNNING IN YOUR ROOM" PROVED TO BE AN EFFECTIVE FORM OF TRAINING.

TO THE EDITOR:

I could not resist writing to tell you, that the style of training you advocate in the recent articles "Running in your room" is most effective. After leading an athletic life until I was seventeen I went to London, England and then took no exercise but long walks. Before entering for a 100-yard dash I practiced this imaginary running exercise every evening for about five or ten minutes, or until I was "puffed." In this way I hardened the sprinting muscles and developed the bound or springing quality you speak of. I won that race in 10 3-5 seconds, which is not bad time for a lad of eighteen. Understand, I did absolutely no other training at all with the exception of long walks in the city.

DONALD B. CAMPBELL.

Toronto, Can.

## COMSTOCK, KING OF THE PRUDES



THE COMSTOCK THEORY OF TEACHING BOYS AND GIRLS

THE MENTAL AND MORAL PERVERSION OF COMSTOCK AFFECTS THE ENTIRE COUNTRY. HIS DISTORTED CONCEPTION OF THE HUMAN BODY IS THAT OF SHEER PRUDERY, WHICH IS THE CURSE OF THE PRESENT AGE

*By Bernarr Macfadden*

(Continued)

**I** MUST admit that I hate prudes. According to my theory they represent the last dregs of human degeneracy. Their teachings lead to mental and moral decay and ultimate racial oblivion. Under the circumstances, it is therefore, difficult for me to treat Comstock and his conclusions in an unprejudiced manner. And when I hear him claim that he is "protecting" the boys and girls, I confess that it makes my "blood boil."

The above cartoon illustrates very emphatically his idea of "protecting" the boys and girls. He believes in blind-folding them. He believes in hiding all vice, in exciting curiosity by prudish mystery. He has no conception of the purity of the body. He probably never heard of purity in connection with the human body. He undoubtedly does not believe a pure thought possible in connection with the human body.

It is in many of the so-called refined homes of to-day that we find the most awful results of prudishness. In such homes children are raised like automatons.

The parents seem to think that by simply hiding, by merely refraining from discussing the important subject of sex, that they eliminate all thoughts on the subject from their minds of their offspring. And yet if these same parents were to look back to the youthful period of their own lives they would realize that the results of this policy were exactly the opposite of what they expect.

The sexual nature of boys and girls cannot be obliterated. It is one of the strongest forces in human nature. It is bound to influence character for good or for evil, and it lies with the parent to decide which it shall be.

Now let us dissect the Comstock theory in reference to the "protection" of children in all its pitiful details. He believes that children must grow up in ignorance of the form and the functions of the human body, that they must be made to understand that all exposure of the human form leads to erotic imaginings and provokes lust. Now, what are the results of this attitude.

In the cartoon that precedes this article we see some of such plainly illustrated. The boy or the girl reaches puberty and finds himself or herself in the possession of new emotions, peculiar and at times pleasing imaginings. It is the awakening of the sex nature. Can any human being tell me that this is not a period in the life of a boy or girl weighted with the utmost importance? Should they not be taught, very clearly and emphatically, the evils they must combat at this time?

But the prudery that Comstock teaches, cries out emphatically against knowledge and in favor of ignorance. Even if this so-called ignorance were possible, there might be a faint excuse for advocating such a theory, but Comstock and every intelligent individual knows that rarely is it possible for a boy or girl to grow to puberty without learning something of the sex nature from companions.

This is the most damning evidence against the policy of prudery. The child must either be taught the dignity and the divinity of the human body, by those whose duty it is to so instruct him, or else he will be taught by evil companions all that is vile in connection with the sex functions. Take your choice, Mr. Comstock. There is no dividing line. You have to take one or the other and pitiful to relate the average parent leaves their children to their fate. Parents and guardians, would you have your child learn the truth in reference to the human body, learn all the wonderful mechanism of a machine that is more complicated and more intricate than the most delicately constructed device that the human mind has ever conceived? Or would you have your child taught all that is vile, vulgar, obscene, low and lewd in connection with this astounding piece of mechanism. You have to select one of the other. If you want your boy or girl to have pure thoughts in reference to themselves and their bodily functions, teach them the truth, in all its details. Teach them the wonders of the sex principle. Teach them the objects and the divinity of sex. Let them learn that fatherhood and motherhood exist solely because of sex. That the world owes everything to sex, and that Comstock, or any other prude who desires to teach that there is anything low or vulgar about sex is simple parading the mental filth that exists in his own imagination only.

The sex principle, properly controlled, leads on to the highest and grandest characteristics of which human beings are capable. It is only when its true power is understood that it can be of the greatest possible advantage. If some of Comstock's energies could be turned into a proper channel, in the teaching of purity from a right standpoint, then the world might be greatly benefited by his labors. May be that there is a possibility of converting Mr. Comstock to the PHYSICAL CULTURE theory. I would like every reader who has been made to live a purer and better life because of a proper view of the human body, to write Anthony Comstock a few lines about his experience. Perhaps, after all, he is willing to grow. If our readers will take upon themselves the work of converting him, I would feel that they were at least helping in a good cause. A letter addressed as follows will reach him:

Anthony Comstock, No. 140 Nassau St., New York City.

I have received a large number of letters from readers who have been interested in this controversy, and present a few herewith.

A VOICE FROM THE MINISTRY.

TO THE EDITOR:

I am a minister, at present a presiding Elder in the Central Swedish Conference, Methodist Episcopal Church.

I am very much surprised that your publications should be attacked by Mr. Comstock, for I had always had the greatest sympathy with his work. I enclose copy of a letter addressed to him which you are welcome to publish if you see fit.

I wish you all success in your great mission for the welfare of humanity.

Yours very respectfully,

JOHN LUNDEEN.

Warren, Pa.

Following is Mr. LUNDEEN's letter to COMSTOCK.

"DEAR BROTHER COMSTOCK:

"You certainly have overdone a good thing in your attack on PHYSICAL CULTURE. Even though we do not agree with Mr. Macfadden in all things, I think we should admire and support him in his warfare against filthiness, fakes and frauds. Of course the magazine is not a religious publication, but every Christian man and woman ought to appreciate its fight against some of the worst curses of the century, filthy habits, distortion of the body, the fake doctors and quacks, the patent medicine curse and last, but not least, the venomous reptile of prudery, which so polutes and poisons the minds of young and old, of all classes, in so-called civilization.

"Brother Comstock, God made man and woman in his own image, very beautiful, the master-piece of creation. It is a sad fact that every pure innocent child, should be taught by its Christian mother that its beautiful little body is a shameful thing that must be hidden out of sight because it is so indecent. Then the same child is told that God made man. I know of at least one boy who wond-

ered why God did such shameful work on him, and then made horses, calves, lambs, birds and even little white pigs so cute and nice that they could run around just as they are.

"I think PHYSICAL CULTURE intends to educate us just in the right direction on the subject of the care of the body, which is the temple of the Holy Ghost. I have it in my home, my boys and girls read it and I have no fear that it is doing them any harm. I wish that it was read in every home.

JOHN LUNDEEN.

Warren, Pa.

FROM A VICTIM OF COMSTOCKERY.

TO THE EDITOR:

I feel that I must express my thanks to you for what you have done for me.

When I was a child and even up to the age of fifteen or sixteen years I was ignorant of many things which every boy and girl should know. My physical condition to-day is a result of that ignorance.

I had been allowed to drift along in ignorance of the most important things that it is the right of every boy to know and, mingling with evil companions, and those who were as ignorant as myself in this respect, I have fallen into the vilest of habits.

About one year ago I had the pleasure of being allowed to read your magazine which a friend loaned me, and seeing that I was pleased with it, my mother gave me a subscription for one year as a present.

From that time I have had awakened in me a desire to become a man and by the aid of your instructions I hope to become one some day. I am five feet, seven inches tall and only weigh one hundred and twenty-five pounds, although healthy, yet I am nothing but skin and bones. A "physical wreck."

Perhaps I am wrong in saying healthy, but I have not been subject to sickness which would call for the care of a doctor.



What prompted me to write to you was the article "Shall Comstock be Suppressed." I say, "Yes, a thousand times yes!" for the good of every American boy or girl or, in fact, of any nationality. I wish to say that if I had been taught what I read in the PHYSICAL CULTURE magazine I would have a different story to tell.

It caused me to think of my condition and the crimes which I had committed upon myself, and since I have had the PHYSICAL CULTURE I have improved greatly, although I am still in great need of help, and I wish to say that within a few years I will be what I ought to be through exercise and diet.

Yours, with many thanks for the help you have been to me.

"A PITTSBURG BOY."

Pgh., Pa.

TO THE EDITOR:

I send this to express my thanks for the vast amount of good your teachings have done me, and I am sure that could the vast army who have profited as I have, take the witness stand, one at a time, your noble work could not be interrupted.

It is appalling to think that any influential man will take it upon himself, as Comstock has done, to hinder in any way the great reforms that you have begun, reforms of the greatest importance to our country, reforms which alone can save our boys and girls from misery, despair and death, purify the very foundation of our civilization, and eradicate that great monster—Prudery—which is eating at the vitals of our country.

With a sincere desire to see you not only victorious over Comstock, but going on with your great work, if possible with even plainer and more enlightening truths. I am

Yours most gratefully,

GEO. W. PENDER.

The December issue of *The Liberator*, Minneapolis, Minn., the official organ of the Minnesota Health League contained the following comment on Mr. Comstock's recent action:

The world owes a large debt to Mr. Bernarr Macfadden for somewhat familiarizing it with the sight of the human form. As long as the outward man is thought of only as to his clothing, his physical defects will remain, and with them all the mental defects that accompany them.

It is impossible to estimate the measure of mental health that has thus come into existence through Mr. Macfadden's efforts. Clothes do not make the man and the woman quite so entirely as they did; we look a little deeper than before. And the removal of evil thought from the sight of a nude form, has made much greater progress. But as to the last, there are, of course, many who appear incorrigible and insist that nudity is unclean. Among these the most distinguished is Mr. Anthony Comstock. His lifelong

business of searching for uncleanness has given him an uncommon appreciation of things of this sort, and since all uncleanness of this kind is in the mind of the man who sees it, there can be no questioning Mr. Comstock's decision. But would it not be more economical as well as more just for society to guard Mr. Comstock from contamination than to put all the pictures of nude forms out of existence? His recent arrest of the editor of PHYSICAL CULTURE is proof positive that he has lost the power, if he ever possessed it, to discriminate between the vicious and the wholesome.

CANAJOHARIE, N. Y.

TO THE EDITOR:

Not in a long time have I enjoyed any article on "reform" nearly as I did, your statement regarding "Comstock, King of Prudes!" Your denunciation is just in every way and yet intensely earnest and I admire you for the courage to face and fight such a misguided, but powerful foe.

Had I the means I would aid you financially, but as it is I can only assure you of my hearty approval and the approval, also, of many of my friends.

You have my hearty congratulations, and are deserving of the highest praise for the noble fight you are waging for purity in body and thought.

Sincerely yours,

L. W. DUNHAM, D. D. T.

SPARTA, ILL.

TO THE EDITOR:

Would like to congratulate you on the Comstock article, but it was not strong enough

Truly yours,

FRANCIS T. FITCH.

Pittsburg, Pa.

TO THE EDITOR:

I have just read with great interest and astonishment your editorial on "Comstock, the King of Prudes." I have been a faithful subscriber to your magazine for several years and I do not recollect ever seeing anything published or illustrated that ought to shock a pure minded man or woman. I think that your articles and illustrations have a most decided tendency to help and refine.

To the pure all things are pure. A pure minded man or woman is not affected by any mere exposure of the human form and it is a striking evidence of feeble mentality when one throws up his hands and cries out against your highly educative publication. Your magazine has done a world of good in my family. My own son is being educated along pure thought lines and I would purchase your magazine if it cost me fifty dollars a year. Its beneficent influence in my home cannot be measured in dollars and cents.

Very sincerely,

FRED B. NEWBERRY.

Hannibal, Mo.

# ATHLETIC TRAINING



## For Boys and Girls

By Harry Wellington

### ALL-AROUND ATHLETICS

It is too early, as this is the mid-winter season, to begin actual training for the various track and field sports, yet it is not too soon to commence laying your athletic plans for the coming spring and summer. This month, therefore, I shall not attempt to give you instructions about any one branch of athletics, but will call your attention to the practice and advantages of all-around athletics.

As a general thing I would consider it far more advisable for you to become an "All-Around" man, then to try to excel in the performance of merely one special sport. Under the auspices of the Amateur Athletic Union of the United States there is held each year an "all-around Championship" in which the competing athletes take part in ten different events, all in one afternoon, namely, the 100-yard dash, high jump, running broad jump, pole vault, throwing 16 pound hammer, putting the shot, throwing 56-pound weight, 120 yards hurdle race, half mile walk and one mile run.

Now I do not advise my young readers to attempt to do all of these things at present, and especially not to try to do them all in one afternoon, for it takes a well trained man to stand the strain on his bodily powers. But I give the list, so that you may understand the meaning and nature of all-around athletics, and to show that it is most necessary for one to strengthen every part of his body in order to indulge in such a

variety of vigorous sports. I have in the past presented to the readers of PHYSICAL CULTURE some helpful hints on sprinting, distance running, jumping and hurdling, and next month I will give you some instructions in weight throwing, which, if you do not use too heavy weights, will prove to be a very interesting and beneficial exercise for you. Putting the shot and throwing the hammer will bring into use muscles that are not very much developed by running and jumping, and hence, they should be practiced for that reason. Remember that as all-around athletics require strength in all parts of the body, so the practice of them will develop strength in every muscle, and you will finally grow up into a more perfectly built, more symmetrical, more powerful and more healthy man than if you followed only one line of athletic training.

Of course you should be careful not to exhaust yourself too much in any athletic pastime. Never continue your efforts in any line of athletic effort after you are distressed, and unable to enjoy it. This is very important. All-around athletics will probably be more interesting than the practice of a specialty. That is to say, you will enjoy them more. They are not so monotonous. With their help you can make as many changes as you wish in your exercises, while a sprinter does nothing but sprint. Of course one has a better chance to become a champion by sticking to a specialty, but among the thousands of

young athletes the chances of attaining championship honors is exceedingly small. Better get as much "fun" out of your athletics as you can, and not try for championship honors. And even after one becomes a champion, he does not get as much satisfaction out of it as he expected to do. It leaves him nothing further to work for. Therefore, unless you have some very unusual ability in a particular direction, it is better to practice all-around athletics and thus acquire the evenly balanced development that every one should desire. Your general health will thus be better, and this means better nerves and a clearer brain.

Furthermore, even if you take up a specialty with an ambition to excel in it, a moderate amount of all-around

training, at least at first, will be of great help. Evenly distributed strength in every part of the body will greatly help you in the performance of any specialty. For instance, a weight thrower who depends mainly upon the muscles of his arms, back, and upper body would be at a disadvantage if he had comparatively weak legs. And a sprinter can run much better if he has powerful muscles in his upper body. Each part helps the other and no matter what particular thing you wish to do, even though it seems to bring into play only one or two special sets of muscles, you will be able to do it better if you have strong, powerful muscles in every part of the body. A one sided, unbalanced development is very unsatisfactory, and never to be desired.



## A Splendid Exercise For The Abdominal Muscles

Lie with the back flat across the seat of a chair, feet on the floor. Then taking care to keep the knees straight or as nearly so as possible, raise the feet and legs until you assume the position shown in this photograph. You might even bring the feet closer to the head if able to do so. Lower the feet to the floor and repeat the movement, continuing until tired. A similar exercise can be practiced by reclining flat on the floor, but is not as good because the feet are not raised as far with each movement. If even this seems too easy, then tie a little weight to the feet and try it. You can also make the exercise still harder by going through the movement a little faster, and by raising the head up over the chest each time that the feet are raised. You can steady yourself by taking hold of the chair with the hands.

# Reclining Exercise for Boys and Girls

By *Bernarr Macfadden*

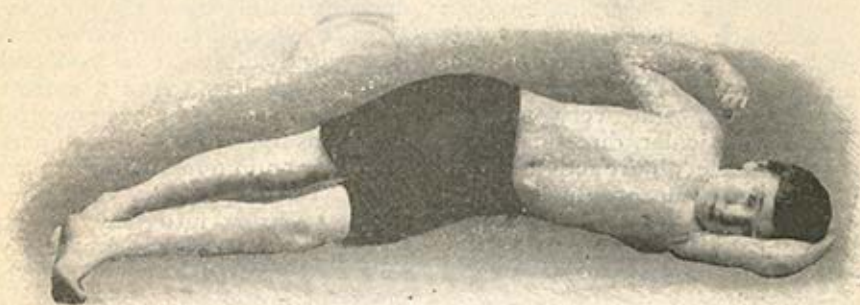


Photo No. 1. Recline on one side as illustrated, then, resting the weight of the body entirely on the shoulder and upon the feet, raise the body and especially the hips as high from the floor as you can. Do not help yourself with the hands.

These movements, are mainly for strengthening the muscles of the trunk of the body *viz.* those of the sides, back, chest, stomach and abdomen, and will indirectly strengthen the digestive organs, including the heart, kidneys, and other important internal organs and stimulate their actions. The body

bending exercises illustrated last month for boys and girls are also very valuable in this way, but no matter which you choose, remember that it is a good plan each day to include some exercises of this kind in any other movements that you may take, and in addition to any active, open air sports and games which you may indulge in.



Photo No. 2. Reclining on the back, bring one leg up towards your head as high as possible. Then take hold of it with both hands and try to pull it still further, even touching your forehead with it, if you can. Now try to push the leg away, at the same time holding on and pulling with the hands. In this way you can make the exercise as hard as you wish.

## Combination Exercises for Boys and Girls



Some kinds of exercise can be made more interesting when two girls, or two boys, or a girl and a boy, take part in it, than when it is taken alone. It can be made to seem more like play. Therefore have a companion in your exercises whenever you can.

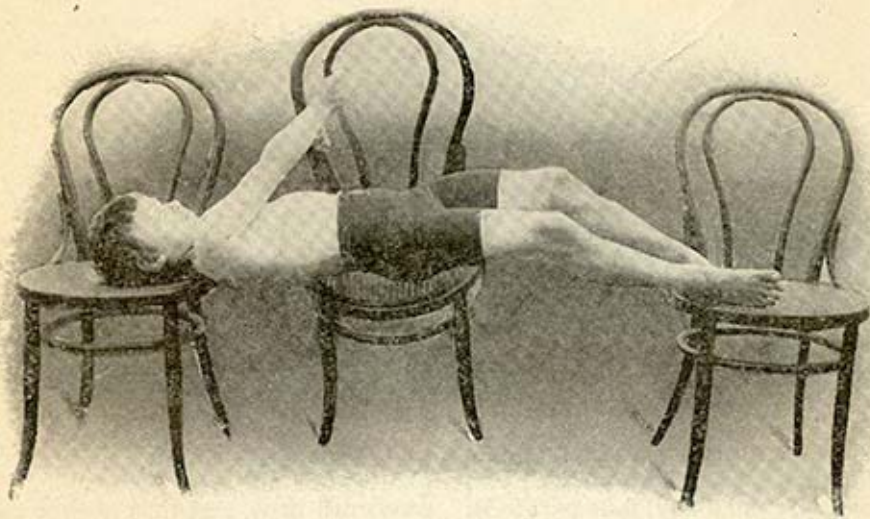
Let two girls assume the positions shown in the first photograph on this page, each taking hold of the other's upper arm, close to the shoulder, or armpit. Girl to the left should have her feet as far away from the chair as possible, then raise her body, especially the hips, as high as she can. Next, without moving the feet or arms, she must lower the hips as far as possible,

to the position shown in the second photograph, and raise them again. Repeat until tired, and then change places with the girl on the chair.

Taking the same position as at first, let both girls slowly bend the elbows, so that the upper girl will be gradually lowered, with the entire body rigid and stiff, until the faces nearly meet. Then straighten the arms, rising to first position, and repeat the movement, the two girls finally changing places. It is very likely that you will be able to invent a number of other similar movements, with the idea of getting as much fun, as well as exercise out of them as you can.



## A True Test for the Back



This is perhaps one of the most interesting feats of strength that we have ever illustrated for our young readers. Any really strong boy or girl can do it, but you will be surprised to find how many of your playmates will be unable to accomplish it. Set three chairs along in a row, reclining upon them in such a manner that only the feet will rest upon one at one end, and the head and shoulders on one at the other end, the back touching the middle chair. If you are

quite strong rest only the head and neck, and not the shoulders upon the chair. Now pull the middle chair out from under you with both hands, as shown in the photograph, keep the body very stiff, bring the chair over you and put it down on the other side, pushing it underneath you again. In other words, you lift the chair and bring it all the way over and then underneath you while in this position. The feat calls for a good development of the back muscles.

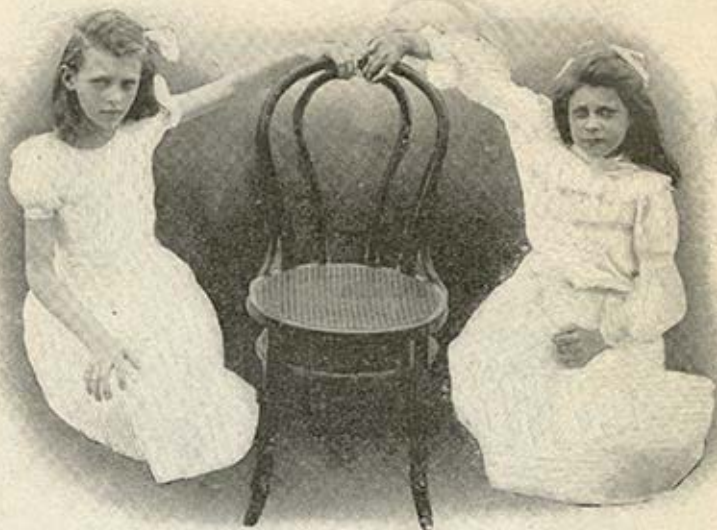
---

## Wrestling for Boys

For those of my boy readers who were interested in the series of lessons on wrestling which I published last year in **PHYSIQUE CULTURE FOR BOYS AND GIRLS**, I would call attention to the series of lessons on advanced wrestling, by C. E. Holgate, now being published in **PHYSICAL CULTURE**. Those who studied and learned the holds which I have presented to my boy friends as

told will have a very complete and practical course when they have mastered the new holds and methods of defense given in Mr. Holgate's articles, and should soon be in a condition to successfully wrestle with almost any boys of the same weight as themselves. The lesson on boxing for boys was omitted this month for lack of space, but will be published next month.

## Another Good Combination Exercise



Two girls should stand on either side of a chair, each taking hold of the top of the back of the chair with one hand, as shown in the illustration. Then, at a signal, both girls lower themselves to a squatting, or crouching position, as if sitting upon the heels, exactly as pictured. Then rise again to standing

position, each pulling outward against the other all the time. Repeat the movement, endeavoring to see which can do it the greatest number of times in succession, or who can do it the fastest. You will find this a great exercise to warm you up, and to develop very strong upper legs.

## Boy's and Girl's Question Department

**Q.**—I am a girl of fifteen years, and wish to ask why my left shoulder is an inch or two higher than my right? Can you suggest some exercises that will remedy this unbalanced condition?

**A.**—What you need is a course of exercise to strengthen all the muscles of the body, and to develop both sides evenly. This will be inclined to correct the deformity. You have probably neglected to form the habit of carrying the body erect, for this is usually the cause of the defect. If you have been in the habit of letting your shoulders droop, and carrying your head on one side, you should give special attention to the practices of walking and sitting erect. Stretching exercises are good, especially raising and stretching the lower part of the body.

**Q.**—When I jump a great deal I have a pain in the right side just below

the ribs. Is this because I am exerting myself too much? If not, what is the cause?

**A.**—It would be difficult to accurately state the cause without knowing more about your habits. I think, however, that it is the same kind of a side-ache that is sometimes induced by fast walking, or long distance running, when not accustomed to such vigorous exercise. In such a case you need not be alarmed. If it is due to a special weakness of any kind in that particular part, you should not exert yourself quite so much until you acquire more strength. If you were in perfect health you would not be bothered in this way, no matter how much jumping you did. Take exercises to strengthen the muscles of the trunk of the body, and improve your wind, and you should not be troubled in this way any longer.

# Physical Training For The Baby

PLAY EXERCISES THE ONLY KIND THAT CAN BE RECOMMENDED.

By *Bernarr Macfadden*

IN presenting this, the second instalment of my series of exercises for the baby, I wish to again call attention to my remarks in the last issue for the sake of greater emphasis. In their desire to do everything possible to make their little ones strong and vigorous, the enthusiastic physical culture father and mother may possibly forget that all exercises given to children should be regarded as play, and that they must be enjoyed as such in order to be beneficial. Let the baby have its exercise every day by all means, that is, if it is pleased to have it, but if on any occasion it appears to be tired and disinclined for physical effort, then the usual movements should be eliminated for the day. Under right conditions a healthy child

will naturally take to exercise of a

number that I have never thought of.



Photo No. 4.—Place the baby in a sitting position. Then take hold of its hands and forearms as illustrated above and slowly, and gently lift it upward as though to stand it on its feet. Just as if understanding your intention, the child will endeavor to help, pulling up with its arms and pushing downward with its legs until it stands upright. It cannot rise and stand up by itself, but with your help it will be able to do so, using to some extent all the muscles that it will need later on in pulling itself up at the side of a chair. Also it is training and strengthening these muscles in a way that it could not possibly do without your help. It would necessarily learn to stand without help in the course of time, but will be much more steady on its feet with this preliminary training and will enjoy the exercise exceedingly. Of course considerable care must be used in this as in other exercises, not to strain any part of the child's body.

it hugely, for its very nature inclines it toward activity. Indeed it is only by such activity that it can develop and learn the use of its various muscles and members.

Please understand that I am not setting forth these movements as the particular exercises which every mother should give her child, nor do I claim that they are the best that your babe could possibly have. I simply present them as a portion of the play-exercises which have been given my own child, and as suggestions for you to do likewise with your little one. You will note that I have followed the most natural course in every instance. But it is likely that many of my readers will invent various little exercises and "stunts" of their own and hence may find a great

physical culture character and enjoy

Furthermore different babies will be

Furthermore different babies will be





Photo No. 5.—Take hold of the baby's hands and stand it on its feet, supporting its weight to a great extent with your hands. Then let it lean slightly forward and gently pull it along, as though to encourage it to walk. You will generally find that at even a very early age, the child will, under these circumstances, learn to lift up one foot and put it down in front of the other, then pick up the other and bring that forward uncertainly but nevertheless in imitation of the true motions of a walk. The child will do this with your assistance months before it is ready to walk unaided. Next draw the child slowly backward in the same way, permitting it to step its way back. Continue to walk it back and forth, sideways and around you, until it shows an inclination to stop.

found to take to different exercises, and the inclinations of the child in this respect should determine the course to be pursued and the movement to be selected.

I realize that a number of conservative mothers will probably take issue with me on the advisability of giving the baby any exercise at all, apart from its own voluntary movements. But as a matter of fact, nearly all mothers do use physical culture principles to some extent in the care

of their babies, purely from the impelling force of instinct. They do so not only in play but especially in their efforts to encourage the child to walk, usually some weeks and months before they really expect that he is ready to do so. In fact, they often practice movements almost identical with those shown in the accompanying illustrations,



Photo No. 6.—This is somewhat of a balancing exercise, and is likely to be particularly pleasing to the child. Place one hand across the child's stomach, and then, holding it steady by taking hold of the back or legs with the other hand, bring its body up in such a manner that its entire weight, or as nearly as much of it as you deem judicious, rests upon its stomach, as illustrated. The baby will always stiffen up when you do this, holding the body straight and usually raising the head in the manner shown above. This exercise involves practically all of the muscles of the back. The stomach muscles, are also very thoroughly exercised in supporting the weight of the body in this way, for it requires that they be contracted and hardened for the work. Let the baby rest and relax frequently, and repeat. Practice all this very gently and carefully, remembering that the child's comfort and pleasure must be your guide as to when to stop.

# General Exercises for Women

VIGOROUS STRENGTHBUILDING MOVEMENTS FOR THE ENTIRE BODY

By *Bernarr Macfadden*

THE exercises for women presented last month, were, as my readers will remember, of a light, easy nature, and intended for those who are not strong enough to take very vigorous exercise, or who are just beginning the practice of physical culture. The movements which I am illustrating herewith are similarly designed to develop in a general way the muscles of practically every part of the body, but are of a more energetic nature, calculated to build up real muscular strength. They are mainly intended for those who have already acquired some degree of strength through physical culture methods, or who are fairly vigorous by nature or by reason of some healthful employment in the past.

For those who have never given much attention to the cultivation of health and physical strength, and who are just

beginning the practice of daily exercises, it is especially important that they first devote themselves only to light, easy movements, such as those presented in last month's issue. When one first

becomes convinced of the value of physical training, she is often so enthusiastic that she takes enough exercise the very first day to last her a week. The result is that her unaccustomed muscles are found to be very lame and stiff the next day. While this condition is by no means serious or alarming, yet it is very uncomfortable and in many cases completely discourages the beginner. For this reason it is well to guard against too much exertion on starting out. It is a far wiser policy to begin with some very gentle exercise, gradually increasing the number of times that you perform each movement, until finally you are strong enough to take the movements illustrated here and others of even more vigorous a nature.

In case you should, at any time take an unusual amount of exercise, and induce the lameness and stiffness re-

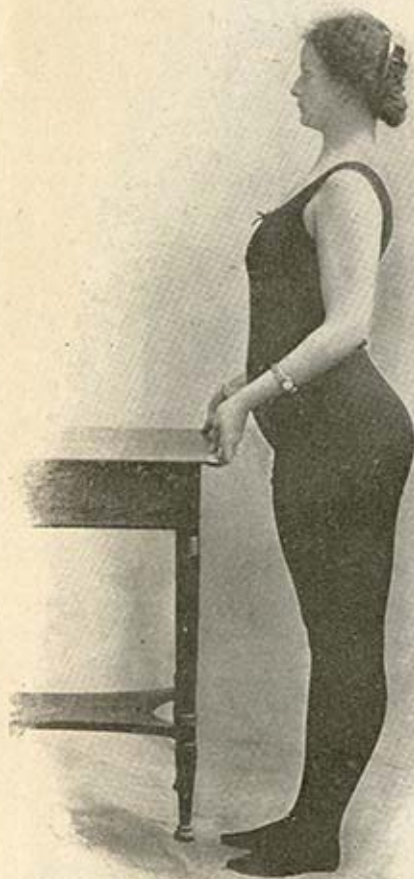
ferred to, you can relieve the soreness to some extent by massage and bathing the affected parts with hot water. You cannot, however, do away with this discomfort entirely immediately for it



Exercise No. 1.—Stand at the side of a table, taking hold of same to steady yourself. Now, standing on the left foot, raise the right leg to the level of the hips, keeping knee straight, and lower the body slowly to the position shown in this illustration. Rise to standing position and repeat the movement, continuing until tired, after which perform the same exercise standing on the other leg. This exercise is a powerful developer of the legs, and especially the thighs, while the act of holding the other leg up in front of the body horizontally is also splendid exercise for the muscles of the abdomen.

will probably take two or three days to completely rebuild the used-up muscular tissue. But within that length of time, all traces of the stiffness should pass away.

Granted that you have once secured a fair degree of strength, it is advisable



Exercise No. 2.—Standing in front of a table, take hold of the edge of it, as shown in the illustration, and lift straight up for a few inches. Lower and repeat the movement. If the table seems rather light, and thus too easy to lift in this way, lift with one hand at a time, or place books and other articles on it so as to give it sufficient weight. Stand close to the table. For the biceps. Take the same position for another exercise. Bracing the feet firmly, and holding the upper body perfectly still, lift, swing the table first far to the left and far to the right, with arms straight, or nearly so. Repeat until tired. This for strengthening the deltoid or shoulder muscles.

to adopt exercises of a more vigorous nature. Very light, easy movements will never build more than a moderate degree of strength, although they will place you in condition to take other and more active exercises. I might say, however, that the chief value of these light, easy movements lies in the accelerated circulation of the blood which they induce. Yet as you grow stronger, the simple, light exercises will cease to be interesting. They will require no effort on your part and you will instinctively turn to others which call for greater activity and a more vigorous contraction of the muscles.

I must admit, that exercise is not the only essential to health. All of our general habits of life have a more or less important bearing upon the condition of our health, and in my article of last month, on exercises for women, I called special attention to a number of exceedingly important considerations, relating to the subjects of clothing, diet, air and bathing, among other things. But of all these, a natural amount of wholesome physical activity is one of the most important considerations.

Many imagine that while muscle and strength are all very well for men, yet they are not needed by women. On the contrary, a woman requires a given amount of muscle and strength just as much as a man does. Undue weakness is as deplorable in a woman as in a man, and just as unnecessary. If you are muscularly very weak, it is evident that you are not very active. Such weakness means that you do not get much physical exercise, and that you probably do not move about any more than you have to.

Now, this muscular inactivity is as a natural consequence, followed by a sluggish and apathetic condition of the internal organs. The entire functional system loses tone. Denied the stimulus of active, healthy exercise, the circulation of the blood is poor, and grows continually worse, and with this condition prevailing, no organ or tissue of the body can possibly be healthy. Stomach, heart, lungs, kidneys and all the important internal organs lack the vigor necessary to perform their offices in a satisfactory manner, and the assim-

ilative organs supply a poor, impoverished quality of blood to the tissues. The nervous system, is thus deprived of adequate nourishment, and gradually enfeebled ultimately breaks down. As the brain is absolutely dependent for its activities upon the nature and quality of the blood supply which it receives, every mental power is affected for the worse. In short, the lack of physical exercise induces a condition of stagnation in the entire system. And such stagnation means disintegration, or, in other words, disease and ultimate death. That is to say, premature death. Your organism gets rusted. Every bodily function and every mental faculty suffers and you go from bad to worse until you are only a shadow of what you might have been if you had developed the physically best that was in you.

Perhaps you think that this is a dark picture! But it is a picture of the story of the average man and the average woman of our present so-called civilized life. You may be young yet, and there may be others about you who, in the vigor of youth, have the semblance of health and beauty. But look at the great crowds of humanity on every side, at the people you see in the street cars and meet on the street, and you will note that they are far from happy or handsome specimens of humanity. You will find them weak, debilitated, awkward, angular, ugly, dwarfed, lop-sided, distorted, unnatural and abnormal beings. In their joyless countenances you will read the evidence that they are as warped and as abnormal in their mental and moral natures as in their wretched physical beings. And nearly every one of them is dying years and years before the proper time, the average length of life being considerably less than half of what it should be.

Therefore I say that you cannot afford to lose any opportunity or to neglect any means by which you can perfect your physical being. It should be readily apparent to every one that, without a satisfactory physical foundation, it is absolutely impossible to realize one's full possibilities along the lines of intellectual achievement, or even of moral character.

Furthermore, this is of all times the

season of the year when exercise is most desirable. During the summer months nearly every one goes out of doors far more than in winter, securing the pure air and the walks, while many enjoy the advantages of interesting out of door



Exercise No. 3.—Take up a small foot stool, or some other object of moderate weight, and raise high over head to arms' length, as shown in illustration. Then bend sideways, lowering the stool with arms still straight, directly to one side as far as you comfortably can, then bend to the other side. Repeat the entire movement, swaying from side to side until tired. For muscles of the entire side of the body. For another exercise, take the same position, as shown, and keeping knees straight, bend forward and touch the floor with the stool, raising it on high again, repeating the movement until tired. This is vigorous exercise for the back, although both of the movements, here described, exercise the arms to some extent, raise and expand the chest, and are inclined to bring the shoulders back.

games. But during the frosty, chilly months of winter most women, not all of them, are inclined to remain indoors. They rely upon artificial heat for comfort and remain as inactive as possible, and even when out of doors invariably riding instead of walking. On this account it is more than ever worth while to give attention to the care of the body at this period.

As a general thing, colds and diseases of all kinds are more common in winter than in summer. The average indivi-

are sometimes subjected in winter, but on the contrary are made possible simply by reason of an abnormal and unbalanced condition of our own bodies, due to our more marked neglect of health laws in cold weather. We breathe more foul air at this season than at any other, we stifle the pores of the skin by an excess of clothing, our general habits are even more sedentary than ever, and in most instances we are inclined to eat far more heartily. All of which results in an accumulation of impure and foreign matter in the blood and finally in colds, congestions and even more serious complaints. In fact, this is all that could rightfully be expected of a system that has become sluggish and "stuffed up" both with excessive food and the natural waste of the body itself, all of which might be eliminated by the depurating organs if one were active physically. The function of



**Exercise No. 2.**—Standing three or four feet away from a table, lean forward and place the hands upon same, then bend the elbows and lower the body until the chest touches the edge of the table, as illustrated in this photo. Now push with the arms so as to raise the body to arms length and repeat the movement, continuing until tired. The feet should be as far away as possible from the table and still permit you to perform the exercise, the entire body being kept straight and rigid. Designed especially for the upper arm, particularly the triceps, although the muscles of the stomach, abdomen and front of the thigh are involved in maintaining the rigid, straight position of the body.

dual seeming to be more susceptible at this time of the year, and also for this reason one should strive all the harder to keep in good physical condition. For it must be remembered that colds and other diseases are not at all the direct result of the colder weather and the occasional slight exposure to which we

colds or other diseases is to cleanse the system and restore the balance so that health may again be possible, but with proper care and sufficient physical exercise one would always be in such a normal condition that colds and such diseases would be uncalled for and unknown.

# Woman's Forum

A DEPARTMENT FOR INDIVIDUAL OPINION AND DISCUSSION

## WALKING AS AN EXERCISE.

TO THE EDITOR:

As a subscriber for your magazine for over two years, I want to tell you how much I enjoy it, and how it has helped me.

You have so much to say about walking that I would like to tell you my experience. I am a kindergarten teacher, and I am in my first year of teaching. My parents thought I could not stand being shut up in the school-room all day, so I decided to walk for exercise. My kindergarten is in the south-eastern part of the city, and my home in the north-western part, and almost every day last year I walked across Dayton. Being a kindergarten teacher I was on my feet more than the grade teachers, but I always walked home, and, in addition, went to a gymnasium twice a week and did not feel the least bit tired. There is everything in knowing how to walk and breathe properly. There is nothing like the walking cure, with good deep breaths of fresh air, for headache, colds and indigestion.

Some one told me that I ought to eat meat, and drink coffee, or something hot to keep warm during the cold days. But I never drink anything but milk and water and never eat meat, and I never felt better, or weighed more than I did last winter.

Hoping this may show you some of the good your magazine is doing.

I am yours for health,

MABEL PETCOCK.

## THE NEW SIMPLE LIFE IN THE CITY BETTER THAN THE OLD LIFE ON THE FARM.

TO THE EDITOR:

I can not refrain from telling your readers what a nature treatment has done for me.

In October, 1904, I was a physical wreck. My stomach, kidneys and ovaries gave me no end of trouble. I was thoroughly disgusted with allopathic doctors and their poisonous drugs so decided to try the natural cure. I took a four month's course of treatment consisting of cold baths, osteopathy, massage, air baths, sun baths, physical culture and deep breathing, together with a strictly pure food diet.

It was all new to me, but I followed it implicitly, and with good results. I eliminated the poison from my system in the form of boils, pimples and other like eruptions, and in one year gained fifteen pounds. My husband and myself to-day are well and happy, both sincere physical culturists.

I was born and raised on a farm, but find that I now feel much better with the new "Simple Life" in a big city, where I take advantage of God's good gifts,

Here is our daily menu.

*Breakfast.* Whole wheat bread and butter, mixed nuts, figs or dates.

*Lunch.* Whole wheat bread and butter sandwiches, with nuts and raisins chopped together for the filling.

*Dinner.* (6 P. M.) Fruit salad with nuts. Two or three different vegetables with perhaps sliced tomatoes, celery, onions or radishes, whole wheat bread and butter. Fresh fruit always on the table.

A SUBSCRIBER.

Chicago, Ill.

## DOUBLE STANDARD OF MORALS DUE TO POLITICAL INEQUALITY OF SEXES.

TO THE EDITOR:

I noticed a discussion in one of your magazines on the subject of "The Double Standard of Morality Among the Sexes." Since both sexes are included in the title, both sexes naturally should enter into the discussion as I see you are allowing.

I have not yet seen any attempt made to arrive at the reason why there is a double standard and yet, if we do not understand the cause, how can we apply the correct remedy?

The only line of reasoning which seems to me to lead in the right direction, though I may be wrong, is that a man still holds a certain amount of supremacy over woman and is not thereupon answerable to her for all his acts while she is responsible to him.

If we look back into history a little, we shall find that the women were formerly the slaves of the men, and are still within that thralldom, though the weight of the chains is not so heavy as formerly.

Even to-day there are certain points of law which I have no doubt most every one has noticed in which man has still the whip hand over woman, and if we look at the interpretation of law as handed out by the courts the difference of standing is even more obvious. Still one would hardly expect *men*, as law-makers or interpreters, to hand out law, or decisions based on the law, giving woman equality with man.

This then brings us into politics and shows that women must get into politics, and obtain and use their suffrage for the purpose of forcing men to recognize their equality in all matters.

I cannot see that we can avoid politics since it is ridiculous to expect men to place women on the same level with themselves morally, or to allow women to influence the Standard or Standards of Morality set by them, if woman are not equa with them politically or in the eyes of the law,

H. J. B. HARPER.

Victoria, B. C.

AN IMPURE MAN SHOULD RECEIVE THE SAME  
TREATMENT AS AN IMPURE WOMAN.

TO THE EDITOR:

I should like to ask Mr. Truth Seeker, of the December number of BEAUTY AND HEALTH, what his opinion is of a girl, the up-to-date girl, the one who goes in for cigarettes, alcohol, and all that sort of thing, then sees her mistake, for no matter what her after life may be, there always remains the stain? Would you, Mr. Truth Seeker want her for your wife?

A man, you know, can live down things, but a woman never can. Such is the way of the world.

And as for making a confession, suppose a woman should prefer to believe a man her ideal, there is always the chance that she might learn of his impure life. Would it not be far better to learn of it previously from himself, rather than afterwards from other sources? Formerly no man would have a right to so deceive a woman. Then too if she loved him enough to marry, surely she would love him enough to forgive.

You ask how that kind of a man should be treated by a woman. I, for one, believe, that his treatment should be the same as that kind of woman should receive from a man, and surely God would say "forgive."

SORRAINE.

Wichita, Kans.

EXPECT MUCH FROM OUR AMERICAN YOUTHS.

TO THE EDITOR:

I have often wondered if the average American girl stood firm to her ideal of true manhood? I fear the trouble is largely with our girls. "Does your friend smoke?" was asked a certain young lady.

"Yes," was the reply, "I have always said I would never marry a man that smoked, but they all do."

"He doesn't drink?"

"Oh no, he only takes a social glass now and then with his friends."

Other questions might be asked, but they would only be answered in the same way.

To-day we need girls that will help our boys, help them as they would help their brothers. Let them know that you have a high opinion of them by respecting and trusting them, and if you do this it will not be long before they will be putting forth an effort to live the higher life.

Expect them to be weak and they will be weak. Your beliefs in this respect will help them on the downward course. Always look for a noble man and you will find him. If he isn't of that type at first, he will grow to be one by the aid of your encouragement and belief in him.

Expect much from our boys. Look for the ideal man and you will not be disappointed.

EDITH BRUBAKER.

Daleville Va

IT IS WHAT WE ARE AND NOT WHAT WE HAVE  
BEEN.

TO THE EDITOR:

I think that we should be held accountable for what we are and not for what we have been. One who has erred no matter how deeply, and possibly through his own efforts and at length finds the right path, is better, stronger, and we might say, deserves more credit, than one who has never been tempted, or who has never deviated from the paths of righteousness.

Were we condemned for what we have been through weakness or ignorance, all our efforts at self-control or enlightenment would be in vain. We ask for forgiveness for our past iniquities, and they are blotted out or forgotten according to our present actions and the good we do.

Any broad-minded woman would appreciate your confidence and admire you the more for the up-building of your character. But it is entirely unnecessary to prematurely give your pedigree and history to every woman you meet or become interested in.

DORA HERZ.

Bingham, Ala.

WOULD RATHER REMAIN IN IGNORANCE OF THE  
PAST.

TO THE EDITOR:

At the time your magazines first came under my notice, I was all run down in health, and though always a believer in physical culture, my interest needed just the arousing which one perusal of PHYSICAL CULTURE gave it, and now I am enjoying superb health.

I have always, even before reading about the subject in your magazines, believed in a single standard of morality, and have become much interested in the discussion in the "Woman's Forum." I wish to reply to a "Truth Seeker" and at the same time thank him for bringing to notice this third class of men,—the impure men, repentant and reformed.

I am the promised wife of one of this class of men. And I think, as an individual, I would prefer to remain in ignorance of the unhappy past of such a one. By indirect means only have I learned that the man I love has erred in the past, having lost his mother when a babe, and having no one to love him or guide him, and through a similarly indirect manner, have I let him know that I can, as another woman in this discussion said, forgive a transgression. Is it not a Bible truth, that there is more rejoicing among the angels over one lost sheep returning, than over the ninety and nine safe ones? But to keep the "standard" equal, I also believe that an erring woman, who has changed her life, should not be regarded as lost nor give up forever her happiness.

M. C. G.

## St. Valentine's Day

In the blue heaven of beauty's eyes,  
Behold the stars of love now rise;  
And brighter and still brighter shine  
In honor of St. Valentine.

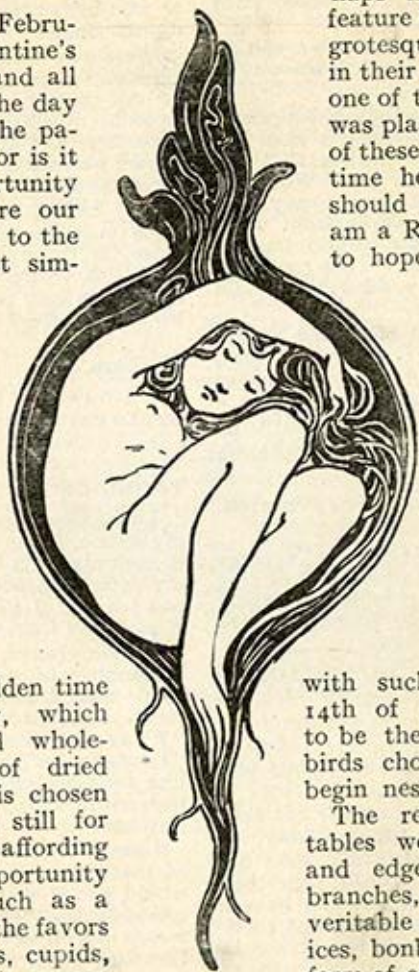
"THE fourteenth of February." St. Valentine's Day. We one and all claim the privileges of the day which is dedicated to the patron saint of lovers. For is it not the day when opportunity is given us to lay bare our hearts, by means sacred to the saint? True, the sweet simplicity of many of the "Valentine's Day" tradition are being swept away, by the materialism of this strenuous age, just as the "paper lace" missives of our grandmothers' days have given place to the more elaborate and formal Valentine gifts and tokens. But let us cherish what are left of the old traditions, with their olden time charm and simplicity, which are as refreshing and wholesome as the odor of dried lavender. This date is chosen by very many people still for evening entertaining, affording as it does ample opportunity for novel festivities such as a "Cupid's Party" where the favors take the form of hearts, cupids, bows, arrows, etc., and creams, ices, bonbons are also suggestive of the day. One of the very prettiest of these affairs that I have ever known was arranged as follows. Each guest appeared as a bird, the hostess in sending out her invitations having suggested what bird each one should represent, canaries, doves, robins, eagles, being among the species named. Of course a

lady and gentleman, or a little boy and girl constituted a pair, that were to be partners for the evening. Perhaps not the least amusing feature of it all was the rather grotesque "make-up" of some in their endeavor to represent one of the feathered tribe. It was playfully suggested to one of these unfortunates that next time he came, that mamma should pin a label on him, "I am a Robin," if he were even to hope to find his partner,

or she him. Of course this kind of thing tends to heighten the amusement. Dominoes and masks should, of course, be worn until supper time, when the "Sweet songsters" may enjoy their heretofore unknown partners society, without disguise. The pretty tradition associated

with such parties is that the 14th of February is supposed to be the date upon which the birds choose their mates, and begin nest building.

The refreshment or supper tables were circular in shape, and edged about with straw, branches, and twigs, to represent veritable nests, while croquettes, ices, bonbons, etc., took on the form of eggs, and were served in paper egg-shells, while paper napkins were called into service upon each of which was written some such little couplet, as "Will you be my Valentine." "For thee I pine, my Valentine." Such an entertainment gives one's originality full play. Let not the old time customs, with their quaint charms become extinct.





## SHORT TALKS TO WOMEN

**About Babies**

A funny man, evidently a bachelor, has written an essay on babies. "Babies," he writes, "are usually young. Now and again specimens may be found of twenty years and over. Real, live, unmistakable, heard-a-mile-off babies are always young.

"Babies have features. With a good microscope you can see a baby's nose. It has a high forehead—one that goes right over to the back of its neck. A baby's ears are put on for amusement, solely to relieve its great expanse of cheek. The places where its eyebrows ought to be are there, but the eyebrows have not arrived, which gives rise to a suspicion that babies are bare-faced creatures.

"A baby has eyes, which eyes it chiefly uses to express astonishment—evoked, no doubt, by the antics and language of those about. It has a mouth, too, which it keeps for putting its hands and feet into, together with keys, pencils, coins, pieces of coal, and other odds and ends it may find lying about. A baby's mouth is by far the most useful of its possessions.

"Babies wear clothes. The chief object aimed at in dressing a baby is to lose the baby among the clothes. If you have a foot and a half or two feet of baby you will require from forty to fifty yards of clothes to dress it properly. The reason for this is that every baby is the best baby that ever was born, and the fact must be emphasized. Besides, somebody might wish to steal it; and, in such a case, the longer the thief had to look for it the greater would be the chance of catching him."

**No Toys for Baby**

"A baby should have no toys," says Dr. G. F. Butler, "or not more than one at a time of the simplest description. Baby finds its own amusement. It plays with its toes, watches nurse as she walks around the room, stretches its legs, bites its fists experimentally, and all this is fun, besides being just what baby needs.

"A baby with a lot of amusements—always being tossed in the air, or having a rattler shaken in its ear—lives in a state

of unhealthy excitement. It grows bored. It wants something new all the time, and, if it doesn't get it, frets and cries and exhibits a genuine 'state of nerves.'

"Complicated toys, ingeniously contrived by adult minds, demand a work or reasoning in advance of what a child would normally undertake. Often pampered children discard their French dolls for an old rag baby.

"The baby can be spoiled at a day old. It will learn immediately to cry to be taken up if the nurse takes it up every time it cries.

"If a baby stops crying the moment it is taken up or rocked, that means that there is nothing the matter with it, except a craving for excitement and change."

This verifies the statement of the editor of this magazine, made in one of his recent editorials on this subject.

**Weeping Women Not in Vogue**

Woman's tears have been featured far more than they deserve, writes an author in one of the magazines, and the heroines of the old-fashioned novels must have been a damp, red-eyed lot of girls.

But the woman of the future will laugh, and will be all the better for it. Girls have never been allowed to cultivate a humorous sense as they grew up until within quite recent years, when intelligence is gaining such victories in the nursery. Boisterous conduct or loud laughter have always been reproved in little girls, while in a boy such exuberance is regarded as a natural and healthy sex attribute. This is one of the reasons that the humorous sense, which in children is usually evidenced in the love of frolic, is killed in the feminine nature. To laugh is rude. That constitutes the law for the woman child in whose brain-cells mischievous fun is beginning to bubble. The result of all this is that few women know how to laugh. The laugh of the child is repressed, and it develops into the giggle of the girl. Then the giggle is criticized, and many women continue, in their efforts to be polite, to gurgle and gasp into their handkerchiefs until the end of the chapter.

# Vegetarian Menu of Cooked and Uncooked Foods

By Miss Florence M. Lloyd

## SUNDAY.

Rice-Tomato Soup.  
Walnut-Lentil Roast with Grape Jelly.  
Baked Potatoes with Brown Sauce.  
Stuffed Tomatoes. Celery Salad.  
Walnut Cake. Olives.  
Carmel Cereal Coffee.

## MONDAY.

English Split Pea Soup.  
Granola Roast with Apple Sauce.  
Marbled Beans.  
Stuffed Sweet Potatoes.  
Cottage Cheese.  
Apple Pie with Nut Meal Crust.  
Apples. Nuts. Coffee.

## TUESDAY.

Nut and Barley Soup.  
Vegetable Goose, Cranberry Sauce.  
Browned Parsnips.  
Artichokes with Mayonnaise Dressing.  
String Beans, Spanish Style.  
Potato Salad. Squash.  
Pie with Granose Crust.

## WEDNESDAY.

Nut and Lentil Soup with Croutons.  
Breaded Protose with Apple Jelly.  
Walnut and Lentil Purée.  
Prune Marmalade. Baked Bananas.  
Fruit Salad. Apple-Nut Pudding.  
Carmel-Cereal Coffee or Fruit Nectar.

## THURSDAY.

Nut French Soup.  
Broiled Nutcholene with Peas.  
Baked Onions. Baked Squash.  
Pea Salad. Browned Rice.  
Baked Doughnuts.

## FRIDAY.

Mock White Fish with Chili Sauce.  
Lima Bean Purée.  
Cauliflower with Cream Sauce.  
Macaroni with Protose, Baked Rice and  
Apple Compote.  
Lemon Pie with Granola Crust.

## SATURDAY.

Olive Roast.  
Boston Baked Beans.  
Tomatoes Stewed. Spinach.  
Onion Salad. Nut Sponge Cake.  
Stuffed Dates.  
Buns. Egg Sandwich.  
Carmel-Cereal Coffee.

## SUNDAY.

WALNUT-LENTIL ROAST.—Use three pints of lentils puréed, three or four cups walnut flour, to which add minced onion, sage, salt, seven eggs beaten well, one cupful cream and zwieback crumbs; make into loaf half an inch thick and cook one hour.

STUFFED TOMATOES.—Select smooth, round

tomatoes of as nearly uniform size as possible, and not overripe; slice off the stem end; remove center; press through strainer to remove seeds; mix equally with chopped protose and zwieback crumbs; add salt, dash of onion and celery; moisten with tomato juice; replace top of tomato after filling; cook in moderate oven thirty minutes.

WALNUT CAKE.—Beat hard the yolks of six eggs and beat whites stiff until they can stand alone. First place yolks in dish, then add pinch of salt; then add one cupful of sugar, and beat more; then add tablespoonful of lemon to beaten whites that have been placed in a cool place. Now fold yolks into the whites of egg, and last put in one cupful of flour and one cupful of finely chopped walnuts. Do not stir; bake in slow oven, and keep door open first five minutes.

## MONDAY.

MARBLD BEANS.—Cook equal quantities of white navy and black beans until tender; rub each separately through colander; season with salt and one-half cupful of nut cream (nut butter mixed with water until thin) to a pint of bean pulp. Arrange so as to give marble appearance. Cook in round tin that has been well oiled; turn out carefully; serve in plate arranged neatly around with slices of lemon.

APPLE PIE WITH NUT MEAL CRUST.—To one cupful of flour use one cupful of nut meal and one-quarter teaspoonful of salt. Roll same as for any crust, after dough has been mixed with about one-third cupful of ice water.

## TUESDAY.

NUT AND BARLEY SOUP.—One-quarter of a pound can of nut soup stock, eight cupfuls of water, two and one-half tablespoonfuls of coarse pearly barley, two sticks of celery, two and one-half to three teaspoonfuls of salt.

VEGETABLE GOOSE.—Mince an onion, some parsley, celery and braize; add one cupful browned flour, and milk to thicken. Take off stove and add one quart of lentil purée, three cupfuls chopped walnuts, two cupfuls gluten meal, zwieback crumbs, proper consistency, thyme, mace and protose. Soak the zwieback in milk, make in loaf, and cook slowly; serve hot.

## WEDNESDAY.

APPLE-NUT PUDDING.—Peel and grate two large apples on one-half cupful of granola; mix with it a quarter of a pound of nuocose; press through a soup strainer with a potato masher; add yolks of two eggs; mix well. Now whip the whites of the eggs to a stiff froth and fold it in the mixture. Put in a pudding pan, bake thirty minutes. If sweet apples are used, no sugar will be needed. Serve with whipped cream.

FRUIT SALAD.—Three bananas, five apples, two oranges. Cut into small dice; serve on lettuce leaf; garnish with stuffed dates.

## THURSDAY.

**DOUGHNUTS.**—One cupful of milk, three-quarters of a cake of compressed yeast that has been dissolved in one tablespoonful of cold water, with a pinch of sugar; three and one-half cupfuls of flour, one-half cupful of sugar, two and one-half tablespoonfuls of nut oil, salt, tepid milk, flour, slightly warmed; add yeast and one-quarter of a cupful of sugar to the milk; then add two cupfuls of flour; beat; let rise. When light, add one-quarter cupful of sugar, nut oil, salt and flour. Beat thoroughly; add enough flour to make soft dough. Roll out without kneading; cut with cake cutter; give plenty of room; let rise until light; bake in moderate oven; when done dip in white of egg and roll in powdered sugar.

## FRIDAY.

**MOCK WHITE FISH.**—Steam white corn meal in double boiler four hours; remove and press in flat pan, two inches thick; cut in thin slices, dip in beaten yolk of egg and roll in zwieback crumbs, in which pinch of salt, minced parsley and onion have been added; use spatula, and repeat dipping in same. Bake in moderate oven one-half hour.

**CHILI SAUCE.**—One quart strained tomato, four tablespoonfuls minced celery, three tablespoonfuls minced onion, sugar. Put on stove, bring to a boil, simmer two hours; add small piece of lemon peel, cupful of chopped tart apples, cook until apples are tender; remove lemon peel; set to cool, and serve.

Boston baked beans, if not desired plain, use protose instead of pork.

## THE TIME I BEAT NINE-FOUR

A RETROSPECT OF CHAMPION ARTHUR F. DUFFY.

(APOLOGIES TO MR. JAMES WHITCOMB RILEY.)

As one who cons at evening when his day's work has been done,  
And who muses o'er the races and the prizes he has won,  
So I turn to realms of fancy for a glimpse at days of yore,  
Till I think of dear old Berkely, and the time I beat nine-four.

And the lamplight in my study gives a flicker of surprise  
"As I turn it low to rest me from the dazzle in my eyes,  
And the silence is unbroken, save for sighs that seems to yoke  
The moment with the meeting when I, the record broke."

'Tis a startling retrospection for the thrilling the oughts that start  
Into being are like beatings of a much excited heart,  
And to run that old race over is a pleasure evermore,  
When my mind goes back to Berkely, and the time I beat nine-four.

There the college yells were sounding dear to every runner's heart,  
There the crowd wore eager faces, each one anxious for the start,  
There the flags were wildly waving—Harvard's, Yale's, and many more—  
But the Blue and Gray went highest when I beat the mark, nine-four.

Once again I hear the starter: "To your marks," and then "Get set,"  
And the echo of that pistol in my ears is ringing yet,  
But the best was coming later when that throng with joyful glee  
Loudly cheered for Georgetown's runner when that record came—nine-three.

Tho' I've pleasant recollections of the happy days now gone,  
Both of Worcester's school and Georgetown and of triumphs I have won,  
Yet one thing to me is dearest, 'tis the thought that comes me o'er  
When my mind goes back to Berkely, and the time I beat nine-four.

## A Scientist Appeals to Our Readers

While there are those who have settled the diet question to their own satisfaction, yet there are still many differences of opinion upon the subject. It would seem, however, that a consideration of relative endurance on different diets would constitute a much more satisfactory method of solving the problem than any other that could be devised. If any of our readers have any testimony to offer upon this point, either in favor of vegetarianism or otherwise, here is an opportunity to help decide the question. Professor Irving Fisher, of Yale University, desires us to publish the following letter:

The undersigned is attempting to collect statistics bearing on the question of diet in relation to endurance. His studies are not made in the interest of any dietetic theory, but merely to obtain the facts as shown by the experience of individuals. It is hoped that all who see this, and have had experience with more than one system of diet, will signify their willingness to contribute that experience, whether it has been favorable or unfavorable to any particular theory, and even if they think their own experience of no value. Definite questions will be submitted to those who send their names and addresses to Irving Fisher, 460 Prospect St., New Haven, Conn.

## Our Story of Another World

Some of my readers have taken offence because I have allowed statements to be made in the magazine, intimating that there was a possibility of the continued story now appearing in these pages, being a truthful tale of actual events. One of my readers writes as follows:

TO THE EDITOR:

I have been a subscriber to PHYSICAL CULTURE since the first number published, and have admired the stand you have taken for truth against fraud, but I think you have made a great mistake in your present serial "Weird and Wonderful Story of Another World."

If you had introduced this as a novel piece of fiction it would not be so bad, but to occupy a whole preliminary chapter trying to palm off the story as scientifically sound is too much like patent medicine stories.

Statements like the following are manifestly absurd, "two thousand degrees below zero," Oct. page 340. Any physics text book demonstrates the absolute absence of heat to be  $273^{\circ}$  Centigrade.

The following I cannot call other than a lie. "I have, however, written a full treatise on the subject which I have dedicated to the Philological Society of London and which will be published within a few months." Dec. pp. 517.

I have no objection to fiction, but it is thus false representation which you have often declared yourself against, that is so obnoxious.

Sincerely yours,

A. S. LORZEAUX.

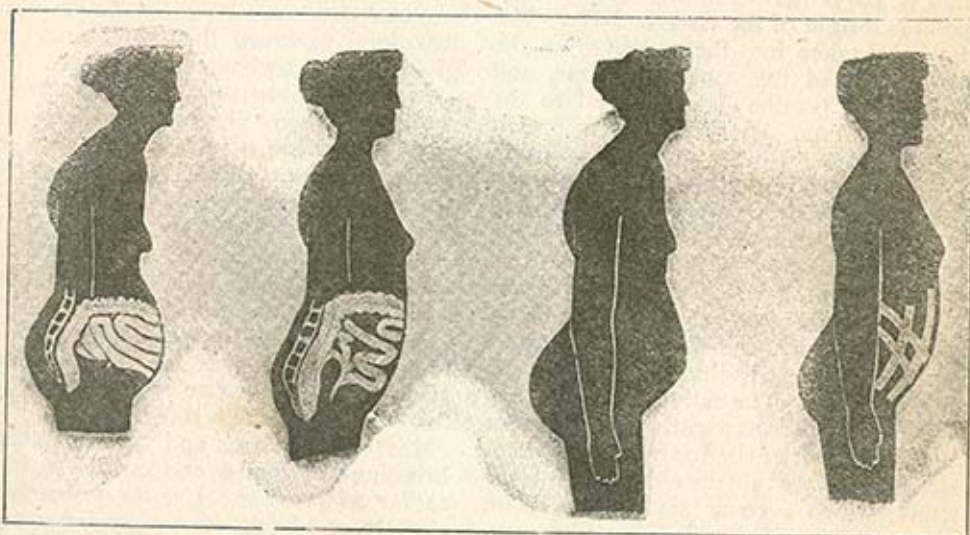
I wish it distinctly understood that I never personally believed in the truth of this story. I do not believe there is a word of truth in it now, but I must say that it is a wonderfully interesting tale, as I believe all who have read this and preceding installments, will agree. It is a physical culture story of a very superior order. Writers of fiction are allowed every possible latitude, and one who possesses the imagination capable of weaving the most fascinating and weird untruths, is usually the most successful in his calling. Many have written, inquiring definitely about this story, and have stated they thought it was my duty to investigate more thoroughly whether it is truth or fiction. I do not care to make such an investigation. I believe that the less investigation that is made, the better it will be for the story.—Bernarr Macfadden.

## Obesity, the Plague of the Sedentary

AN EXCESSIVE ACCUMULATION OF FAT IS IN ALL CASES CAUSED BY A PROLAPSED CONDITION OF THE ABDOMEN, THIS CONDITION ACCELERATING THE ACTIVITY OF THE ASSIMILATIVE ORGANS

By *W. D. Wattles, M.D.*

I publish the following article for what it is worth, though I do not agree with it entirely. While the reason that the author gives for the accumulation of excess fat may perhaps be correct to a greater or less extent, yet I believe that he is mistaken in trying to attribute obesity to this one cause alone. I hold that there are a number of other abnormal conditions and habits of life which are largely responsible for corpulency, including lack of exercise and various dietetic errors. However, an improper carriage of the body and its influence on the assimilative organs as described here is, without doubt, an important contributing cause in many instances. A number of years ago I published an article in *BEAUTY AND HEALTH* illustrating how a certain habit of relaxing the muscles of the abdomen instead of contracting or constricting it, thus giving more room for the assimilative organs, would tend to the gaining of weight. However, there are many who, for constipation or other reasons, would be unable to gain weight, no matter how prolapsed the abdomen.—*BERNARR MACFADDEN.*



The beginning of obesity, showing improper and proper carriage of the body and the position taken by the small intestines in each case. Showing also the author's method of supporting a prolapsed abdomen by means of adhesive straps, as an aid to exercise for strengthening the muscles in this part.

**I**F you stand on any street corner and study the passing crowds with an eye to physical beauty, you will be startled by the large percentage of excessively fat women. Obesity among women is increasing, and no lover of physical perfection can fail to deplore the fact. It is not pleasant to look upon these waddling, ungainly, often monstrously deformed bodies, nor is it agreeable to contemplate the mental and physical suffering of the victims. Obesity is apparently one of those problems which appear to be beyond the reach of medical science. And so the sufferers are turned over, in all their unwieldy helplessness,

to the tender mercies of the charlatan and the poisoner, who are forever lying in weight—to make a bad pun.

Now, I am going to give you a little specific dissertation on fat, concerning how it is acquired and how it may be gotten rid of. And I want you to read carefully and see if you do not conclude that I know what I am writing about, even though I *am* giving you a new and revolutionary idea. You are not getting stout because you eat too much or eat the wrong foods, or take too little exercise (some folks sit still all their lives and are thin as a rail), or because you have an abnormal

chemical condition, or because your circulation is poor, or because it "runs in the family;" and you do not need to fast, or diet, or "work it off," or take drugs, or massage, or change your ancestry. The cause of obesity is a prolapsed or displaced condition of the bowels, or, more particularly, of the small intestines. In a natural position of body the front wall of the abdomen is made to sustain most of the weight of the contents of the trunk; and if this wall relaxes and gives way entirely the bowels are prolapsed—that is, packed down by the forty or fifty pounds weight of the viscera above. The fat is all taken into the system from the lower part of the small intestine, and when this portion is subjected to the pressure I am describing, its impacted contents move slowly and the squeezing process makes the absorption of fat abnormally great. That is the whole case in a nutshell. Prolapse of the bowels is the cause of obesity.

Now, let me prove it to you. The percentage of the over-fat is larger among women than among men, because women are more subject to this prolapsed condition than men. The activities of the average woman consist mostly of hand, arm and finger work; she has very little occasion to use the anterior muscles of the trunk, which become weak and relax, causing a prominent, bulging abdomen, present to a greater or less extent in eighty women in every hundred. When the consequent internal displacement causes pressure on the lower portion of the small intestine, the result is obesity. The percentage of heavyweights is not large among women before the child-bearing period, and in a very large majority of cases the heavy woman dates her increase in weight from the birth of a child—usually a second or third child. Sufficient attention is seldom given to strengthening the abdominal muscles after confinement, and so the displacement which causes obesity may generally be traced to this period. The relaxed condition common at the time of the menopause causes many women to become suddenly fleshy at that age. This is argument enough to prove that the cause of obesity is mechanical; it is so in every case.

Now what about the treatment?

It must consist in strengthening and toning up the relaxed tissues, so as to restore normal position, and this can only be accomplished by exercise. The mistake of the past has been in taking exercises to "take off the fat," instead of to remove the cause of the fat, and in failing to recognize the imperative need of an artificial support to take the strain off the weak and relaxed muscles, so that they will contract to their normal firm and springy condition. Very few cases can be cured without this, no matter what exercise is taken. It becomes important, therefore, to know the best manner of giving this mechanical support. The very best possible method is by the use of strips of adhesive plaster, so applied as to carry the weight. Such plaster, one inch wide, may be procured at any drug store for 10 cents per yard. It may easily be so applied as to almost entirely relieve the abdominal muscles from strain and weight. As the muscles contract, new strips must be applied, drawing up a little more strongly. The muscles are made to contract by an exercise—literally "an" exercise, for only one is needed. And this is as follows:

Lie on your back and raise both legs, bringing the feet over toward the head as far as possible. Let the knees bend slightly, and bring the feet up far enough to raise the hips a little off the floor. Commence carefully, only repeating the movement two or three times, and gradually increase until you can do it a good many times. Do it twice a day—night and morning. Do not lie on a bed or couch with springs under you; get right down on the floor. Do not try to take any other exercises, except your regular work; this one is all that is necessary. Remember, the exercise will do but little good without the abdominal support, applied as told. The distended abdominal wall must be relieved of strain before it will contract. And that is all. You will reduce steadily, safely and rapidly enough; and if you persevere until the bowels are restored to their normal position, you will effect a permanent cure. If you wish to hasten the process of reduction, do not drink at all at meal times, nor for an hour before or after meals.

## Medical Laws, Graft, and Other Things

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

This is an article which deserves attention. It should wake up every physical culturist in the land. They should begin at once to use whatever influence they might have in Congress to defeat the bill to which this article refers. If you have no influence yourselves, appeal to somebody who has. This bill must be defeated, or else the heavy hand of medical laws that is now felt in only a few States will be extended over all this vast country. I would repeat the advice of Dr. Jackson, "Stir yourselves and do something."—BERNARR MACPADDEN.

I WAS about to ask, "What do physical culturists know?" but for fear that they will resent the query as an insinuation, and may enumerate the thousand and one things that they do know, I shall refrain from doing so. I shall, myself, admit, moreover, that among the many things they are respectively conscious of knowing, there are two: First, that Nature rewards only those who *do things*; second, that the preservation of health depends upon *the doing of things* commanded, and to refrain from doing the things prohibited by natural laws. These are the things, I confess, they know—even better than other classes of people, including physicians.

Now, if many things must be done for the preservation of health, what follows if we refrain from doing them? Clearly disease. Nothing else can follow. Similarly, then, if physical culturists are anxious to preserve their rights to life, liberty, and the pursuit of happiness, can they with impunity refrain from being eternally vigilant? Aside from the teachings of history, are we not ourselves witnesses to the living fact that "Eternal vigilance is the price of liberty"? And yet, how many do things in order to preserve that precious jewel? Very few, indeed. Notwithstanding these living truths, physical culturists refrain from active participation in political fields. What folly! My friends, it is about time that you awake from your lethargy, and fully realize that "fair, square deals" are not passed around on golden platters, especially by politicians. Therefore, if you are truly anxious for some kind of a deal, you must fight for it—you must be doing things. Otherwise you will never obtain what is justly due you. Homeopaths, Eclectics, Osteopaths, Magnetic Healers, Christian Scientists, etc., have fought for their respective rights, hence they now enjoy them. True, not all enjoy them to

an equal extent, nor do some enjoy any in some States; but on the whole, they are well off and fast forging to the front everywhere.

Time and again I have heard the query: "Why have the medical laws been enacted?" Well, if all intelligent individuals would know the truth, I will reply, Because of *Graft!* GRAFT! GRAFT!

If physical culturists will take the trouble to study the operation of the medical laws, their efforts, I am sure, will be well rewarded by finding that human ingenuity could not have devised a more subtle system of graft. But you will ask, If the medical laws were enacted primarily for the purpose of extorting so-called "fees," why are non-medical practitioners prosecuted? My answer is, Because the grafters want to make it appear to their brethren that they are earning (?) the so-called "fees." This is the secret in a nutshell. In proof of these statements I ask physical culturists to pay *close attention* to the following: Intelligent physicians—(Do not think I am joking when I say "intelligent physicians.") There are not many, but there be a few—are now waking up to the cold fact that they must bestir themselves in order to rid the profession of the political grafters, but the latter are just as active in their efforts to retain and enjoy their sinecures. Hence, while some physicians are endeavoring in some States to repeal or greatly modify the medical laws, the medical politicians are beseeching Congress to enact a Federal law giving them the identical power, all over the country, which they now enjoy locally by virtue of the State laws. The reason why the medical politicians are trying to wrest a Federal law from Congress is because they know that this latter body of aristocrats believes in the doctrine of *laissez-faire*, or "let-alone," and hence seldom repeals its own laws; while the aspect of the State legislatures

changes as often as the aspect of the moon, and hence they enact, repeal, or modify laws.

Of course if the medical politicians are successful in their attempt to get a law passed by Congress, not only will physicians be hopelessly enthralled, but all non-medical practitioners will be effectively under the ban of that law—in fact, they will have to give it up.

The bill thus designed to give physicians a monopoly in the curing business was introduced in Congress at the last session, but miraculously failed to pass. The medical politicians, however, got together last July and appointed a committee which shall again try at the coming session of Congress—in fact, it is said that some Senators and Congressmen have promised to act favorably on that bill. Hence, if physical culturists are not anxious to see for themselves what an inquisition is, they had better be "eternally vigilant," and do things, just as the

medical politicians are doing them. In fine, if every reader of PHYSICAL CULTURE, and some others, would know the truth, and nothing but the truth, I will hazard the assertion: *Not until every vestige of legal power is taken away from physicians, will the people enjoy good health.* But the lay people do not know this, whereas non-medical practitioners do; hence the latter will have to get together and take away the legal powers from each and all who now enjoy them. It is well known that physicians do not enjoy these legal powers simply because they have demonstrated as being the most fit, but because they have been, are, and perhaps ever will be, active in political fields. Do likewise! Better yourselves! Get to work! You may not be able to secure a whole loaf—"Frenzied Financiers" have a monopoly on whole things—but I am sure that you will secure a slice, or some crumbs, if you will get to work, and work, and work.

## A TESTIMONIAL



I THOUGHT that my health was as good as the next, But learned it was terribly bad; For I found, after reading the newspaper text Of a loud patent-medicine ad., That mushrooms were growing all over my liver, That something was loose in my heart, That due to my spleen all my nerves had turned green

And my lungs were not doing their part. I wrote Dr. Sharko and got as an answer, "The wart on your thumb is incipient cancer."

I've taken Ze-ru-na for forty-nine days, And Scamp Bark, my symptoms to gag; And isn't it queer—all my pains disappear When the medicine gives me a jag! A "lively sensation" I get from them all Which banishes carking annoy, So gaily I drink 'em—and Lydia Pinkum Has added her quota of joy. And I've sent Dr. Bogie a neat little sum For "radium tests" on the wart on my thumb.

When Baby is restless a bottle I keep Of Ma Winslow's Syrup. It takes A spoonful of poison to put him to sleep And another one when he awakes; He lies in a paralyzed, hypnotized state, So calm you can see at a glance

That the dear little chick sleeps as sound as a brick When he's neatly laid out in a trance; And I'm sure every mother could learn, if she would, The knock-out-drop method to keep Baby good. While reading bright essays on "wonderful cures" In decent newspapers each day I see all the symptoms our tired flesh endures And fly to my drugs in dismay. I've Snyderzone, Fakeozone stocked on my shelf With Horner's Safe Waters of Life; I'm taking three-fourths of the tippie myself And giving the rest to my Wife— And if there is anything left after that I give it to Admiral Togo, the cat.

So this Testimonial I would indorse To give all poor sufferers hope. Much pain I've endured, but I'm "Positive Cured"— So long as I'm taking the dope. The Baby has spasms, my Wife's throwing fits, And I'm feeling fuzzy and bad—



For I feel we've amassed all the symptoms at last Which you read in the medicine ad. The Ready-made Cure and the Angels who make it Thus comfort and bless the poor Devils who take it!

—Wallace Irwin in Collier's.



## Board of Education Methods that Wreck Lives of Students

THE editor of this magazine has, times without number called attention to the physical and mental dangers which attend the public school systems of to-day. Especially has it been declared that the scheme of education in New York City is notoriously at fault in this respect. But the man who is held responsible for the freak curricula that obtain in the Metropolis, he being Superintendent of Education Maxwell, seems to be possessed of a "pull" which defies the opinions of parents and the beliefs of the public, to say nothing of the criticisms of members of the medical and scholastic professions.

In view of this, state of affairs, it is refreshing to note that Dr. Elizabeth Jarrett, medical examiner for the N. Y. Board of Education, has had the courage to come out flat-footed on the question and put herself on record as directly opposed to the methods of her superiors.

Dr. Jarrett, not so long since stated that fully seven per cent of the girls who graduated from the training schools for teachers in the public schools in this city are made invalids for life as the result of overstudy. Among the boy graduates the percentage is even greater.

Out of twenty-eight applicants an extraordinary number were found suffering from diseases which could be clearly traced to overstraining of the mental faculties. Four out of eight boys from the City College were found to be suffering so severely from anæmia that they were totally unfit to undertake the work for which they had mentally fitted themselves.

In making these startling statements, Dr. Jarrett maintains what is obvious, that something is wrong in the course of study prescribed by the Board of Education.

To obtain a teacher's certificate it is necessary to pass three severe mental examinations—those of the State Super-

intendent, the City Superintendent and the training school. It is now suggested that normal colleges which give both a high school and training school course should require a physical examination at the end of the first course, so that such as need rest before entering on more arduous studies may be saved from becoming physical wrecks.

Dr. Jarrett also had this to say: "Heart trouble, incipient kidney disease, spinal curvature, tuberculosis, and especially anæmia are not inherited diseases. They result from the nervous tax upon the faculties produced by too continuous and too strenuous mental efforts.

"It is no unusual thing for a girl during the last year of her course to sit up studying long after midnight. This at an age when the body as well as the mind needs much rest, if the functions and the physical development are not to be deranged. Many of those girls, and boys too for that matter, find it necessary to fit themselves for a career in which they may earn money to support themselves and their families. It seems a terrible pity that their zeal and their earnestness of purpose should frustrate their plans and doom them to be physically imperfect for the rest of their lives.

"There is something wrong in the system of preparation required of them. It is not for me to say what, but it is a subject which demands very serious consideration.

"That the sickness is provoked by the mental examinations is proved by the fact that when last year we changed our first inspection from June to February, at a time before the mental examinations had been made, we found far fewer girls who were physically defective. Fully half of those who pushed themselves for examination in the fall after the bracing effects of a summer holiday, are found to have regained their health and strength."

# Which? Ignorance and Shame or Truth Without Fig Leaves?

By T. V. Powderly.

Your magazine, PHYSICAL CULTURE gives one a clearer insight into right living. Its tone is healthy, it exposes sham, it lays bare the truth. It is a protest against mock modesty, which is another name for no modesty, and it illumines the vacuum beneath the paste-board surface of prudery. "Man know thyself" was not spoken in idle jest but it has been treated as a jest ever since. The works of the Creator are manifold and intended for a good end. If harm follows the use of anything God made, it is because the user is ignorant of the intent of the maker and substitutes abuse for intelligent use. I cannot believe that God ever made anything that He did not intend that man should know all about. If man don't know all about it, it is his duty to search until he finds. To handle, manage and use the things we find at hand, and do so wisely and well, we should not be ignorant of their appearance, form, adaptability for the uses intended, or anything else connected with them. The why and wherefore of everything under the sun, over the earth or in the waters below should be known to man.

If man, beginning as boy, were instructed in the construction of the body he inhabits and carries around with him, if he were conversant with the various parts of his anatomy and grew up with an understanding of what every part, limb, muscle, nerve, artery and organ had to perform; if he were instructed in the functions of each; if he were educated to know what effect alcohol, medicine, drugs, drink and food exercised upon all his parts, it is not likely that the makers of Bluffer's Halt Whiskey could impose upon him, or that he would suffer through the use of it. I grant that some there be who would use rat poison rather than not be in the fashion, but rational, healthy folk would not be deceived by such fake advertisements as PHYSICAL CULTURE is exposing.

Modest people, good people, but ignorant, assert that boys and girls should not be told anything about the organs of reproduction. That to look upon them is sinful, to talk of them immodest. Parents carefully shun mention of these organs when rearing their boys and girls, but, while they have their heads stuck in the sand of mock modesty, the boy and girl are being educated by some other boy or girl who has made a discovery, and in time take several post graduate courses. Does any sane person believe that each child will not learn the *worst* concerning these parts, and does it not follow that it is the duty of the parent to teach his child the *best* to be told about them. Would it be necessary for any one to make "The Confessions of a Quack" recently published in PHYSICAL CULTURE if the child, who is

"parent to the man," had been properly instructed. Would the terrible diseases the "quack" speaks of, become the brain haunting body wrecking nightmares they now are if each boy and girl had been instructed in the avoidance of them through right use and treatment of their most useful and delicate organs? Hardly.

I am a machinist by trade. Can build a locomotive and run it. As an engineer it was my duty to know my engine and I knew every part of it. To me there were no privates about a locomotive and if there were I would not be a fit person to run it. Suppose that when I was learning my trade I was told to avoid touching, looking at or inquiring into a certain part of the engine and suppose I had graduated from my apprenticeship in ignorance of that part, would I turn out a good machinist? Is it possible to conceive anything more idiotic than to keep one in ignorance of the machine he has to manage and run? Let us say that all knowledge of the injector had been hidden from the apprentice, and later on, while acting as engineer, the injector of his engine refused to work, while drawing the train, what would the consequences be. It may be said that I am not citing parallel cases. I know I am not, for the human machine is the most intricate, the most delicate, the most important on earth, and ignorance of how to run it is the greatest crime I can think of. Ignorance of the use of a certain part of an engine may wreck a train, disable and kill passengers and trainmen, but ignorance of the human machine brings in its train more of harm and disaster than can possibly follow ignorance on the part of the engineer. The engineer may leave his engine forever, at a moment's notice, he is not tied to it and he may live and sever his connection with it. Man must stick to his anatomy while life lasts, and the "canons 'gainst self slaughter" require that while he is able to stir a feather with a breath he must run his own machine. Through ignorance of the injector, or other part of the engine, the engineer may blow up his locomotive, wreck the train or sacrifice the lives of men and women, but the harm will all be told when next day's papers speak of the dead and wounded. To estimate the harm, the evils, that follow ignorance on the part of one man, or woman, who did not as a child receive proper instruction, from the right source, concerning the varied parts of the human machine he, or she, is to run through life, is not within the power of man. Murderers, burglars, incendiaries, rapists, bigamists and other ists that afflict mankind may all be traced to ignorance of the "human form divine" on the part of parents.

I do not believe that God made any part of

the human body to be despised or to be ashamed of. Surely there is no mystery about the frame of man that the man should not know all about, and when it is said that boys and girls should be ashamed to learn what the organs of reproduction are for, I believe I am listening to an ancient lie that God never intended to be told. It was not so in the beginning and it should not be so now. "And they were both naked, the man and his wife, and they were not ashamed." Why should they be ashamed? If they were not ashamed then, why need they be so now, even though the climatic difference between Eden and the United States would suggest something more substantial and comfortable in the way of clothing than a fig leaf?

What I wish to know is: Why does PHYSICAL CULTURE make a concession to prudery by attiring the male figure, on the front cover of the last October issue, in a solitary fig leaf? Why was it deemed necessary to place the hands of the female figure (the Venus de Medici) in the positions they occupy? There is nothing better, purer or sweeter than the form of a well proportioned, beautifully formed woman. Nature has not now, and never did have cause to be ashamed of her work, and the addition of a fig leaf to nature only serves to give the imagination something to work over-time on. Imagination has wrought more harm than the real, for its ideal becomes the real eventually. With that

fig leaf absent and a well proportioned, natural figure of a man shown on the front cover, imagination would have nothing to do and most people would not notice its absence. Woman, emancipated woman, pure and free, when standing naked would never be ashamed. If shame were present she would be absent—or wear a gown. At all events the position in which the hands are placed, on the figure of the Venus de Medici, is far more suggestive than if they hung gracefully by her side. It gives her a conscious look, and with her face averted she has the appearance of being ashamed. There is nothing in that picture to be ashamed of except the position of the hands, and PHYSICAL CULTURE, blazing the way for truth against falsehood, for sincerity against cant, and for health against disease, whether of body or mind, should make no concession to the prude whose immodest mind sees sin in nakedness and hears it in the wind; whose saintly nose sniffs evil whenever the source of all that is good in life, yes life itself, is hinted at, spoken of or pictured.

I am not kicking. That is not my intention. I am simply directing your attention to what I conceive to be an error, that's all. If you would emancipate man and give him a clean, fair start in the race of good, true, pure, honest life, don't hamper him with a fig leaf when it is not necessary. Throw it away.

## BIRTH RATE AND DEGENERACY

TO THE EDITOR:

I see by recently published figures of vital statistics that have to do with New York City that less than a dozen babies were born on Fifth Avenue between Sixtieth Street and Washington Square during a period of over six months. The birth rate among the "lower classes" of the Metropolis was nearly six times higher than that of the "upper classes" during the same period.

Now on the basis of these figures, one's first impulse is to conclude that the Fifth Avenue people were guilty of deliberate race suicide. But I think that there is another explanation of the condition. Nature has so ordered matters that if the bough of a tree, the fin of a fish, an organ of the body, a part of the community, or even a race, is either failing in the purpose for which it was created or has outlived its usefulness, atrophy sets in and the useless thing or being is quietly yet thoroughly removed. I need not trouble you with any of the many countless illustrations of the pitiless truth of this law.

Now the useless idle rich that live but for themselves, that are parasites upon the body

corporate, that produce nothing but the vices that are rooted in the laziness of luxury, are obviously fit subjects for removal under the law in question. And the workings of the law is made manifest by the childless homes on Fifth Avenue. The stern mandate of outraged Nature goes forth "it is barren, cut it down." And so there are impotent men and unfruitful women and in a generation or so the family name becomes but a shadow of a memory.

Imported chefs, the dissipations of "season" after "season," club life, the unspeakable things of the fashionable world of which the public knows but little, and the incredible selfishness and self indulgence of these people are the instruments of the law in question. Race suicide is a physical consequence of all these rather than a something due to induced conditions. Nature forbids the idle rich the privileges of parenthood because they have shown themselves to be unworthy of the title of parents. Let us be thankful then, rather than regretful for the Fifth Avenue birth rate.

GEORGE S. FORSYTHE

There is one difference between a dog and some men I've known, that is especially noticeable. You can take a dog into your house and feed him and he will not bite you. But I've known men under similar circumstances who will use the very strength they have gained through your kindness of heart to figuratively tare you into bits.

# PARLIAMENT OF THOUGHT

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

## PHYSICAL CULTURE AND SOCIAL PROGRESS.

TO THE EDITOR:

In the field of biology it is an undisputed fact that, the physical character of organisms, in general, is determined by the physical environment, that is to say, the conditions of material existence. What is true of biology is also true in the field of sociology, so that it may be said, without fear of contradiction that, the physical character of human beings, in general, is largely determined by the conditions of material existence. For instance, compare the physical form and stature of the men and women of ancient Greece—with the men and women reared in the unsanitary conditions of our tenement houses of to-day. The standard of physical excellence attained by the Greeks has been portrayed by sculptors and painters to such an extent that the Grecian figure has become classic and serves as an excellent model for the twentieth century artist and physical culturist.

The signs of the times point clearly to the fact that the irrepressible struggle for existence, together with the deplorable material conditions under which the great mass are forced to live, has brought us face to face with the problem of physical degeneration. Go into the slums of our great cities and gaze into the haggard faces of the poverty-stricken inhabitants, and you read the story of a hopeless struggle to survive, in spite of the most wretched conditions of life and the innumerable festering evils that follow in their trail. There is no need of reciting here, in detail, the thousand and one evils that follow in the wake of tenement house life, claiming their thousands and tens of thousands of victims every year. These conditions beggar description, they are too loathsome and ghastly to place before the reader. It does not require any argument to show that the conditions under which the "other half lives" are simply intolerable.

And pray; what does it avail to teach physical culture to people who live in buildings absolutely unfit for human habitation, to people who are inhaling the poisonous

atmosphere of the overcrowded tenement, to people who subsist upon food that is adulterated, impure and unhealthy? I reiterate, what does it avail to teach physical culture to the "other half," while at the same time ignoring the conditions which constitute the very basis of human existence. There can be no social progress without a corresponding improvement in the material conditions of human existence, hence, to have a race of men fully developed both physically and intellectually it is absolutely necessary to improve the economic environment, reducing the hours of labor, establishing sanitary conditions in factories, mines, etc., giving ample time for both out of door recreation and intellectual advancement. In view of the facts presented it seems self-evident, that in order to realize the ideal of superb physical manhood and womanhood, the enthusiasts of physical culture must work in harmony with the enlightened working class whose historic mission is to free all mankind from the curse of involuntary poverty and establish a self-governing industrial democracy, *i. e.* a co-operative commonwealth.

G. EDWARD LIND

## SEPARATE APARTMENTS IN MARRIED LIFE.

TO THE EDITOR:

I have been an interested and enthusiastic disciple of PHYSICAL CULTURE for some years.

Have always hoped to see a discussion or a characteristic, straight forward editorial on the subject of husband and wife occupying separate beds

It is claimed by many that sleeping alone is proper, not only from a hygienic standpoint, but because the temperate, wholesome conjugal life is thus made much easier to live.

Others aver that it causes coldness and estrangement.

I would like to see some earnest discussion upon the subject.

Milwaukee, Wis.

M. J. F

THE THEATRICAL DEPARTMENT AGAIN.

TO THE EDITOR:

Being a very old reader of your valuable journal, and having noticed particularly the discussion in the columns of the Parliament of Thought, relative to your former theatrical department, I feel it my duty to say a few words in defense of the foot-light favorites.

I, for one, have very much enjoyed the theatrical department, and I can assure you that anyone who would peruse it in the proper spirit must certainly obtain some very profitable knowledge, particularly from the physical culture standpoint.

It is a well known fact, that in all professions you will find various grades, and the old saying, "seek and ye shall find," applies in the theatrical profession as well as in others. I mean to convey by this that we can find all kinds, and it appears to me that it is the personality of the seeker which determines that which is sought for, be it either high or low.

I most vigorously protest against a discontinuance of your theatrical department, for I have found it one of great value, and most up-lifting.

Yours truly,

W. B. K.

SLAUGHTER FOR THE SAKE OF LEATHER, MORE HUMAN METHODS DESIRED.

TO THE EDITOR:

From time to time I have read comments in your valuable magazine on the methods which butchers use in taking the lives of the innocent creatures, which God gave us for use but not for abuse. It makes one sick at heart to read of their cruelty. I am a firm believer in non-meat eating, but we will all have to admit that it would be almost impossible for us to get along without leather. It is, therefore, necessary for us to keep cattle and in some way to take their lives. But there must be more human methods of doing this than those which are now employed. It seems to me it would hardly be merciful for us to let all animals die of old age, but if the flesh were not eaten (which it should not be) would it not be less cruel to use chloroform or some other method instead of the knife.

I wish some of the intelligent readers of this magazine would discuss this question in this department. Though it may seem a grewsome question, it is one which ought to appeal to any Christian man or woman of America; for it is high time this butchers' brutality was done away with. I would think that the Society for the Prevention of Cruelty to animals would give more thought to it.

Yours truly,

GEORGE CARL ANDERSON.

Fairfield, Me.

A UNIQUE ATTEMPT TO BUILD A PERFECT RACE.

TO THE EDITOR:

In the *Homemaker* I noticed the following article which shows what one wealthy Russian

peasant is doing for the cause of physical culture. "On the estate near Perm, in north-west Russia, of a wealthy man named Reshetnikoff, a singular marriage took place recently. The bride-groom, Vasileieff, was a handsome peasant, the bride a beautiful girl of eighteen. M. Reshetnikoff gave them a large wooden cottage and a plot of land, and at the wedding breakfast greeted them as the second generation of his nurslings "who are to make of holy Russia an earthly Olympus peopled with Apollos and Hebes." At the time of the Russo-Turkish war M. Reshetnikoff, struck with the inferior, ill-nourished physique of many recruits, set aside annually out of his large fortune, 10,000 rubles, for the purpose of eliminating the unfit by encouraging marriage only between young people of exceptional beauty, health and intelligence. He employed as workers on his estate only the handsomest and healthiest villagers. These he encouraged to enter upon matrimony by grants of land, payment of marriage fees and an annuity of 50 rubles a year for every child born. He removed from his estate all deformed and sickly persons and attracted handsome giants from all parts of the province by granting them valuable privileges. Those who refused to marry the partners he selected were unceremoniously deported. Since the institution of his scheme forty marriages have taken place, and over one hundred children have been born, nearly all of them being immensely superior to the average Russian peasant children in strength and beauty. Vasileieff's marriage was celebrated with exceptional display, he and his bride being the first couple both of whom sprung from unions arranged by M. Reshetnikoff."

GEO. S. WEST.

Blackwell, Oklohoma.

THE POWER OF THE DRUG DOCTOR.

TO THE EDITOR:

The keen murderous (surgeons?) knife has twice slashed the vitals of a young athlete in two "Successful Operations" and now a freshly made grave is all that remains to remind us that "Dead men tell no tales."

Way back in the early centuries magicians and medicine men held superstitious sway over mankind. In the middle centuries, drug givers and dealers worked in unison until a bulwark of protection and power was formed, which has strengthened until to-day not even the power of a just and revengeful God seems to prevail against the senseless, murderous practices of our modern medical schools. Three hundred years ago physicians administered internally such remedies as ashes of burned snakes. Two hundred years ago and down to the beginning of the present century, learned men, graduate physicians from famous colleges and universities, sacrificed thousands of human lives by the idiotic practice of bleeding. "Ah!" but you say, "Medical science has advanced so rapidly and successfully, those were mistakes." I refute it and fling the lie in their teeth. One thousand years ago consumption, rheumatism

and all the chronic isms were well known. The doctor could not cure them then.

*Neither can he cure them now.*

Medical figures themselves confirm the fact that disease is not diminishing. We unhesitatingly place the life of our loved ones in the complete control of the doctor and if there is a slip of the knife, or a wrong diagnosis and poison given, *no questions are asked.* A burial permit is granted and the victim is hurried to the cemetery. But if I should dig into the human vitals, or administer the drug poisons of hell, the whole community would rise up and throw the "crank" into prison to serve a twenty year or a life sentence, while the twenty fold murderer, your own family physician, rides in his auto. and is coddled in the arms of society.

Fiend arise—how long will you be a slave to the drug curse and a source of revenue to the drug doctor? Stand forth in all the power of your manhood and womanhood and say—I WILL BE FREE!

RIENZI.

#### TAKES ISSUE AGAINST SOCIALISM.

TO THE EDITOR:

Henry Elbert Bushey, in your November issue, claims Socialism is more important than Physical Culture—that economis is more important than health. This is absurd. In fact, if he had a healthy body and mind, he would probably not be a socialist—not want to divide up other people's property instead of his own, not denounce capital that provides for future emergencies and not want to put all the world's property in the hands of the corrupt politicians who manage the government or State as he calls it.

The man who has been so improvident as to have an empty stomach and no means of filling it, very often don't deserve anything more, because you have shown that a few cents per day will purchase sufficient good, wholesome food to keep a person healthy and he who can't get employment generally either don't want it or is unsatisfactory to his employers or is too fastidious about the kind of work he does.

If foreign emigrants, not knowing our language and having no friends and acquaintances here, nevertheless come here by millions yearly, because they can succeed here better than elsewhere, our own people, who have had so many more advantages of language schooling, friends, etc., certainly ought to get enough to eat. Socialism, confiscation, politician ownership theory is a dreadful nightmare.

Sincerely yours for investigation of truth and progress.

D. WEBSTER GROH.

Hagerstown, Md.

#### WHY FASTING CURES.

TO THE EDITOR:

Having been cured of Asthma,—a so-called incurable disease—by fasting, I looked into the action of the blood upon foreign matters in the system. The following is a summary of my investigation.

The blood is a nutritive fluid containing all the elements necessary for the repair of the tissues; it also contains principles of waste absorbed from the tissues, which are conveyed to the various excretory organs and by them eliminated from the body.

It is through the capillaries,—a net work of vessels of microscopical size, which distribute the blood to the inmost recesses of the tissue—that the phenomena of nutrition and secretion takes place, for here the blood flows in an equable and continuous current, and is brought into relationship with the tissues.

In the blood there are two distinct forms of corpuscles or blood-cells, the red and the white, the white being the most important of the two, as the following quoted from Dr. Geo. F. Eames, of Boston, will verify:

"The blood-cells may be studied in the blood of a frog under the microscope. Under normal conditions, the white blood-cells may be seen to move, throw out pseudopodia, ingest particles of food, and assimilate them. If now a putrescent fluid be injected into the circulation and after a time a portion of the blood be drawn off, an interesting and wonderful sight is presented, *vis.* many of the white cells are seen to contain bacteria, whose presence results in various degrees of injury, some cells are found unchanged, others are partially destroyed, and some are dead. If the cell can withstand the noxious influence of the bacteria, it recovers, if not it dies. It is simply a question of warfare between the white blood-cells and the bacteria. The victory of the white blood-cells means defeat of the disease germs and a return of health to the entire organism."

Note carefully these facts, "*the white blood-cells ingest particles of food,*" and "*if now a putrescent fluid be injected into the circulation and after a time a portion of the blood be drawn off, an interesting and wonderful sight is presented, vis. many of the white blood-cells are seen to contain bacteria.*"

How can these blood-cells contain both the food and the bacteria and carry on their proper functions? They cannot. If you keep them clear from food these little workers will do away with all the bacteria, in a remarkably short time, otherwise it will take them years to accomplish their task, if they do at all.

People who eat three meals a day do not give these little workers time to do their work unhampered, and especially those who eat such large quantities. Be moderate, eat only two light meals of good nourishing food and you will not have to take long fasts to eradicate a disease, because it will not have a chance to become established in your system.

Since my first fast of only three days—four years ago—I have not known what it is to suffer with asthma, and I had suffered with it for ten years. I fasted three days and then ate lightly for seven days continuing this régime for three months or more, and I have been very well since.

Yours truly,

WILLIAM D. FLORY, D. D. T.

San Francisco, Cal.

# MISCELLANEOUS PARAGRAPHS

FROM EVERYWHERE

## *Food Adulteration in Pennsylvania.*

In a report to Dr. B. H. Warren, Dairy and Food Commissioner of Pennsylvania, C. B. Cochran, State Chemist, writes:

(1) "Out of five hundred samples of alcoholic liquors, four hundred and fifty were found to be adulterated. Of wines, blackberry brandies and blackberry cordial, more than ninety per cent. were found to be greatly adulterated, in nearly all of which there was a total absence of blackberry juice, and in almost every case the use of coal-tar dyes, some of which are deadly poisons, and some of which are used in coloring butter and oleomargarine, and some of which should be classed as virulent poisons with arsenic and corrosive sublimate.

(2) "Saccharine is largely used for sweetening in place of sugar, and is dangerous to health.

(3) "Salicylic acid has been largely used to preserve beers and other articles, and is very dangerous. It has also been used in cider, canned fruits, canned vegetables, catsups, soda water syrups, fruit juices, etc.

(4) "The majority of whiskeys have been found to be adulterated.

(5) "Wood alcohol, which is a deadly poison, has occasionally been used in spirituous liquors, and offers a good illustration of the recklessness of the compounders of liquors for the sake of increased profits."

All of which goes to show what we have many times endeavored to bring before the public, that organized societies for the protection of public health ought to be established in all our leading cities to protect human beings from suffering and death.

The longest word in the English language is found in a medical book, Hare's "Therapeutics," page 197. The word is Monotrichloracetyledimethylphenylpopyrazolon.

## *Dr. Barnardo, World-Famed Philanthropist, Dead.*

Dr. Barnardo, Fellow of the Royal College of Surgeons, Edinburgh, and founder of the Barnardo Homes, is dead. He was an ardent worker in bringing the boys and girls of the slums to a realization of a better and nobler life. An idea of the enormous scope of his work at the present day is given in the following list of institutions brought into being by him:

Village homes for destitute girls at Ilford, a children's hospital, a babies' castle at Hawk-

hurst, Kent, rescue branches with ever-open doors, an orphan home for little boys, a nursery home at Jersey for very little boys, a labor house for destitute youths, a rescue home for young girls, an industrial home for older girls, a city messenger brigade, a shoeblack brigade and home, a wood-chopping brigade, a Burdett dormitory, a convalescent seaside home at Felixstowe, a home for incurables, children's free lodging houses, a blind and deaf mute branch, a branch for cripples and deformed children, and so on. The young Helpers' League was established by Dr. Barnardo in 1891. Altogether the institutions now comprise 86 separate homes and 24 mission branches.

Dr. Barnardo was an excellent example of the philanthropist who unites high ideals with practical work.

## *Decline of Birth Rate in England.*

The quarterly return of the Registrar-General, says an English daily, shows us that the birth rate for the second quarter of 1905 is the lowest ever recorded in a second quarter since civil registration was established. That is an ugly fact which must cause thinking people who have the future of the race at heart a good deal of uneasiness.

From time to time the subject has been brought to public attention, and the general tendency is to put it on one side because it has one very important aspect which is, perhaps, a delicate matter for discussion. Nevertheless, we believe it will have to be faced in this country as it has been faced in America by President Roosevelt, and the sooner it is faced the better. We refer, of course, to the tendency on the part of the modern educated married woman to shirk the burden of maternity. That that unfortunate tendency is very much greater in America than it is in this country is, we believe, beyond dispute, but in either case it has its origin in a desire to make life purely a matter of pleasure-seeking. To the woman who spends all her time in social distractions, children are a constant drag and hindrance, while to those who are anything but well-to-do for their position in life they are also a source of constant expense.

Even among the well-to-do, especially in London and other large cities, small families are the rule, and we are steadily approaching the state of things which has wrought much ill to France, and which, unless it be checked, may result in a stationary or even a steadily decreasing population.

*Physician Wants Public Turkish Baths.*

In the course of a lecture by Dr. Shepard, urging the municipality of New York to establish free Turkish baths throughout the city for the benefit of the poorer classes who are at present unable to enjoy this sanitary luxury, he said:

"During the Augustan period of the Roman empire the Romans developed what we now know as the Turkish bath to a condition of magnificent and great popularity, never equalled before or since. At one time there were over 900 baths in the city of Rome alone. With the advance of our civilization this bath will become an element of refinement as well as a preventive and cure of disease, and by thus promoting the health and longevity of the community it will conduce to render the body fit for the indwelling of a nobler spirit, thus helping to a happier life on a higher plane.

"The Japanese are one of the cleanest people in the world, and they have lately given us a remarkable example of their sanitary work with their armies. One of their prominent physicians, Surgeon-General Suzuki, of the Japanese navy, stated that before every engagement the men were ordered to bathe and put on clean underclothing, as a preventive of blood poisoning in case of wounds.

"When the Turks conquered the Greeks, about five centuries ago, they adopted this bath in their daily life and have preserved it in the original purity to this day—hence comes the name Turkish bath. To promote the efficiency of their armies, even while in a hostile country, they provided baths sufficient for every soldier to bathe daily, and it is a historical fact that the Turks have been able to go through a campaign with less loss from sickness than any civilized nation.

"This bath would lessen the danger from epidemics and decrease the demand of the dependents upon the public. It would obviate the danger from blood poison and render extinct many classes of disease, besides many other advantages which we have scarce time to enumerate, and we would eventually have a superior race of mankind.

"Their adoption as a habit once a week by our people would place the community on a higher plane of health and banish from our midst a large list of what may be called filth diseases. From an economical point of view it would be a paying investment for the city to provide a sufficient number of these baths so that every individual could enjoy its privileges once a week or oftener, as the case may need, and thus prevent a large amount of expense to the city or to their friends."

*A New Order for Young Men.*

Every robust, sane young man must, sooner or later, come face to face with temptations of a sexual nature. He ought to be forewarned. The sexual nature is just as much a part of his life as his eyesight is. It is just as clean and pure as any other part of his nature. It doesn't seem so to the average youth because impure men have associated with the thought of sex so much that is vile and obscene.

The Knights of the White Cross are men and boys who really wish to be clean, physically and morally. It makes no difference how young or how old they may be.

Explanations that make the pledge clearer to those who sign it are given, in part, herewith:

To treat all women with respect means that I cannot any more, if I have been in the habit of doing so, stand in public places and make suggestive and immoral remarks as women pass by. It means, further, that I am to remember that every friendless girl or woman is somebody's daughter or sister, and just because I am a man, strong and, by nature, a protector, it is my duty to see to it that no harm or indignity befalls her. Like Owen Kildare, it is my place to protect womanhood, whenever it is in danger of being insulted. Of course it means that I can never be the one to cause a woman's fall, or to have any part in encouraging a life of shame.

To endeavor to put down all indecent language and coarse jests means that I must constantly be on my guard.

Young man: deliberately insult the man who starts to tell a filthy story in your presence, by turning on your heel.

Such a corruptionist has no more right to steal your pure thoughts than to put his hand in your pocket and take your money.

You should never permit yourself to listen to an improper story, a story you would not care to repeat to your mother or sister. The filthy suggestiveness will soak into your memory as spilled ink soaks into blotting paper.

The man who will deliberately repeat a risqué story in the presence of a youth deserves no respect. He is an incarnate devil of meanness. He is daubing a coarse picture on clean walls. No gentleman will tell a story he could not tell in the presence of ladies.

Do you remember what General Grant said to the officer who began to tell a story, remarking, "There are no ladies present," whereupon the silent soldier quickly retorted, "There are gentlemen present."

Keep your mind unsullied. A foul suggestion may harden into a habit of thought that will lead you far astray. Keep clean inside.

It is more a matter of importance that you should keep the dirt off your soul than to keep it off your clothes.

As a Knight I can no longer believe in the so-called "double standard of morals." There is one standard of living for both men and women. I am to keep myself clean and pure just as I expect the woman I am to marry does. I expect her to be virtuous. Therefore, I must be virtuous. The same standard is to apply to me that I apply to her.

The Knights of the White Cross have no central or compact organization. There is no constitution, there are no committees, and no dues. The men who wish to help their fellows along these lines send their names and address to Rev. E. A. King, 610 Wayne Street, Sandusky, Ohio, U. S. A. A postal sent to him giving name and address with a cross marked in one corner will cause a man to be enrolled a member.



# Ideal Babyhood

By Marguerite Macfadden

It makes us all feel good to have a baby on  
the place,  
With his everlasting crowing, and his dimpling,  
dumpling face;  
The patter of his pinky feet makes music  
everywhere,  
And when he shakes those fists of his, good-  
bye to every care!

—Eugene Field.

**P**URE air, the essential to baby's life, health and happiness, is a subject of so important and inexhaustible a nature that it might be treated in volumes rather than in pages.

In our "chat" this month, therefore, let us continue to discuss it and its infinite merits. The wise mother will benefit, we hope, by some of the things in this which she may heretofore have neglected.

In the "Perfect Motherhood Series" I tried to impress upon the prospective mother, the absolute necessity for fresh air in abundance, both for her own, as well as for the welfare of her offspring. I urged the necessity of her keeping out in the air and sunlight as much as possible, and when that was not possible of flooding home or room as the case might be, with pure air and sunlight.

Air is a marvelous invigorator to body, mind and spirit. Nothing is so depressing and unwholesome as the breathing of impure air. A baby becomes fretful, and wakeful through want of fresh air. But it will be readily soothed and quieted when taken from an ill-ventilated apartment to a room where the air is pure. And only when we fully realize the renewing force, the life-giving power of air and sunshine, will we admit them freely to our homes, and by thus doing exclude much sickness and suffering from among us. When we live in close, ill-ventilated houses, we are courting danger by breathing and re-breathing the exhalations from our own and other's lungs. Were it not for the fact that the air penetrates through the crevices about windows, doors, etc., thus, providing us with a partial and inadequate ventilation, there is not a doubt but that the death rate would be

simply appalling. More pale, puny, sickly babies are the result of lack of fresh air than from all other unhygienic evils combined. Mother, if you have not cared for yourself aright in this matter of air, of free ventilation, I beg of you to forthwith provide baby with the first requisite of an "Ideal Babyhood." Some time when baby frets, and refuses to be comforted when you have offered food or drink only to have it declined, when sleep seems impossible, and all else fails, then take him into the fresh air and see if it does not speedily produce a calm restfulness nine times out of ten. How easy, how simple the remedy! If the life-giving atmosphere in abundant purity, could only be procured in one section of the country or purchased from one source or prescribed by one physician how such place or individual would be inundated by those eager to procure it. But it is to be had "without money and without price" and is therefore, unappreciated by the thousands who would deplore its need if it were unattainable except under the conditions cited.

Let each mother, yes, and each prospective mother give this all-important question of proper air supply her most earnest attention. You would not knowingly starve your offspring, therefore, why shut off his supply of life-giving oxygen.

Upon baby's arrival, or prior to his coming, provide, if possible, an airy, light, well ventilated room, for his accommodation realizing that considerable of his time is to be spent therein. It may be that in the home of persons of moderate means, a room cannot be devoted to baby's sole occupancy, but that instead, he must share one with his parents. If such is the case the necessity for free ventilation will be trebled, for the adults require much oxygen. The supply of fresh air must therefore be very abundant if the new

comer is not to be robbed of his due supply of the first essential of existence. Just here I might make especial mention of the wisdom of providing a separate cot, bed or crib of some description for baby if the room is shared by his elders. The sleeping of an infant with others is altogether harmful, from the baby's standpoint. But more of this anon.

In any case it is a wise thing to provide a continuous ventilation, rather than periodic and spasmodic airings. Probably no better method of ventilation can be adopted than that outlined by Dr. C. E. Page, of Boston, in his work "How to feed the baby" with "Health hints" from which I quote: "The true theory of ventilation is to obtain a perpetual and sufficient change of air without sensible draught. The following simple plan as I have proved by years of experience, perfectly fulfills these requirements, and leaves nothing to be desired. The scientific American endorses the plan and places it above many, in fact most, of the elaborate and expensive devices. A three-inch strip placed beneath the lower sash of each window has the effect of 'mis-matching' the sashes causing them to overlap each other in the middle. The stream of air thus admitted is thrown directly upward, and slowly mixes with the heated air in the upper part of the room. As several windows in each room are thus provided the vitiated air is constantly passing out at one or another of the ventilators. The strip being perfectly fitted or listed, no air can enter at the sill, and all can be so nicely finished as in no manner to mar the appearance of the most charming room. A dwelling thus ventilated will never smell 'close' to the most sensitive noses upon entering it, even after a prolonged stay in the open air, a test that would condemn as unfit for occupancy twenty to the hundred sitting and sleeping rooms, as well as churches, halls, etc., the world over."

But while urging the necessity for free ventilation indoors, I would not for an instant have you fancy that I either advocated or advised the keeping of baby housed. On the contrary, I consider that every child should be accustomed from its earliest infancy,

to his or her daily outing. If a mother is so burdened by her household duties as to be unable to take her baby out herself, and cannot provide a trustworthy person to do so, she can nevertheless give it the full benefit of an out-of-door airing in the following way; dress baby in his or her out-of-door garments, placing it in its carriage if an infant, but if older allowing it to romp about as it pleases. Then throw wide open all the windows of the room in which the child is. This is a most satisfactory way for the busy mother to perform her duty as regards her baby's health. Dr. Krohn, Editor of "Child Study" said. "A child may exist without fresh air, but a child cannot work without fresh air and as what we call play is usually as much of a strain to the little ones as work is to older people, they certainly need fresh air and plenty of it if they are to do it well.

As to baby's sleeping hours: Every infant should sleep the greater part of its time, and should never be permitted to do so in any place except where fresh air is abundant, in winter and summer alike. Baby's day time naps in summer should be taken out of doors, either in its carriage or a hammock or bed upon the grass. It must be shaded from the sun rays by a movable awning, provided with a net if the flies or mosquitoes are troublesome. Under such circumstances he will be sincerely happy, and even when awake lie comfortably quiet for hours. In winter, also, baby should, if possible, to so arrange it, take the day-time naps in the open, well wrapped up and protected from high and biting winds, that is, the carriage or sleeping "bunk" should be placed in a sheltered spot. The rosy cheeks and bright eyes, to say nothing of the happy and cheerful spirits of babies thus cared for, speak volumes for this method. Try it.

Remember that baby develops faster during sleep than at any other period and so give him every advantage in the way of slumber that is possible. Of course he is growing during waking hours as well, but then at such times he is expending more or less nervous force and energy through the medium of his activity, his growth, therefore, is not so greatly assisted by Nature, as when

wrapped in slumbers. During the night, at least one window (though the more the better) of the sleeping apartment should be opened wide, in all weathers. If baby is sufficiently covered no ill effects will accrue from this fresh air system, but instead untold benefits.

Baby's bed covering should be sufficiently ample to admit of tucking it in, while if his internal being is comfortable and has been as well looked after as his external, he will not be so restless as to throw off the covering when once securely tucked up. There are so many silly ideas about the effects of night air that will be well to quote such an eminent authority as Dr. Page, upon the subject. He says: "The superstitious fear of night air has done and is doing its share in breeding disease, as well as in preventing the recovery of the sick. The Creator has seen fit to give us no other kind between sunset and sunrise, and the question is simply, shall we take it as pure as possible by sufficient and perpetual ventilation, or shall we shut up a roomful, or a houseful, and breathe it over and over again; making it more 'damp' and more impure with every breath? In the latter case all the members of the household are starving for want of oxygen and are poisoned by carbonic acid gas, and the tender infant is the chief sufferer."

The course to be followed in giving baby its daily air baths, I will treat of fully in a future article. Now, if it be that some of my readers are so situated that there is a choice of rooms for baby, make light and air the very first consideration. If possible choose a southern exposure. Baby's nursery is his castle, and as we hope for a happy reign for him, then let us provide him with a suitable environment. If the house is a small one, there will not be much choice as to the location of his chamber, but nevertheless let the big folk give precedence to his little majesty and yield him the choicest chamber in it. Light and air as I before stated are the first essentials, for although we hope that our ideal baby will have its daily outings, yet inclement weather or inability to have some one to take him out, may necessitate his spending much time indoors. The nursery should never

be carpeted, but rather have a hard-wood floor or linoleum, or cocoa matting, upon which may be a rug or square, this latter being removed daily to be brushed or shaken. The nursery thus sanitarily equipped can have its floor washed daily or brushed and baby is thus saved from breathing the dust-laden air continually, which is inevitably the case, where the floor is carpeted. The only hangings in the room should be of wash material, preferably muslin. In reality the ideal nursery should have no curtains at all to catch and retain the dust, but rather inside blinds, the slats of which will aid in regulating the ventilation, as well as in moderating the powers of the sun's rays. However, this last can be managed nicely even if one's house has no lattice blinds, by having on each window, two glazed linen curtains, one of which is white, the other dark green, by their aid the light can be adjusted perfectly.

As to the nursery furnishings, it is not well to have any more in the room than is necessary for comfort and convenience. The following would suggest themselves, baby's bed, bureau, table and low wash stand with fittings, also, a nursery chair. These are the essentials while the desired adornment must be left entirely to individual tastes. But I would suggest that with the exception of a few suitable pictures, the artistic side need not be strongly emphasized in these early days. A multiplicity of things only serve to collect dust, with which to pollute the air and the time and care that they require to keep them free from it, is better bestowed upon baby than on superfluous things in his quarters.

As baby begins to grow older, Lilliputian furnishings may be added and the attractive side of his surroundings should receive their need of attention. Baby's daily outing furnishes an opportune time to throw open the windows of the nursery and with the little bed stripped also, the room is virtually turned inside out for his benefit and its refreshment. On no account should there be running water facilities in baby's sleeping room from the vent of which, noxious gases rise continually.

# Cooking Without Continuous Fire

A NEW METHOD OF USING THE SLOW COOKING PROCESS. WHERE ECONOMY IS DESIRED IT WILL ESPECIALLY APPEAL TO HOUSEWIVES.

By J. Walter Smithson

A GERMAN woman has been recently credited with having solved the problem of how to cook without fire, that is, by using fire for two or three minutes and then continuing the cooking without its aid. This she is said to have accomplished by means of the "Hay-box," or fireless cook stove, which, as its name suggests, is little more than a box full of hay in which a heated kettle or pot may be placed to remain hot and continue to cook. And the result is that the food when "done" has attained a flavor which can hardly be equalled by the usual methods of rapid cooking.

As a matter of fact the fireless stove is a comparatively old invention which never attained the popularity which it deserves. It has for example, been known for long to the Norwegians, who place their dinner pails containing half-cooked food into larger pails, packing the space between the two utensils with moss. On top of the inner pail is placed more moss, and over all the cover. When, some hours later, the contents of the inner pail are examined, they are found to be still hot and thoroughly and deliciously cooked.

More than thirty years ago an Englishman patented an invention based on the foregoing, calling it the "Norwegian felt-stove," this for the reason that felt was used in place of moss. The apparatus found favor with a good many hunters and explorers, and was tried for a time by the British army authorities.

It is even stated that some of the nomadic tribes of northern Siberia have a similar contrivance, horse-hair being used at the heat preserving material. The principle involved is very simple, namely, that of surrounding an already heated body by a non-conductor of heat, thus preventing the original warmth from escaping, except to a very small extent.

The editor of this magazine has always recommended the slow process of cooking, for by this method the life and vitality of the food is not destroyed to such an extent as it is in the case of food subjected to a very great heat, while at the same time the delicate flavor of the food is much better preserved, and in fact, enhanced. This, it appears to us, is the most commendable thing about the hay box, or similar contrivance though apart from that they will appeal to many on account of the economic advantage which they offer in the way of fuel saving.

To those who are inclined toward the "simple life," also, this method of cooking will especially commend itself. After one has experienced the annoyance of constant watching of food to prevent it from burning, together with frequent stirring over a hot fire, the possibility of simply putting it away in a box from which it may be taken ready to eat one or two hours later, will be regarded as a great benefit and distinct relief.

We quote the following from the Daily Consular Reports, (No. 2232) published by the Department of Commerce and Labor, United States Government, being the report of United States Consular Clerk, George H. Murphy, Frankfort, Germany:

In a recent address to an audience consisting largely of working people, Mrs. Back, wife of the director of the industrial school (Gewerbe Schule), at Frankfort, brought to the attention of her hearers the following interesting information in regard to a new article of kitchen furniture—the hay box, or fireless stove.

Every housewife knows that a pot of coffee can be kept hot for a considerable length of time, without the aid of fire, simply by wrapping it securely in a dry towel in order to hinder the escape of heat. It now seems very strange that the world has been so slow to make a practical and more extended use of this idea.

Mrs. Back stated that she has now been

using the hay box for thirteen years, and that it has greatly reduced for her the cares and annoyances of housekeeping. At first she used the box merely for the purpose of keeping finished food warm, but it was not long before she discovered that the process of cooking continued in the box. She thereupon extended its use, making a series of experiments which resulted in pleasant surprises. She soon found that she could finish in the box all boiled and roasted meats, sauces, fish, soup, vegetables, fruit, puddings, etc. Of course the box can not be used for beefsteaks, cutlets, pancakes, and the like, articles whose chief attraction lies in the crispness resulting from rapid cooking on a hot fire, but when food of this kind is being prepared it is a great comfort to the housewife to know that the rest of the meal is ready and hot in the box.

A little patience and interest will secure all the experience that is needed and remove all doubts. A few experiments will teach how much preliminary cooking on the gas stove is required for different substances. In general, it will be found that two or three minutes of actual boiling on the fire is amply sufficient for vegetables, while roasted meat requires twenty to thirty minutes. Most articles should remain tightly closed in the box for two or three hours, though they can be left there to keep hot for ten or twelve hours, if necessary.

Rice, dried beans, lentils, dried fruit, etc., should first be well soaked in cold water. After being allowed to boil for from two to five minutes, one to two hours in the box will prepare them thoroughly for the table. Cabbage should be prepared the evening before it is to be used. It should be placed in the pot with very little water, cooked well in its own juice, and put overnight in the hay box. Just before dinner on the following day it should be warmed on the stove. Cauliflower and other soft vegetables should be merely brought to a boil and then placed for an hour or two in the box. It will be found that soups are greatly improved by being allowed to develop for two or three hours in the hay box. The covers of the pots should, of course, not be lifted when the pots are being transferred to the box. By the old method of cooking, it is necessary to boil dried beans two and one-half to three hours. When the hay box is used, boiling for five minutes will be found sufficient. This will give a clear idea of the amount of fuel saved.

Science teaches that many substances become ready for use as food at temperatures below the boiling point; and that, unless the pots are hermetically closed, a temperature exceeding 212° F. can not be attained, no matter how much fuel is consumed nor how long the boiling is continued. Accordingly, the object to be kept chiefly in view is to retain the heat as long as possible when it has once been developed.

One of the first things for a novice to learn is how much water to use. It will soon be found that too much is better than too little, and that if beans, peas, lentils, oatmeal, etc.

have less water than they can absorb, they can not become properly cooked, no matter how many hours the process is continued. No water should ever be poured from the pots, not even from potatoes, as it always contains valuable salts derived from the cooking substances whose loss must lessen the alimentary value of the vegetables or meat.

The hay boxes now being offered for sale in German stores are usually lined and partitioned with hay, felt, etc., and the receptacles are furnished with covers which can be securely locked. Such boxes are no doubt useful when food is to be transported—for instance, from restaurants; but there is one serious objection to them—their immovable felt and upholstery may become moist and moldy. A home-made hay box will usually be found cheaper and more practical. Almost any box will do which has a tightly fitting cover. The wood of which it is made should not be too thin, and of course there should be no knot holes or cracks. Old trunks and valises may sometimes be successfully utilized in this way.

The box should be loosely filled with shavings, paper, or hay—the last mentioned being probably the most satisfactory. The hay should be renewed every two or three weeks. Before the pots are ready the requisite number of nests in the hay should be prepared, and when the pots are placed in these holes the hay should be packed under and around them tightly. Any kind of pots can be used, although of course earthen ones hold the heat best. The tighter the tops fit the better, but if the food is to be used within six or eight hours, it is not necessary that they should be of a kind which can be hermetically closed. Ordinary tops will be found perfectly satisfactory. When the parts have been placed in the box carefully and without lifting the lids, they should be covered with a pillow and the lid at once securely closed.

When not in use the box should always be left open and the hay loosened, the pillow being hung in the air to dry thoroughly.

The chief advantages of the hay box may be summarized as follows:

1. The cost of fuel can be reduced four-fifths or even nine-tenths.
2. The pots are not made difficult to wash; they are not blackened, and they will last for an almost indefinite period of time.
3. The food is better cooked, more tasty, more nutritious, and more digestible.
4. Kitchen odors are obviated.
5. Time and labor are saved.
6. There is no need of stirring nor fear of scorching or burning.
7. The cares of the housewife are lessened, and her health and happiness are thus protected.
8. The kitchen need not be in disorder half of the day.
9. Warm water can always be had when there is illness in the house and during the summer when the fires are not kept up.
10. Milk for the baby can be kept warm all night in a pot of water.

11. Where workmen's families live crowded in one or two rooms the additional suffering caused by kitchen heat is obviated by the hay box, for the preliminary cooking can all be done in the cool of the morning.

12. At picnics the appetites of young people are only half satisfied by sandwiches and other cold food. The hay box can furnish a hot meal anywhere and at any time.

13. Similarly, men and women working in the fields or having night employment can take with them hot coffee, soup, or an entire meal, thus avoiding the necessity of returning home at a fixed hour or having it brought to them by another member of the family.

14. When different employments make it necessary for the various members of a family to take their meals at different hours, this can be arranged without a multiplication of work with the assistance of the hay box. Of course it is necessary that the box be kept perfectly clean, as otherwise it may become sour or musty.

The Commissary-General of the U. S. War Department became interested in this unique and advantageous method of cooking, and accordingly determined upon a course of experiments with reference to the same. The following is the report of Captain Murray, in charge of the Training School for Bakers and Cooks, Fort Riley, Kans.

THE COMMISSARY-GENERAL,  
U. S. Army, Washington, D. C.

SIR:—I have the honor to inform you that I have made experiments with the "fireless cooking," with the following results:

May 6. One-half pound rice, one-half pound hominy, and one pound beans. Rice and hominy were placed in lard cans, beans in mess pan. All were boiled for five minutes, then put in the hay box two hours and fifteen minutes. Rice was taken out perfectly done. Hominy and beans not done, but were removed from the hay box. I attribute the failure with the hominy and beans to the tin and sheet-iron vessels in which the test was made. I decided to make further tests with earthen pots or jars.

May 10. I made an Irish stew and also made a test with macaroni. At end of two hours the stew was thoroughly done and served on the table. The macaroni at the end of one hour and thirty minutes was removed. It was a trifle overdone, but palatable; also served on table.

The Irish stew was made of fresh meat, potatoes and onions. Meat and potatoes were cut into about one-half to one and one-half inch cubes. Onions were smothered in bacon grease before being added to meat and potatoes, which proved to have given an excellent flavor to the stew. Boiled six minutes, then placed in hay box. At end of two hours removed from hay box and served on table, thoroughly done and very palatable.

May 11. Macaroni with tomatoes, boiled five minutes. At end of one hour and ten minutes in hay box it was as perfectly cooked and as palatable—in fact, I would say better—than when cooked on stove. It will be observed that I reduced the time of macaroni twenty minutes to-day and obtained the exact time to remove it from box. Beans were soaked over night, water strained off in the morning. Beans were then placed in jar with necessary bacon and season, boiled six minutes and put in box. At end of two hours they were removed from box thoroughly done and served on table of bakers' mess.

All the foregoing cooking and testing was done by myself personally. Before submitting a more complete report and recommendation I intend to devise a table showing a systematic process of preparing the food, as well as a standard box, for a company, which could be placed in an escort wagon for field service or garrison use. I have requested the purchasing commissary at Kansas City to send me some powdered cork and corrugated paper, which I believe will prove very effective, owing to their non-conductive property, the cork especially. I will continue, however, to make tests with the hay, as it is far cheaper and can be easily obtained at any place. Reports will be forwarded from time to time.

Very respectfully,

M. S. MURRAY,

Captain, Commissary, U. S. Army.

One of our readers has made the suggestion that asbestos would be an excellent material with which to line the box, owing to its non-conductive nature. We would be pleased to have our readers make experiments with the "hay-box" and let us know the results.

We might suggest that a still more effective fireless cook stove could be made by producing a vacuum, or partial vacuum, in a suitable air tight box. This would of course require a little more care and expense in construction. If the food to be cooked could be supported in the center of the box by means of asbestos or some other non-conductor and then, after closing the box, exhaust the air by means of an ordinary air pump, there could be no possible way by which the heat could leave the heated food, except to the very slight extent that it might radiate through the asbestos, or other material, upon which it is supported. This is an opportunity for some enterprising young person who is "handy" at "making things."

# Very Complete Menus for Three Days

By Marguerite Macjadden

## MONDAY.

### Breakfast.

Bananas,  
Rolled Oats with Cream,  
Eggs-Milk-Scrambled,  
Rye Bread,  
Cereal Coffee.

### Dinner.

Lima Bean Soup,  
Rice and Nut Croquettes,  
Beets and Butter,  
Creamed Onions,  
Prunes,  
Milk.

### Supper.

Macaroni and Cheese,  
Cranberry Moulds,  
Corn Muffins,  
Chocolate.

## TUESDAY.

### Breakfast.

Apples,  
Shredded Wheat Biscuit,  
Codfish Cakes,  
Whole Wheat Bread,  
Postum.

### Dinner.

Potato Chowder,  
Spaghetti Eggs,  
Plain Boiled Potatoes,  
Rice Pudding,  
Milk.

### Supper.

Rice Pancakes with Maple Syrup,  
Apple and Nut Salad,  
Graham Crackers,  
Chocolate.

## WEDNESDAY.

### Breakfast.

Grapes,  
Corn Meal Mush,  
Cream Toast,  
Boiled Eggs,  
Cereal Coffee.

### Dinner.

Split Pea Soup,  
Smothered Chicken with Mushrooms,  
Boiled Rice, Baked Potatoes,  
Baked Custard.

### Supper.

Rice with Tomatoes,  
Celery, Nut and Apple Salad,  
Hot Rusks,  
Cocoa.

## MONDAY.

### Eggs-Milk-Scrambled.

To each egg, beaten well, add one tablespoonful of milk, with salt and pepper to season. Have a good sized piece of butter melted in your omelette pan. When quite hot pour in your mixture stirring constantly. Do not let it brown. Serve on thin slices of buttered rye bread.

### Lima Bean Soup.

Soak two cups of dried lima beans over night. In the morning place over the fire in two quarts of water, with two onions. Boil slowly until tender. Remove from the fire, press through a wire sieve or collander, add to it a piece of butter the size of a walnut, salt to taste, and add one cupful of milk. Serve piping hot.

I HAVE endeavored to make all of my recipes so simple that even a novice in the culinary art, need never fall short of success, in following them. It may be that in some homes, in which the family lives very simply, one or, at most, two dishes under each heading, will be ample for a meal. Certainly, the less variety one eats at a meal, the better one is for it. Yet unfortunately, many of us are none too wise or frugal in our tastes, hence the variety, in my menus. I shall endeavor, however, to never duplicate a menu, so that one may have new and appetizing dishes each day. Recipes will be given in full for all the dishes in the menus, with the exception of the more homely ones, that are familiar to every housewife. I shall also give labor-saving hints, along the same lines. Strict economy will be a feature of the menus.

*Rice and Nut Croquettes.*

Prepare your rice as directed for "rice nationale." Now to each cupful of rice add one cupful of nuts (whatever kind you desire) one egg, and a small piece of butter. Mould into croquettes, roll in crumbs and cook in oil in your wire basket. Drain thoroughly before serving as nothing is more unappetizing than an oily croquette. Many persons prefer butter to oil, in such cases, brown in butter in a skillet. Garnish with parsley.

*Creamed Onions.*

Very often in the winter season onions do not retain their clear white color. If a little milk is added to the water in which they are boiled, this defect will be obviated. Boil until tender. Heat in a separate saucepan one cup of milk, with a dessert-spoonful of butter. Blend a heaping dessert-spoonful of flour or corn starch with a little cold milk, and stir in when the milk reaches boiling point. Pour over your onions, and serve.

*Prunes.*

This fruit makes a nice dessert, if simply soaked in warm water for three hours, then chilled and eaten with cream. Cooking or sweetening destroys their flavor.

*Macaroni and Cheese.*

Into two quarts of boiling water break half a pound of macaroni. Add half tablespoonful of salt and boil for twenty minutes. Drain through a colander. Line your well buttered baking dish with cracker crumbs, then add a layer of macaroni, a liberal sprinkling of grated cheese, dust with cracker crumbs, and use dabs of butter. Repeat this, until your dish is full. Then pour over all, a cupful of milk, or cream if you have it. Brown in the oven before serving.

*Cranberry Moulds.*

Cranberries make a nicer dish than many are aware of, if treated as follows. Wash and place them on the fire with only enough water to prevent their burning. Allow them to burst slowly. Then add sugar in the proportion of a cupful to a pint of fruit, boil five min-

utes, and pour into tiny cups or moulds to cool. Turn out and serve with a tablespoonful of whipped cream.

*Corn Muffins.*

Buttermilk, or sour milk assist in making the best muffins. Take two cupfuls of either, one scant teaspoonful of baking soda, one tablespoonful of sugar, a little salt, and add to them corn meal enough to make a thin batter, then stir in two tablespoonsful of whole wheat flour. Pour in buttered gem pans and bake in moderate oven.

## TUESDAY.

*Cod Fish Cakes.*

Wash one pound of salt cod fish (the whole fish is decidedly preferable to the boneless codfish bought in packages) put in cold water to soak for three hours, then place over the fire in fresh water, bring to boiling point and strain. Pick into fine shreds. To each cupful of codfish thus shredded, add one cupful of freshly boiled potatoes, one egg, small piece of butter, tablespoonful of milk or cream, and pepper to season. Mould into cakes, dip lightly in flour, brown in oil or butter and serve piping hot.

*Potato Chowder.*

Pare and cut into blocks, two quarts of potatoes. Peel and chop two good sized onions, half a cup of celery, and two tablespoonsful of parsley. Put in the bottom of a kettle a layer of potatoes, a sprinkling of onion and parsley, a dusting of salt and pepper, and so on until your ingredients are all used. Add a pint of water, cover tightly, and cook slowly until the potatoes are tender. Rub together one tablespoonful of butter and two of flour, add a pint of milk and stir until boiling; add a small teaspoonful of salt, then pour over the chowder, and serve.

*Spaghetti Eggs.*

Toss into two quarts of boiling water containing a tablespoonful of salt, half a pound of spaghetti. Boil for twenty minutes. Strain through a colander. Chop finely one small onion, add to it one pint of milk, and allow all to come to boiling point. Now place your spagh-



etti in a shallow buttered, baking pan, and break over it six fresh eggs. Pour over all your onion and milk, sprinkle with pepper and salt and bake in moderate oven ten minutes.

#### *Rice Pudding.*

In the cool weather enough rice may be boiled to last for several days at one time, if care is taken to keep it in a cool place, tightly covered, so that it will not become dry. Rice pudding requires one cup of rice, one pint of milk, two eggs, sugar and flavoring to taste. Beat up all together and bake, or rather beat your eggs first, then add to the other ingredients, mix well, and bake quickly.

#### *Rice Pancakes.*

One cupful of rice, one cupful of flour, one quart of milk, two eggs, one-half teaspoonful of salt. Beat thoroughly, and fry on hot griddle. Serve with maple syrup.

#### *Apple and Nut Salad.*

Six small apples chopped finely, one cupful of minced nuts, mix thoroughly and serve with mayonnaise dressing.

### WEDNESDAY.

#### *Cream Toast.*

Although most delicious if made with cream, yet milk also makes an appetizing dish. Toast your bread a golden brown, and butter lightly. Bring a pint of cream or milk to scalding point, with a piece of butter the size of a hickory nut, and a light grating of nutmeg. Place the toast in a shallow dish, pour this dressing over it, and serve immediately. I might add that it is well to quarter your slices before adding the dressing, as it is almost impossible to serve the toast without breaking otherwise.

#### *Boiled Eggs.*

There is an art even in the preparation of this simple dish. Much of the delicacy of a fresh egg is lost through improper boiling. Try placing your eggs on the fire in cold water, just allowing the water to reach boiling point, for

those who care for soft eggs. Or remove them from the fire and stand in the hot water from five to ten minutes for persons liking them cooked especially firm. Of course for those liking a hard boiled egg, there is no question, but that "hard boiling" alone will render it so.

#### *Split Pea Soup.*

Soak two cupfuls of split peas over night. In the morning place over the fire in two quarts of water, with a good sized onion, allow to simmer until all is absolutely tender. Then add, one cupful of milk, a tablespoonful of butter, pepper and salt to taste.

#### *Smothered Chicken with Mushrooms.*

Brown one good-sized onion in a tablespoonful of butter, but be careful not to burn. Cut up your chicken, reserving the breasts for to-morrow's dinner. Place in a deep skillet with the browned onion together with one cupful of water, cover tightly and allow to simmer gently for three hours. Then add pepper and salt to taste, now add another small cupful of water as the first will have almost boiled away, also one tablespoonful of flour, blended with the same of butter and half a pint, or half a can of mushrooms, let all cook for three minutes, when it is ready to serve, on a bed of boiled rice.

#### *Hot Rusks.*

One cupful of sweet milk, one-half cupful of butter, one cupful sugar, two eggs, one-half cake of compressed yeast. Make a stiff batter by adding a little flour to the above ingredients, stand in a warm place to rise; when very light, work in enough flour to make a rather soft dough, and stand in a warm place to rise again. Mold into rolls when light and set in pans to rise, until twice their size, then rub over the tops, with sugar and milk, sprinkle lightly with cinnamon, and bake. These can be made of equal parts of whole wheat and white flour and are delicious, but should always be served hot. When reheating them for the table dip into cold water before placing in the oven.

# DAILY REGIME OF AN ENTHUSIAST

By Max Benter

THE little clock on my dresser tinkles five. It is extremely pleasant here in bed by the open window, with the keen air of autumn blowing across my face, and I would gladly linger for a time beneath the coverings of my bed, but routine, that inexorable master, is calling me to duty, so I obey.

Stepping nimbly to the floor, I grasp a pair of dumbbells and begin my initial morning exercise. Five minutes of easy, methodical work, during which time the cold air is striking sharply upon my naked body, suffice to send the blood coursing freely through my veins. Next I attire myself quickly in sleeveless jersey, knee trunks and running shoes. I wear no head covering and no stockings. As I emerge into the open air of the street, I experience a sensation of chilliness, as the early morning frost crinkles under my feet, stings my eyes and ears, and attacks the nude parts of my body.

I begin with a slow rhythmical pace, increasing my speed gradually along over the level roadway. The sun has not yet risen, and in the half light the suburban landscape assumes strange, fantastic forms. I run lightly on my toes, scarcely touching my heels to the ground. Gradually I get my wind and increase my pace until I am bowling along at a fleet rate that sends my blood galloping through every tissue of my frame.

I love fresh air as much as a drunkard loves his cups, and at this moment supreme joy is reached. If you could see me thus flying along drinking from the cup of morning, you would, perhaps, not share the beliefs of those whom I pass on the highway, muffled in their great coats and staring incredulously out of their conveyances as I outdistance them all in my rapid flight.

Now the sun creeps above the horizon, dissipating the lurking shadows and lighting up the distant hills. Everything in Nature assumes

the glow of color, and my heart warms likewise.

By this time I have worked myself into headlong speed, and every fiber of my body is aiding me in the effort. I have already run about five miles, however, so I gradually slacken pace, turn about, and begin the home stretch, as it were. My pace is less rapid, and I am content to jog along at a comfortable rate, with the sun shining directly into my blinking eyes. I was never warmer or more comfortable in my life, but I continually pass people who sniver and look pityingly at me.

At last I have arrived within a mile of my house, and the speed slowly slackens until, at the end of my ten-mile run, it has dwindled to a slow trot.

Upstairs I go into my room, and there continue for perhaps five minutes the running motions which are characterized as "the still run," in order that no strain shall be put upon my system by the abrupt cessation of violent exercise.

Not until my blood has completely cooled and resumed its normal condition do I take my cold bath, and afterward, about eight o'clock, I sit down to the breakfast table with the laggards and sluggards who have at last been prevailed upon to rise. Their breakfast usually consists of oatmeal, with sugar and cream; fried eggs or steak; bread and butter and coffee, and perhaps some fruit. My breakfast is a half pint of milk and a raw egg, after which I go to the office and work until five o'clock at my desk. Not until seven o'clock do I eat my next meal, which consists of milk, eggs, graham bread and fruit.

I invariably take a walk after dinner, retiring about nine o'clock to my bed beside the open window, where I sleep soundly in the fresh air until five tinklings in the morning summon me from my couch for the delights of another run.

## HOW TO WARM THE HANDS QUICKLY

ALMOST any number of exercises could, of course, be devised for warming the hands in winter, when cold, but perhaps the quickest and most satisfactory of all is the old-fashioned "farmer style," illustrated here. First bring the hands far out to each side, as in the first figure, then swing them quickly and forcibly forward, crossing the arms and slapping the back of the opposite shoulder smartly, as shown in the second figure. Repeat as many times as necessary. The swinging of the arms will bring the blood to the hands, by centrifugal force, and the slapping itself is especially effective. The more energetically the movement is performed the quicker the results.



## Why Are the Children of the Great Usually Failures?

A NOVEL AND PLAUSIBLE THEORY ADVANCED IN EXPLANATION OF THIS FACT—THOSE WHO HAVE ACHIEVED FAME GIVE THEIR BEST TO THE WORLD AND NEGLECT TO PREPARE THEMSELVES FOR THE FUNCTION OF PARENTHOOD—POSTERITY IS ROBBED OF ITS RIGHTS BY THOSE FATHERS AND MOTHERS WHO PUT ALL THEIR ENERGIES AND VITALITY INTO ART, LITERATURE, AFFAIRS OF STATE, OR WHAT NOT

*By Grace Potter.*

THE men and women of the world who have been great in affairs of state, finance, science, art or literature, have, as a rule, children who are, comparative or absolute failures. That is, children who are not nearly up to the average in mental and physical powers. This principle is so universally manifested that it is needless to cite examples of it. It has been suggested by some philosophers that this was of itself sufficient to prevent those who have themselves reached a higher stage of development from bringing into the world children who, by their progressive genius, would tend to lower the average standards. But this is a sorry conclusion to reach. There must be a reason back of the condition cited which, once found, might be the key to the situation.

The law that "Like begets like" has been brought into the controversy in several ways. Some have said that the law has been disproven by the facts. Some have averred that the case of the children of the great was merely the exception which proved the rule true usually. And then still others have declared this very case followed the rule and went to show that it was exact.

It is easy enough to understand the reasons back of the first two opinions. But what can be meant by saying that when the children of the great are failures—weaklings—the law of "Like begets like" is proven? It seems a paradox, but it is explained in this manner; when the parents, called great, are bringing into being their children, they are themselves not above the common level, but below par. They are exhausted with duties which have taken the best

powers they possessed, they are weary from having given to the world services, which have left them with so little vitality and nervous energy that, they are less than the least of their brethren, and in consequence the children that they beget are given an inheritance of a wearied and overworked brain and an exhausted body. As a race we are older as muscular beings than as thinking beings and Nature wants the oldest need supplied first. And so we find the tendency to a good physical development is satisfied at the expense of brain power, and many a child lacks the ability to think well, because Nature thought it more necessary that he should first have the power to digest his food well.

Why is it possible that men can bring to the work of creating new human beings anything but their brightest powers and their best energies?

There are reasons. They do not think about the matter enough and they do not discuss it. If it were only deemed of as much importance to bring a fine son into the world as it is to draw up a treaty of peace between two nations, if it were only considered of as much value to produce a daughter splendidly endowed as it is to write a clever book, people would learn to choose a time for parenthood when vitality was at its highest instead of its lowest ebb. And the measure of exhaustion and weakness is apt to increase in proportion with the mental powers of the parent and his coincident fame with the rest of humanity. As much more as he gives to the world, so much the more does he take from the child that is to be.

While the question of how to produce an intelligent carrier pigeon is conceded to be of great interest to the man or woman raising carrier pigeons, there are very few to give serious thought to the problem as to how their children had best be produced. So it is that the man who would know better than to let a colt be sired by a fatigued stallion, will take upon himself the duties of parenthood with no thought of his mental or physical fitness or fatigue. Does he stop to think that after he has overworked himself in the domain of say, politics, or is suffering from the strain of perfecting a great invention that he is left physically a wreck and mentally overwrought? Does he stop to question whether in such a condition he can expect to stamp with virile glory the life germ which shall some day be a child?

Does it not seem unreasonable that when a man wants a good horse, a creature with little else but physical power, he should so eagerly search for knowledge as to how that horse may be produced, while when it comes to a question of producing a being with spiritual, mental and physical powers

combined, he should leave everything to chance? When the time comes that we get away from the religious superstition that would have us regard the mental or physical weakness of a child as "an affliction sent by God in his inscrutable wisdom," when we realize that everything in Nature is done by law and that we have only to put ourselves into line with the laws involved to get what results we wish, then only shall we have made progress worthy of the name.

When the time comes that we indignantly ignore the superstition of conventionality that makes the subject of the generation and growth of human beings one that is tabooed among men and women, then only shall we have made true advancement.

And when these times do come we may realize what it is to have the name of a great man like our beloved Lincoln, perpetuated in children worthy of their father. We may then realize that the passing of a mental colossus like Franklin shall not mean that the world shall lack for his like. Instead of that, the children of Lincoln shall be second Lincolns, and the children of a Franklin duplicates of Franklin.

### AN EASY METHOD OF STOPPING "NOSE-BLEED"



The accompanying illustration shows a method of stopping nose bleed which is as effective and reliable as it is simple. Standing with the back against a wall, bring the arms, with the elbows straight, high above the head and back against the wall, exactly as illustrated.

While it is of course possible to hold the hands high above the head in this manner without standing with the back to the wall, yet in such a case the arms would be inclined to drop

slightly forward, and out of the vertical position. By leaning back against wall one simply makes sure that position is correct. This will stop the nose-bleed in practically every instance, and do it quickly. The pressure in the blood vessels of the nose and face is relieved, owing to the necessity for the heart to force the blood high up through the arms to the finger tips, and the unusual effort on the part of the organ which is required to accomplish this.

Hot applications to the feet, or bathing them in hot water, might be recommended in a severe case to draw the blood to the extremities and away from the face, at the same time applying cold water to the back of the neck.

"The poorest life that any one can live, from the standpoint of pleasure, is the life that has nothing but pleasure as its end and aim."

# GENERAL QUESTION DEPARTMENT

By *Bernarr Macfadden*

In the past we have at times published detailed information for the treatment of various diseases by natural means. As it is impossible for us to repeat these instructions in this column from month to month, for the benefit of individuals who have not read them, we have therefore adopted the following method of helping those who are in need of detailed advice of the character in question. We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily 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.

## Bowling as an Exercise

Q.—Kindly give your opinion of the value of bowling as an exercise; this being a very popular sport at present.

A.—Bowling would be a very satisfactory exercise if it could be indulged in without the dust and bad air common in public bowling alleys, which are unfortunately, usually annexed to saloons. As generally practiced, it is a rather one-sided form of exercise, and it would be greatly to the advantage of the player, physically, if he would learn to bowl with both the right and left hands. Bowling is not calculated to develop great strength, but it has the advantage of being fascinatingly interesting, and induces an active, healthful circulation of the blood, with little possibility of a bodily strain. On the whole, it is to be recommended.

## Talking Through the Nose

Q.—Can you advise me how I can overcome the habit of talking "through the nose?"

A.—It may be that the nasal passages are partially closed by reason of some catarrhal affection, and in that case, you should try to cure the catarrh. Or, the trouble is possibly due to a careless habit of incorrect speech. Try to throw your voice forward to the teeth as it were, instead of into the upper head and nose. Perhaps you do not open your mouth enough in speaking. A good vocalist, teacher of singing or of elocution, would probably be able to help you out of the difficulty.

## Value of Boiled Rice

Q.—Kindly advise me in reference to the value of common cooked rice as a food. I am told that it is not a satisfactory article of diet for those suffering from constipation.

A.—Unfortunately polished rice is practically the only kind that is sold in this country, and in the process of "polishing," the most valuable part of the grain is removed, thus depriving it of certain food elements which the system requires. Though polished rice has some food value, yet I believe that it is not to be recommended for one suffering from a chronic case of constipation. The difference between polished and unpolished rice is similar to that between white wheat flour and whole wheat flour. Read the discussion

on unpolished rice published in this magazine recently. The Japanese use unpolished rice. Same can be secured from the Physical Culture Restaurant Company.

## To Avoid Threatened Pneumonia

Q.—What should be done for a cold when a person is in grave danger of contracting pneumonia, or some other severe disease resulting from a cold?

A.—Such conditions should be treated in the same manner as is a cold under any circumstances. The one thing to remember is, that the body in such a case is filled with impurities, which it is the purpose of the cold to remove. Assist in every possible way this effort of Nature to purify the blood. Use the colon flushing treatment, abstain from food until all serious symptoms disappear, drink water freely, have absolutely pure air to breathe, exercise freely, and use general hydropathic measures. The cold, wet sheet-pack is an especially effective remedy. Free perspiration should be encouraged as an excellent means of eliminating impurities, though it would be better if this were induced by active exercise rather than through artificial measures.

## Whooping Cough

Q.—Will you kindly suggest treatment for whooping cough? Child is eighteen months old, and never had a moment of sickness previous to this. Seems hungry and is always ready to eat in spite of the cough.

A.—While a spoonful of pure honey will tend to loosen the cough to some extent, yet remember that constitutional treatment is the important requirement. Would suggest that you read carefully my special treatment for coughs which is referred to in the note at the head of this column, modifying the general treatment outlined therein and adapting it to the needs of the child. Cold, wet cloths should be applied to the throat on putting it to bed. Without doubt the child has been eating too heartily, and a fast of perhaps one day with exceedingly light feeding thereafter would be advised. Fresh, pure air is of special importance.

## Uncontrollable Desire for Sweets

Q.—I am living almost entirely on a raw food diet, with the addition of

brown bread and cocoa at supper, two meals per day. But nothing tastes sweet enough. I use three or four spoonful of sugar in a small cup of cocoa. Should I try to curb this desire for sweets or indulge it? Does my system require them? What should I eat in the line of sweets?

A.—Such a desire for sweets is certainly very abnormal, and I believe that as soon as you get your digestive system in a more normal condition this trouble will disappear. For the present, however, I would advise that you curb this desire for sweets, and, when uncontrollable, satisfy it not with sugar or confectionery, but with fresh fruits, or with dates, figs, raisins and other dried fruit. You are probably a very hearty eater and the sweets themselves tend to stimulate the appetite and lead to overeating. Occasional fasts of a day or two together with a very abstemious diet, preferably raw, should, in time, give you control over your appetite and put your stomach in a more normal condition. Drink freely of pure water. Your system does not require sweets to the extent that you use them, for you can secure sufficient of the carbonaceous or heat and energy producing elements from appropriate foods.

#### Fasting and Exercise

Q.—Should one, when fasting for a week or more, keep up his exercise during this period or should he rest during a fast?

A.—In most cases I would strongly advise that all the usual exercises be continued during a fast, especially long walks and deep breathing. The main object of fasting is to cleanse the system of impurities, aside from the fact that you are giving the digestive organs a rest and incidentally, an opportunity to recuperate in case of weakness or distress in the alimentary tract. Naturally, exercise, if you are strong enough to take it, will greatly help you to eliminate all poisons and foreign matter from the blood, the accelerated circulation induced by the exercise acting much like an internal bath, flushing as it were, all the tissues of the body. Of course there are cases in which, owing to weakness, exercise would be inadvisable and as nearly perfect rest as possible would be advisable.

#### The Chewing Gum Habit

Q.—Is the chewing of Pepsin gum good for indigestion?

A.—Putting all appearances out of the question, and speaking only from a hygienic standpoint, the practice of chewing gum cannot be advised. It causes an unnatural drain upon the salivary glands. Food should be so thoroughly masticated and insalivated when in the mouth that it is ready for the stomach, that is, in a condition to be easily digested when it reaches that organ. When one has too hastily bolted his food, the attempt to supply the stomach with this secretion after-

wards by the artificial method of continuous gum chewing, is by no means satisfactory. Besides that, an unnatural surplus of saliva in the stomach unbalances the gastric and other digestive juices.

#### Hot Water Drinking

Q.—Kindly explain the advantages, if any, of drinking hot water just before breakfast.

A.—If your stomach is in such a condition in the morning that it must be treated with hot water, then my advice to you is that you follow the no breakfast plan, eating two meals per day. It is true that in case of distress in the stomach, the drinking of from one to three cups of plain hot water will usually bring relief, by washing out and to a great extent cleansing that organ. For those who follow old fashioned habits, the drinking of hot water half an hour before breakfast is without doubt often of advantage, but if continued every day, they will soon come to depend upon it. I would never advise the habit for a healthy person. But I have, however, always recommended the drinking of one or two glasses of cold water the first thing on arising in the morning.

#### Use of Quinine

Q.—Kindly advise me regarding the use of quinine pills. Are they harmful? Do they cure headache, or any other ill? Do they prevent or cure "colds"? Why do they make one perspire, and is such a sweat as good as one induced by natural means?

A.—Quinine, like other powerful drugs, is not only unfit for healthy persons but even more so for the sick. Many people even believe that whiskey will cure a cold. These and other similar drugs are all of a poisonous nature, the functional system instinctively recognizes them as such and arouses itself to unnatural activity in order to rid itself of them. This is the manner in which they "stimulate." A profuse perspiration, among other things, results, the intention of which is to remove the poison of the drug as rapidly as possible. In addition to the impurities of the body, therefore, the sufferer must contend with the additional poison of the drug, and this involves a far greater expenditure of vitality than the natural course of disease would require. Moreover, the use of a stimulant of this character is only borrowing energy from Nature in advance and following the unnatural activity provoked in this way, there must be a corresponding period of depression and weakness. Quinine and similar drugs do not prevent or cure colds, headaches, or any other ills, and never did. It is Nature that works the cure in every instance. And there is nothing that drugs are supposed to accomplish in the way of overcoming diseased conditions that cannot be done far more effectively and far quicker by simple, natural methods of treatment.

# WOMEN'S QUESTION COLUMN

By Bernarr Macfadden

## Beginning the Habit of Cold Bathing

Q.—How should a person of feeble strength begin the practice of taking cold baths? Is it not wise to start with warm water, and gradually use colder? What time of the day is best?

A.—If you are not particularly vigorous, I would certainly advise that you acquire the cold bathing habit gradually, at first using water only a little colder than the temperature of the room, and by degrees lowering its temperature until you can use it quite cold with comfort. A sponge bath is better than a shower for the beginner. Remember the importance of recuperating properly after the bath. It can do you no good, in fact, will only be a tax upon your vitality unless you feel warm and comfortable immediately after bathing. It is not very important at what time of the day you bathe except that you should not do so immediately after meals, and the bath should follow some exercise, preferably that taken upon arising in the morning. Also, you will enjoy it much better, and recuperate from it more readily, if the bath is taken in a comfortably warm room, and when the body itself is thoroughly warm.

## The Corset Required by Modern Dress

Q.—Why do you condemn corsets when women, even those with fine figures, must use them in order to wear our modern dress? For while the Grecian costume did not need a corset, how can a separate skirt and waist be properly supported without one?

A.—You furnish an added argument against our modern dress. It is admittedly difficult to wear the conventional styles without some such arrangement as the corset to support them. We have, however, given suggestions along this line in the past, and many women do manage to wear divided garments, that is, waist and skirt, quite successfully without a corset. But it really rests with women of good sense to improve their habits of dress, irrespective of fashion, and to try to follow more and more the idea of the Grecian costume. For grace and ease this style has no superior. We expect to offer further suggestions along this line from time to time.

## Great Weakness and Tired Feeling

Q.—I am a school girl, try to take good care of myself, and do not wear a corset. However, with the least bit of

walking, or going up and down stairs, or even studying, I suffer from a severe backache and feel all tired out. I seem to have no organic trouble. What is the matter with me?

A.—It would be impossible for me to answer you with certainty, but your difficulty is probably due to the fact that your vitality is very low. Perhaps you have been studying too much, getting too little sleep, and in other ways disregarding the laws of health, until you are literally "used up." All you require is to build up your general health, and you will then regain a normal degree of energy. You need more sleep, more out-of-door air, light, enlivening exercise, and probably a rest from your studies. Build up your physical and nervous energies faster than you consume them, and do not resume your present habits and studies until you are stronger. In short avoid a repetition of your present exhausting régime, or your store of vitality will again become bankrupt.

## Exercise Alone not Sufficient

Q.—I have been taking exercises for constipation, but am still annoyed in this way. What is the difficulty in my case?

A.—Exercise alone is sometimes not sufficient to produce results, although it will always be of much assistance, and in most cases will effect a cure unaided. But where the diet and other conditions are radically wrong, the exercises prescribed for this complaint must be supplemented by a change of diet and other appropriate measures; in a word, your general habits of life must be changed. White flour products and cheese should be avoided as poisons and either raw whole-wheat, soaked in water, or a very coarse whole-wheat flour bread should be used instead. The free drinking of pure water is another excellent remedy. The subject was very thoroughly discussed in the November issue of BEAUTY AND HEALTH, and is also covered in my *special treatment* of this disease, which can be obtained with a year's subscription to this magazine.

## Washing the Hair

Q.—My hair is falling out at an alarming rate, and my head is covered with dandruff. Would you advise washing it as often as once a week. What do you recommend among the well known hair remedies?

A.—What you need most of all is a better circulation of the blood in your scalp. This may best be secured by a great deal of brushing of the hair, assisted by massage of the scalp. If your hair is inclined to be oily I would advise you to wash it once a week. Use a pure, castile soap for the purpose. I can not recommend any of the patent preparations commonly advertised for the hair.

### Marriage of Second Cousins

Q.—Since my mother and my sweetheart's mother are cousins, I would like your opinion of the marriage of second cousins. Could they expect perfectly healthy offspring? Would age have any influence, the man being three years the junior?"

A.—In the case of marriages between cousins and second cousins it is usually considered that the offspring are considerably below the average, physically and mentally. For the most part, the experience of the world seems to bear out this belief, though in a number of instances such unions have produced healthy, vigorous children. Therefore, it is quite impossible to predict what the offspring might be in your case. It is true that even among the marriages of those who are not related, there are also many weak and infirm children born, due largely to the imperfect physical condition of the parents, and it may be that similar imperfections are responsible for weaknesses in the case of children born of the union of cousins. At any rate, you would be taking serious chances, and owing to the risk involved I would advise that you try to get over your present attachment, especially as your ages in this case are hardly suitable. Though, I personally believe that if you are both vigorous and would accurately follow the marital régime advised in my book entitled "Marriage A Life Long Honeymoon" that the marriage would be satisfactory in every way.

### Is Fasting safe During Pregnancy?

Q.—Am pregnant four months. Would a short fast take too much strength from the child, or would my craving for food at this time have any future influence on it?

A.—It is not likely that you would undertake a fast unless there was some urgent need for it, and in that case a fast would be the very best thing for you. Would not, however, advise a fast of long duration. A fast of two or three meals, or a day or two, should be sufficient. You should be governed during pregnancy in very much the same manner as at other times except that you should pay more attention to the laws of health. While a fast may seem to deprive the child of nourishment, yet a condition of indigestion or other ill-health would be even worse, and should be remedied as quickly as possible, even by a short fast, if necessary.

If you are so indisposed that you really need to fast, there would naturally be a lack of appetite, and consequently the child could not be influenced by your supposed "craving" for food. The return of the appetite, as a general thing, is the signal to resume eating.

### How to make Whole Wheat Bread

Q.—Will you kindly publish in your question column a recipe for making whole bread?

A.—The first and most important thing is to get a real, honest whole wheat flour, which is really difficult in many places. If not readily obtainable, you can buy a small hand mill and grind your own flour from the whole wheat. The following recipe is taken from the "Physical Culture Cook Book," and can be recommended:

Two quarts flour, one quart lukewarm milk, one-half cake compressed yeast, one-half cup molasses, one tablespoonful shortening, two teaspoonful salt. Dissolve the yeast in a little warm water. Sift and warm the flour, work in the shortening, and add other ingredients. Mix well, either with a spoon or with the hands. The dough will be too soft to knead, but must be mixed or beaten. Let it rise over night. In the morning mix well again. Put into two greased bread pans, cover and set in a warm place to rise again for about one hour or until risen to the tops of the pans. Bake one and one-quarter hours in a moderate oven.

### Dazed, Confused Condition of Head

Q.—Recently I have suffered from spells of dizziness and exhaustion. Though apparently well, and with splendid color, I sometimes become tired and used up, dazed and confused, and my head thumps and throbs so that I can hardly endure it. All this is caused, as I believe, by overwork in the past. Can you advise me?

A.—Your trouble is probably caused only partly by overwork. If all of your habits of life had been of a satisfactory nature and you had possessed a proper degree of physical vigor, you might have been able to do the same amount of work without breaking down, though of course it is impossible for me to state this to a certainty. At all events, you need to build up your physical forces first. Your clearness of mind depends absolutely upon the quality of blood supplied the brain, and the tissue building material furnished to it in this way. Get your internal vital organs in such a condition that they will furnish blood that is rich and pure, and your trouble will quickly pass away. Therefore you not only need a rest, but must so alter your diet and general habits of life as to build up the highest possible degree of general health and vigor. When you do experience these symptoms, deep breathing of perfectly fresh air will probably afford you temporary relief.



# The Athletic World

By Arthur F. Duffey

**N**OW that the penetrating frosts of February are upon us, the advent of which causes a temporary cessation of many branches of out-door sports it is gratifying to the followers of athletic sports to notice that practically the same contests can continue throughout the winter on indoor tracts, thanks to the facilities afforded by the many spacious armories. In addition many new forms of contests will be introduced, including those in which the competitors wear military uniforms, the outcome of the military athletics of the last few years. Already the armories wear the bright and fascinating garb of athletic life and gaiety and have become the "Mecca" of sturdy athletes and enthusiastic friends, thus emphasizing the interest which the American sports loving people manifest towards the union of sound minds and strong bodies.

It seems a rather deplorable state of affairs that the game of Basket Ball cannot be placed on a more secure and substantial foundation than it now is. At present there seems to be an under-

current of dissatisfaction among the athletic organizations and universities in regard to it, and the sooner these wranglings cease, the better it will be for all concerned in this interesting branch of sport. Basket-ball offers many of the opportunities for clever athletic work which are characteristic of foot-ball. In proof of this, one has only to recall the fact that many of our leading foot-ball players are, or have been prominent Basket-ballists. That legislation in Basket-ball is needed is unquestionable, and the A. A. U. seems to have become aware of the fact and have consented to allow the players to get together and regulate the game.

Probably one of the greatest evils of the game as now played is that the athletes can play on more than one team. This should be prohibited for it is perfectly evident if men are allowed to play on more than one team through the season, that influence will be brought to bear upon many of the individual members to induce them to join forces with a given organization.

The outlook for the present basket-ball season in college circles, which



Clearing the last hurdle for the final race for home in a two-mile steeple-chase.

has started with its usual enthusiasm, will probably be productive of many surprises and changes in respective positions. At present Columbia holds the Intercollegiate Championships as well as the National title, but as the prospects for a winning team at Morningside are not particularly rosy, the champions will have to look to their laurels when they meet the other colleges which comprise the Intercollegiate League. It seems a most regrettable condition that the title to the National Championship should be left in a dispute and in the future it is to be hoped that all claims to the title shall be decided once and for all.

Williams last year put in a claim for the championship honors by reason of the comparison of scores of games played by the two colleges against the same team, and although the contention seems justified to a certain extent, the only proper way to settle the difficulty would be to play the game on a perfectly neutral floor.

At last the much talked of Protective Basket-Ball Association has become a reality. Its promoters are to be congratulated on their action in forming an organization which plans a radical revolution against the government of the iron clad rules of the A. A. U., and which will remodel the game in such a manner that it will combine the old and the present rule codes. There is a widespread dissatisfaction expressed at the present code of playing rules. The new association will allow amateurs and professionals competing together, which will among other things tend to an eradication of many things now complained of, while at the same time there will be a preservation of the desirable features of the game. That the officials of the Amateur Athletic Union anticipated just such action on the part of the new association is made manifest by their failure to be represented at the meeting, of the representatives of the teams that form the nucleus of the organization. Although no expressions of either friendliness and hostility was expressed by the present controllers of amateur basket-ball, still it is practically assured that if the present programme is carried out there will be a clash between the two

organizations. Already many amateur clubs have expressed their intention of joining the new organization. If other branches of athletic sport would follow the precedent established by the basketball players the cleaning up of amateur sport would advance by leaps and bounds.

The present is an exceptionally busy season in the ranks of  
**Track Athletics** the indoor athletes.

The practice of track work in gymnasiums and armories has been growing steadily for years, until now the indoor season has come to be of scarcely less importance than that of out-of-door track and field athletics. Not only do nearly all of the big universities have indoor tracks and gymnasium floors by means of which they can accommodate their athletic students, but practically each militia regiment in the United States devotes its armory to the same strenuous game, some evenings each week throughout the winter.

In New York City there are open athletic meets on the average of once a week throughout the winter, most of them held in the armories of the city. From two to four hundred athletes will compete on each occasion. In addition to these, there are a number of closed games, in which only the members of the National Guard participate. Exceedingly good performances are always the rule at these meets, and among the competitors there are usually a number of athletes of championship class.

One of the most interesting developments of the past year was the increase of the strength of the Irish-American Athletic Club, of New York, and the simultaneous loss of prestige on the part of the hitherto invincible New York Athletic Club. The I. A. A. C. is a comparatively new organization, having been organized only three or four years ago under the name of the Greater New York Irish Athletic Association, which name was replaced a year ago by the present one. The I. A. A. C. last year very effectually defeated the N. Y. A. C. in the Metropolitan Championships, and in fact, had done the same in 1904. It was the team of the I. A. A. C. that established the new record for the two mile relay last fall, seven minutes and

four-fifth seconds, beating both the Yale team and that of the N. Y. A. C. in a splendid race. In the field of indoor athletics the Irish organization still continues to hold superiority over its rival. In the west, however, the Chicago Athletic Club seems to stand alone, the same as the N. Y. A. C. formerly did in the east, monopolizing the cream of the amateur athletic talent of the west.

Now that the foot-ball season is over the college men, also, **College Athletics** are turning to track and field athletics with more enthusiasm than ever, and the dual meets and relay carnivals in



W. D. Eaton, C. G. A. A., Holder of the world's record for 40 yards, 4 and 2-5 seconds, which they are brought into competition with each other are of scarcely less importance than the big out-of-door events. Relay racing especially, is coming to be a prominent feature of these games, and justly deserves to be. In all the wide field of athletics there is nothing

more likely to arouse enthusiasm among the spectators than a spirited relay race.

Cornell's new out-of-door board track is rather an interesting experiment. It can easily be kept clear of snow, and by its means the Ithaca men expect to be able to begin open air work in the spring long before it will be possible to do anything on the cinder path, while at the same time the bracing work will accustom them to running in a cool wind, such as they may perhaps encounter in the dual meets and relay races of the early spring. It goes without saying out-of-door work, unless the weather is exceedingly cold, is to be preferred to indoor running, if only on the ground of health. Speed and great physical benefit can without doubt be secured by indoor running, but the pure air and sunlight of out-of-doors will unquestionably develop even greater vitality and stamina. At all events, and even in fairly cold weather, open air work on a board track would be far more satisfactory for distance runners, and it is likely that in time other colleges will follow Cornell's example in this respect.

Of all the splendid material in the athletic field at present **W. D. Eaton** a **W. D. Eaton**, of Boston, is especially deserving of mention.

Personally, I consider Eaton the greatest indoor runner of the world, a distinction which I believe he has well earned. On October 10th last, at the Physical Culture Exhibition, in New York City, he ran the 50 yards in 5 2-5 seconds, thus equalling the world's record previously held only by Rice of Chicago and myself, jointly. But even better than this was his performance on February 11, 1905, at Boston, in establishing a new world's record of 4 2-5 for 40 yards. Eaton has all the qualities that make a champion, grit, determination, self control, and the energy and dash needed in making new records. He is hardly heavy enough for out-of-door running unless the track and weather conditions are favorable, for in a wind or on a heavy track a bigger man would have the advantage of him. There is not a faster man off the mark in the world. Eaton has specialized in

forty and fifty yard sprints, but if he should acquire the ability to sustain his sprint for 100 yards there might be a chance of his duplicating my own record for that distance.

Every lover of true sport must approve of the efforts which were recently made to bring about dual meets between

**Athletics in the West**  
Michigan and Pennsylvania, and the University of Chicago and Pennsylvania. The attitude of the East in assuming that the athletes of the West are not on a par with themselves is simply preposterous, and very unsportsmanlike. Even though athletic meetings between the two sections may not be held this year, it is hoped that satisfactory arrangements can be made to bring them together next year, and determine the actual college championships of the nation. The same remark applies to foot-ball, and while it may be a disputed question whether or not Chicago or Michigan might have defeated Yale during the past season, yet taking the three leading teams of the West for 1905, Chicago, Michigan and Wisconsin, it is more than probable that they would on the whole, have outplayed the three teams taking first rank in the East.

The University of Chicago has a particularly strong track team this winter and very bright prospects for winning

the Championship of the West in coming June. Hogenson is counted upon to do 9 4-5 in the hundred and there are two or three others there who are good for even time. Furthermore, Chicago has a list of stars for each of the other events, including the peerless Lightbody in the half and the mile. In broad jumping alone is she lacking. In fact, it is likely that Chicago this season could take the measure of any Eastern institution in a dual meet.

**Olympic and International Athletics**  
It seems that the Olympic Games, which were understood were to be held every four years according to the custom of ancient Greece,

are coming to be of rather frequent occurrence. These games were last held in the summer of 1904, and now we learn that they are again to be held in 1906, at Athens. It appears to be the present intention of the Olympic Games Committee to hold these games at Athens in the future, every four years. How soon these plans will be changed again we can only guess. While Greece was an eminently fitting place in which to hold the world's most important athletic games at the time of the ancient Olympiads, yet there are other centers at present more deserving of the honor, and better able to make these games the success that they should be.

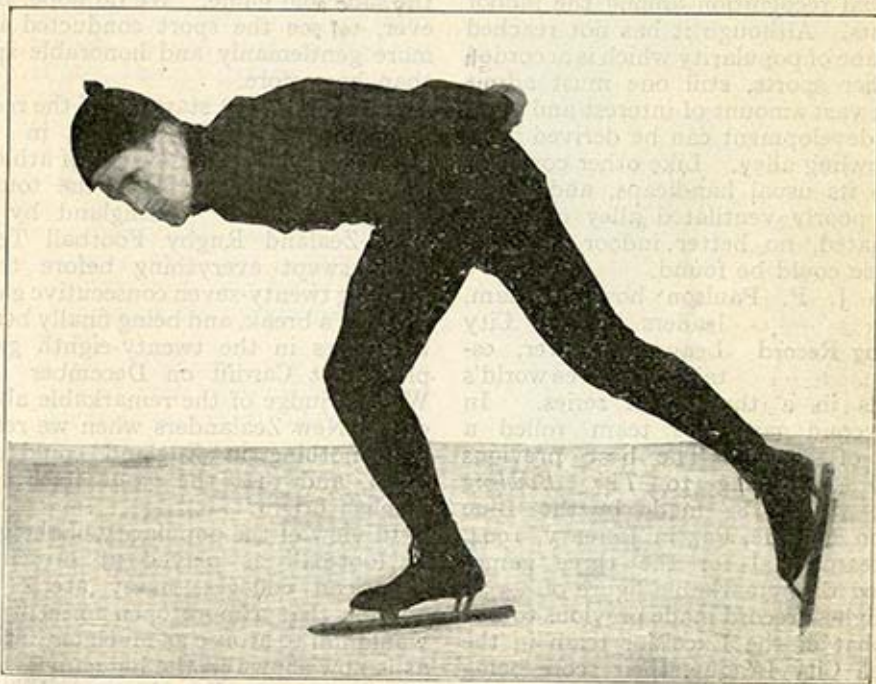
It is to be regretted that up to the



Mr. Herbert Ossig, of Hinsdale, Ill., returning from his daily three mile morning run, temperature, fourteen degrees below zero. Showing also his fresh air sleeping apartment

present there are no prospects for a match between the Oxford-Cambridge combination of England and the Yale-Harvard aggregation in America. Meetings of this kind are valuable chiefly because they stimulate interest in sport to an unusual degree. Much has been written and said concerning the relative athletic strength of England and America, but it is still a question which has not been proven definitely one way or the other. There is no doubt of the great superiority of the English distance runners, but the American ath-

East and West, while the English team should comprise the best material in all the educational institutions of that country. Then some definite conclusions might be arrived at, concerning the respective athletic standing of the two nations. It would be even a better plan not to limit the members of such teams to the college men, but to let them include the best athletic talent in the Athletic Clubs of both countries. Until a dual meet shall be held under such circumstances, it is idle to argue about the respective ability of Ameri-



Peter Sinnerud, one of the foremost skating cracks.

letes claim superiority in the field events and sprints. Since the visit of Morton to America, however, in which he defeated many of the best local runners at 100 yards on their own grounds, it may be possible that England is no longer behind in the matter of sprints. At all events, it is hardly right to allow a team made up from only two Universities to call itself a representative team, for there are many other colleges here that might defeat either Yale or Harvard. The American team to be representative, should be selected from the best men of every University in the country,

cans and Englishmen in track and field events.

Prominent athletic clubs this season, as well as college men, are devoting more attention to **Skating** than heretofore. Athletic clubs that have never before taken the slightest interest in skating are this season trying to get together among their members a lot of good representatives on the ice.

The competition this season is more keen than ever, and without doubt a number of new records will be made.

The New York Athletic Club started

the season with the very evident intention of dominating in this field as she has in the past in track athletics and recently also in swimming, and among those wearing the Mercury foot emblem this winter are Arthur Yale Sarony, Phil Kearney, W. W. Swan, Harry P. McDonald, and W. Smith.

During the cold winter months, athletic exercise is not wholly confined to the more strenuous sports, such as indoor track racing, basket-ball, etc. Bowling now comes in for its usual recognition among the indoor contests. Although it has not reached the plane of popularity which is accorded to other sports, still one must admit that a vast amount of interest and muscular development can be derived from the bowling alley. Like other contests, it has its usual handicaps, and if the usual poorly ventilated alley could be eliminated, no better indoor sport or exercise could be found.

The J. P. Paulson bowling team, leaders in the City League, Denver, established three world's records in a three-game series. In the second game the team rolled a total of 1,190. The best previous record, according to *The Bowling Guide*, was 1,184 made by the Blue Ribbon of Erie, Pa., in January, 1904. The team total for the three games reached the remarkable figure of 3,352. The highest record made previous to this was that of the Excelsior team in the Omaha City League, their score being 3,232. The individual record was made by Russell, with a total of 754 for the three games.

Considerable interest was attached to the meeting of the second University Football Conference, in which over sixty educational institutions from all over the United States were represented. It was not intended to abolish the game, but simply to reform it, and the conference took the form of a mild protest against the apparent dictatorship of the old rules committee, none of the colleges representing the same having sent delegates to this conference. The meeting finally ended by appointing a

committee to confer with the old rules committee, to if possible amalgamate the two committees into one body and thus form a new rules committee, or, failing in this, to draw up a code of rules independent of the former governing body, the same to provide for the reforms desired.

Just how much football will be "reformed" will be seen next fall, and while some objectional characteristics may be removed to some extent, notably cheating and intentional brutality, yet for the most part it will probably remain the same old game. We do hope, however, to see the sport conducted in a more gentlemanly and honorable spirit than heretofore.

One of the most startling of the recent events in the world of athletics was the tour of England by the New Zealand Rugby Football Team. They swept everything before them, winning twenty-seven consecutive games without a break, and being finally beaten by Wales in the twenty-eighth game, played at Cardiff on December 16th. We can judge of the remarkable ability of the New Zealanders when we realize that nothing in England could stop them, and that the game itself is of English origin.

In view of the popularity of the game of foot-ball as played at present in American colleges, many are of the opinion that a more open form of play would fail to arouse as much enthusiasm as is now shown in the big games. But when we learn that the attendance at some of the games played by the New Zealand team in Great Britain often reached as high a figure as 40,000, and on one occasion, as it is declared, 80,000, and that some of the big games in Australia draw from thirty to forty thousand spectators, we are bound to admit that the more open game may after all be just as interesting as the other.

With the re-election of Harry C. Pullman to the leadership of the National Base Better days for Baseball ball League, the national game is sure to reach that high plane of clean sport which is

so desired by the American people. The recent passing of further stringent resolutions for maintaining order on the ball field is most commendable. It is strange that in the winter the baseball magnates have been accustomed to declare for clean ball but in the summer time many of them support their players in riotous kicks against the decisions of the umpire's appointed by the President, but now that the latter is to have absolute authority for the maintenance of order, it is to be hoped for the good of the game that this fact will be a sufficient warning to players to refrain from the hoodlum tactics that marred so many of last season's games.

The American League under the management of Ben Johnson has always been a strong advocate of clean sport, and thus has been the means of discouraging one of the chief evils that exist in professional baseball. President Johnson's word has always been law in such matters, and he has never tolerated the slightest interference with the umpires.

It is a sign of better times for minor baseball clubs that they will receive many concessions that have been granted by the American and National Leagues. In the future, we may look to peaceful times in the whole baseball community.

The Metropolitan Cross Country Championship brought the Cross Country season practically to a close, Looking back over the

season, one cannot help but notice the vast amount of interest that was manifested in the many club and Association Championships, and the unusual development of good and high class performers. It is a sign of better times in this popular branch of athletics that we have so many promising young distance runners. Although we have not as yet reached that adept stage which is so characteristic of the English cross-country runners, still it is reasonable to presume that in the near future, we will be able to place our American records for distance running on the same high plane as those of our cousins across the water.

At the recent Metropolitan Championship held over a course which was princi-

pally along roadways, avenues and occasionally across a park, I could not but help note the grace and manly beauty of many of the competitors. Many of them seem to cultivate that long stride, and pretty style which is very pleasing



Harry Cohn, Irish-American Athletic Club,  
Metropolitan Cross-Country Champion.

to look at, but which to my mind wears down the runner and is often the means by which many of our foremost distance men are not the record holders which we would wish them to be.

Cross country runners abroad, as a general rule, are much older than our

American runners and in this particular respect as in many other aspects of the sport, it would be well for us to profit by the hint thus given.

Alfred Shrubbs for instance, who represents the champion of champions in cross country work, believes in running with no fixed style, but with a perfectly easy action, striding short and naturally, and keeping close to the ground. He would unquestionably criticize the running action of such athletes as Cohn, Sullivan, Sheppard, and others. It seems to me that, following the example of Shrubbs, it would be much better to dispose of the pretty form, long stride and bound which is so characteristic of the American distance runner, and run more naturally.

December 9th, Melvin Sheppard established a new indoor record at the E. Hertzberg Testimonial Games in the twenty-second Regiment Armory, New York, for one mile, defeating his clubmates, Cohn and Sullivan, and covering the distance in 4.26. (Previous record held by E. Hertzberg 4.31)

Philadelphia, December 25th. Melvin Sheppard I. A. A. C. won the cross country championship at Fairmount Park, and broke previous records by 30 seconds. Time 30.17 3-5 seconds.

Metropolitan Cross Country Championships.

The team score:

Irish A. A. C.—Cohen, 1; Sullivan, 2; Bonhag, 5; Frank, 6 and Lilley 14. Total, 28 points.

Pastime A. C.—Spring, 3; Grady, 8; Son-tar, 9; Smallwood, 11; O'Connor, 13; Total, 44 points.

Xavier A. A.—Freeman, 7; Byrnes, 10; Coates, 12; Padian, 15 and Daley, 16. Total, 60 points.

Name and Club.	m. s.
1—H. Cohen, Irish A. A. C. . . . .	32 25 3-5
2—J. B. Sullivan, Irish A. A. C. . . . .	33 05
3—M. Spring, Pastime A. C. . . . .	33 07
4—S. A. Meller, Mohawk A. C. . . . .	33 16

Interest in hockey is now at its height.

While this splendid sport has not yet assumed the importance in the United States that it has in Canada, yet ever since the introduction of the game into this country some years ago, it has been steadily gaining in popularity, especially

in the larger universities and cities of the East. And the work of American hockey players is continually improving.

Of the various teams that go to make up the Amateur Hockey League of America, the prospects are that the closest race for the season's championships will be between the Crescents, champions of last year, and the Hockey Club of New York, both of these teams retaining practically all the members of their last year's teams. Among the college teams, Harvard is doing her best to capture for the second time the inter-collegiate championship honors which she won last year, but she will have to do better work than ever if she wins from Yale. The Yale men play a very fast and brilliant game and so far have been giving a very good account of themselves.

The wrestling game is recovering from its mid-winter slumber and shows signs of an awakening that will furnish enjoyment to the devotees of wrestling through the medium of some clever bouts on the mat in the near future.

At present the wrestling situation is somewhat perturbed. In this country there seems to be much wrangling over the forthcoming contest between Tom Jenkins and Fred Beel. From England comes the news that the future work of Hackenschmidt is threatened by a serious injury to his arm which has forced him into temporary retirement. Indeed it is stated that the hurt may eventually force him to permanently retire.

Should the "Russian Lion" be compelled to quit the mat the wrestling game will lose its greatest exponent that has been seen for many a day. He is one of the few grapplers who has never been a praty to a fake, and has done more to contribute to a renewed interest in wrestling than any other recent athlete.

Following the well trodden paths by which old time champions who do not know when they have had enough, pass into oblivion, Bob Fitzimmon made an honorable but rather deplorable exit from the fistic arena on the occasion of



his recent fight with Philadelphian Jack O'Brien. Since Fitz won the heavy weight championship from Corbett in 1897 there has probably been no more popular fighter, for not only was his private behavior better than that of many others in his calling, and not only did he always give the best that was in him, but he furthermore always gave a square deal to all those whom he met in the squared circle.

The fate of "Lanky Bob" illustrates the eventual unmaking of many champions and is the more instructive because he was not knocked out by the punishment he received in his encounter with O'Brien, but from the result of Nature's refusal to respond to the urgent calls made upon her. Unquestionably Fitz was too old to fight. He had the courage, skill and science but not youth. He says that he cannot account for his collapse and fainting. The truth is that he does not want to account for it for in so doing he must admit that he is too old for the work that has made him famous, and filled his purse.

This branch of athletic sport which for the past few years has been decidedly on the wane has received its annual stimulus through the medium of the six day bicycle race at Madison Square Garden. The contest, as in the past, was a magnet for that portion of the sporting element which delights in cycling. Although there is little use in arguing against the contest, still the truth remains that even many sincere lovers of the sport cannot help but look with disapproval on it as a more or less inhuman exhibition, in spite of the fact that it is a wonderful display of human endurance. One has but to visit the contest to notice the leg weary, drugged, exhausted and oft time demented athletes defying the laws of Nature, yet being cheered on to added effort by a morbidly curious and thoughtlessly cruel crowd.

Cycling is one of the distinctly healthy out door sports. There is, in a sense, no right or reason for its being exploited indoors amid a foul smoked-charged atmosphere as it is in the case of these Madison Square Garden affairs. But if we must have such indoor contests why not limit the duration of them, so

that more consideration can be shown to the contestants. It is my opinion that in spite of what is claimed to the contrary, many of the riders are seriously affected by the terrible strain to which they are subjected. Many appear to finish fresh, yet there is no doubt that such strenuous contesting in an impure atmosphere is bound to cause such affections of the legs and other parts of the body as will assert themselves later in life. This year, contrary to tactics adopted by riders of the past, the contestants were contented to, at times, wheel about the ten-lap track at a comparative snail's pace, the standing records not seeming to offer any temptation whatever in the way of an attempted breaking of them.

Although the leading exponents of American Lawn Tennis were unsuccessful in their endeavor to carry the Davis Cup from the

**Lawn Tennis Ranking** shores of Great Britain to this side of the Atlantic, the recent announcement of the ranking of the tennis players of the year in both single and doubles, was noted with unusual interest by the followers of the game. By common consent of the National Tennis Association, Beals C. Wright, of Boston as a result of his showing during the last season, heads the list of single players of America, second honors were accorded to Holcombe Ward, third, to N. A. Larned, and the fourth place falls to N. J. Clothner. In the doubles, Wright, the national champion and Ward, also held first rank being far ahead of all other rivals.

December 29th at Madison Square Garden, N. Y., Frank M. Pierson established a new world's record for the 220 yards sack race. His time was 26 and three-fifths seconds, beating former world's record by one-fifth of a second.

December 29th at Brooklyn, N. Y., H. P. McDonald lowered world's record for potato race on skates and running on skates at Clermont Rink.

#### NEW SWIMMING RECORDS

Chicago, Dec. 15th. H. J. Handy, 550 yds.—7 m. 31 3-5 s. 660 yds. 9 m. 4 2-5 s.

# Mr. Baggs Takes a Cold Bath

By Jimmy Sunn

"Sarah" said Mr. Baggs at the breakfast table "I tell you this physical culture is all right! It's scientific, that's what it is, scientific. I'll fix up a gymnasium in the spare room up stairs, and we'll commence to-morrow morning to take a cold plunge when we get up."

And Mr. Baggs departed, full of enthusiasm. At night he returned with his ardor unabated. He filled the bath tub, and spent half an hour in vigorous exercises before retiring.

Next morning Mr. Baggs awoke very sore and stiff from the unwonted exercises he had taken the night before. The furnace fire was low, and the house uncommonly chilly. He groaned a little as he stretched the sore muscles in removing his night shirt; but he courageously put on his bath robe, and accompanied by the doubtful and shivering Mrs. Baggs, similarly attired, started for the bath room. The tiled floor was cold and the water looked colder.

"Do you want to jump in first, and have it over?" he said to his wife.

"Ain't it too cold?" she asked. She steadied herself by the wall and gingerly touched the water with the tip of one toe.

"Weeh!" she squealed "Ouch, it's cold!"

"Fiddlesticks" snorted Mr. Baggs "Just like a gum-dasted woman, anyway! Watch me." and he heroically cast aside his bath robe.

"Here's the soap" twittered Mrs. Baggs, extending it.

"Soap, thunder! Who wants soap? Think I'm a gum-dasted hobo? You don't use soap for this kind of a bath. You just jump in and out and then rub. Soap! Gum-dast—out of the way!" and he thrust in one foot, which he instantly withdrew, making a desperate effort to keep his teeth from chattering.

"Say" he said "I'll tell you what we'll do. We'll commence kind of gradually. It will be easier for you," he added, magnanimously, "You just wet my

shoulders and back with a little of that water, and then I'll jump in."

He turned and stood with his head ducked forward, holding his breath. Mrs. Baggs, dropping the soap on the floor, caught up a pail, and dipping it full of water dashed the whole quantity upon his back.

"Woo! hoo! hoo! hoo!" he yelled, capering around the little room in a capital imitation of an Indian war dance. "Yoop! I mean put it on with a wash rag you gum-dasted"—here he stepped on the cake of soap which slipped on the wet tiles, and Mr. Baggs went over on his back, falling into the bath tub with a tremendous splash. Mrs. Baggs sprang forward with outstretched arms and flying garment—literally a flying garment. She was too late to save him but in time to receive a gallon or two of the cold water full upon her breast.

"Hwooch" she screamed, shudderingly, and then fled to the bed room with her teeth chattering like castanets; while her husband gasping and crowing in his efforts to recapture his breath, clambered out of the tub, and started in pursuit without waiting to put on his robe.

In the hallway he met the cook, who, frightened by the noise was coming to investigate. The passage was dark, and Mr. Baggs was without his spectacles; and moreover streams of water were running from his soaked hair into his eyes; seeing the cook dimly he mistook her for his wife and seized her by the arm.

"I've got you, gum-dast you!" he yelled, "Did it a purpose, didn't you? Come on, it's your turn," and he began to drag the horrified woman toward the bath room. Only when her howls brought his wife from the bed room did he discover his error; and then with a yell of dismay he dashed into the bedroom and plunged into the bed, rolling himself in the clothes.

The cook left that same day, and it was weeks before Mrs. Baggs dared to mention the subject of cold bathing.

# Arthur Duffey Demands Justice

HIS COUNSEL HAS NOTIFIED THE AMATEUR ATHLETIC UNION THAT UNLESS JUSTICE IS DONE HIM THE LAW WILL BE APPEALED TO—SOMETHING ABOUT MR. SULLIVAN THE DEADLY PARALLEL USED

*By Bernarr Macfadden.*

**T**HE extraordinary procedure of James E. Sullivan, Secretary and Treasurer of the Amateur Athletic Union and of the latter body itself, in regard to Arthur F. Duffey is to my mind as significant as it is without precedent. But it is not Mr. Duffey's intention to let the precedent stand unchallenged as will presently appear.

The issues involved have received so much space and notice in the public press and in this magazine, that a lengthy reference to them is unnecessary. Suffice it, that subsequent to the first of Mr. Duffey's articles which appeared in this publication on the current corruption of amateur athletics, Mr. Sullivan took it upon himself to expunge his, Duffey's, records from the official athletic almanac of the A. A. U., while the A. A. U. itself at its annual meeting, followed suit in like fashion. All of this was done be it remembered in direct violation of the rules and by-laws of the A. A. U. which relate to the suspension or expulsion of an athlete and the expunging of his records. Under such rules the accused athlete must be cited to appear before the organization, and either offer explanations or submit a defense.

In the instance of Mr. Duffey these rules are absolutely ignored. Sullivan and the A. A. U. acted in a most arbitrary fashion, condemning the accused without giving him any opportunity whatever to defend himself.

To my mind, this action was in itself, of a most suspicious nature. I think that it is evident that both the A. A. U. and Sullivan, its virtual autocrat, were afraid to have Mr. Duffey appear and testify, knowing fully well that not only could he substantiate all the charges that have already appeared in this article, but could in addition, throw added light on the "inside" methods of the A. A. U. and its figure-head. What other explanation can be offered of their attempt to smother the issue by refraining from notifying him of what was to be or had been done in the matter? If any other reasonable explanation can be offered for the action of the body I should be glad to hear it. But I believe that, that one which I have just advanced is the true one. Duffey, if he opened his mouth could "tell things," you know. Therefore, Duffey was not permitted to do so. And there you are. But the astute Mr. Sullivan and the complaisant A. A. U. have both apparently overlooked the fact that there are courts of resort which are above the autocratic methods of either—these being the law courts of this land. To such, it is now Mr. Duffey's intention to turn for justice and vindication in the event of these latter not being done him by the A. A. U. and its Secretary Treasurer. The pleasant dream of both the organization and its man that Mr. Duffey would quietly and meekly accept their unjust victims without dispute or protest was rudely shattered when they received from his counsel not so long since the following letter:

Office of STAFFORD & ROGERS, Counselors at Law.

NEW YORK, January 4, 1906.

AMATEUR ATHLETIC UNION OF THE UNITED STATES, Joseph B. Maccabe, President, and James E. Sullivan, Secretary Treasurer, 21 Warren Street, City.

GENTLEMEN:—I have been consulted by Mr. Arthur Duffey regarding certain proceedings taken by Mr. J. E. Sullivan as the Secretary Treasurer of the Amateur Athletic Union and action taken by the Amateur Athletic Union at its annual

meeting held on November 20, 1905. Mr. Duffey is the holder of the Athletic running records for the distance of fifty yards 5 2-5 Seconds, Sixty yards, 6 2-5 Seconds, and One hundred yards 9 3-5 Seconds, and is also the holder of various other records Intercollegiate and otherwise, which records were established by him at various places at meetings held under the auspices and with the sanction of the Amateur Athletic Union, and which records have been recognized by the Amateur Athletic Union and published in the Official Almanac for several years last. I am informed that Mr. J. E. Sullivan, who is the Editor of the Official Almanac, of his own motion and without any authority in law, and in direct opposition to the constitution and by-laws of the Amateur Athletic Union, has expunged Mr. Duffey's records from the record books of the Amateur Athletic Union and from the Official Athletic Almanac for 1906, and that the Amateur Athletic Union did at its annual meeting held on the 20th day of November, 1905, adopt the recommendation of the record committee that the records heretofore credited to Mr. Arthur F. Duffey be expunged from the record books.

I have carefully examined the constitution and by-laws of the Amateur Athletic Union and its rules and regulations, and find that the action taken by you and the Union is unwarranted and in direct opposition to your own constitution and by-laws. You have in effect declared Mr. Arthur F. Duffey a professional without having given him a hearing.

I find upon examination of the Official Almanac for 1906 that all of Mr. Duffey's records have been expunged. My client declines to abide by your arbitrary action and I am, therefore, authorized to and hereby do demand of you that you restore on your records, the record established by Arthur F. Duffey heretofore sanctioned by the Amateur Athletic Union, and that Mr. Duffey be given due credit for these records in the Official publications of the Amateur Athletic Union, and particularly in the Official Athletic Almanac.

Upon your failure to comply with the demands herein contained, I am authorized and instructed to take such proceedings as are provided by law to protect my client's rights, and to compel you as far as possible to undo the wrong committed by you, and to restore Mr. Duffey's records, both on the books of the Union and in the Official Athletic Almanac for 1906.

Very truly yours,

CHAS. P. ROGERS.

The foregoing speaks for itself. Further comment on it and its outcome will be reserved for obvious reasons. Meantime, let me assure the A. A. U. and its Mr. Sullivan that Mr. Duffey is very much in earnest and proposes to push this matter to its logical and final issue.

The careful consideration of my readers is asked of the following matter printed in parallel columns. Especially do I request that the repeated claims to honesty made by Mr. James E. Sullivan, Secretary of the A. A. U., be noted in this connection. The reason for this request will be made evident later in this article.

The matter on the right hand side of this "deadly parallel" is taken from the preface of the January issue of "Spalding's Official Athletic Almanac," of which Mr. Sullivan is the editor. It may be here remarked that in spite of the fact that Mr. Sullivan protests vehemently if any amateur or person connected with amateur athletics attempts to "receive compensation or reward in any form for the exercise of his knowledge of any athletic exercise" to quote in part Article 10 of the A. A. U. rules, he does not seem to think that the rules applied to his becoming the paid editor of an athletic publication on the score of "his knowledge of athletic exercise." It makes a great difference, you know, whether it is your or the other man's ox that has been gored.

The matter on the left hand side of the parallel is a letter written by Sullivan to Mr. Arthur Duffey a copy of which appeared in the December issue of this

magazine. The reason for the re-publication of the communication will be apparent.

"NEW YORK, Oct. 27, '05.  
"MR. ARTHUR DUFFEY,  
Physical Culture Magazine,  
New York City.

MY DEAR DUFFEY:—Several men have informed me that you are going to write articles for the PHYSICAL CULTURE Magazine exposing *the corruption in athletics*. I suppose that this is on the same lines as the statements you made to me when you were in this office. I can only repeat what I told you when you were here, and that is—that such an exposure as you intend to make will please the A. A. U. officials immensely—they will like it. I hope that you will give names, time, and places, and amounts of moneys that you know have been received by yourself and other prominent amateur athletes. Such an exposure as you have outlined will clean up sport.

Yours very truly,  
JAMES E. SULLIVAN."

Mr. Sullivan's "honesty" will be apparent from the foregoing. As will be seen, and by his letter, he urges Mr. Duffey to expose what he, Sullivan himself, says is *the "corruption in athletics."* Not the alleged corruption or the rumored corruption, you will observe, but *the corruption*—in other words, Sullivan acknowledges that corruption exists. Also note that although the almanac represents the official decisions of all athletic governing bodies that pass upon records, "the editor takes it upon himself" to expunge Duffey's records. In other words, Mr. Duffey by reason of his following Mr. Sullivan's advice to expose athletic corruption is rewarded in the fashion set forth by an individual who in spite of the rules, "receives compensation for his knowledge of athletics as editor. Also it will be observed that Mr. Sullivan in this matter is a law unto himself, and evidently considers that his individual wisdom is superior to the collective sageness of "all athletic governing bodies that pass upon records."

Letter-writing is a dangerous proposition in a great many cases especially when the writer is not as "honest" as he proclaims himself to be in print. I ask the man who is honest by instinct and not by profession whether or no that Sullivan's letter was a sufficient warrant for Mr. Duffey's articles as published in PHYSICAL CULTURE, even if he had had no other promptings for their publications. If dishonesty exists in connection with them, it is not to be found in the neighborhood of Mr. Duffey's desk as a member of the staff of this publication but elsewhere.

Just as we go to press, a very startling tale about Mr. Sullivan was placed in my hands. It comes apparently from sources that can not be questioned. It shows that there is possibly a need for general house cleaning in the A. A. U. from top downward. After securing affidavits from the various persons who have furnished the evidence upon which this story is based, it will be published in full in the next issue for the benefit of our readers. It will throw much light on the peculiar attitude of Mr. Sullivan in dealing with Mr. Duffey. Perhaps, too, it will wake up the A. A. U. to the need for some definite action that will prove to the public and its members that it is an organization governed by its officers and not by a self-appointed dictator.

"The almanac represents the official decision of all athletic government bodies that pass upon records. Nevertheless, the editor *takes it upon himself* on this occasion to act aside from all government bodies and expunges from the American records the name of Arthur F. Duffey. That this decision is an *honest* one will in time be admitted by all government bodies throughout the world. I have no doubt that in one year his name will have been expunged officially by the athletic governing bodies of America, Great Britain and Australia. For over a quarter of a century all American records have been absolutely *honest*. I am sorry to say that in *some parts of this country dishonesty among athletic officials has been found*. From now on the American athletic records will be considered as though Arthur Duffey had never competed. This is a step forward in the government of *honest* and clean sport."

# 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.

**T**HE series of articles now appearing in this magazine, by Arthur Duffey, has proved to be an athletic sensation. It has set the whole athletic world agog. The great interest manifested in them in every English speaking country shows very clearly how badly such a series was needed. The purpose of these articles is the purification of athletics. They will work great benefit to the individual athletes, and will, unquestionably compel the Amateur Athletic Union officials to so change their rules and regulations that the undesirable elements of amateur sport will be eliminated.

The action of the Amateur Athletic Union, in expunging all of Mr. Duffey's records, was rather amusing. You cannot wipe out history. You cannot change past events. No matter what may be the action of the A. A. U. officials, Arthur Duffey's marvelous sprinting feats are still matters of records, whether or not the officials choose to recognize and publish them.

But why all this hurried action on the part of the magnates of the A.A. U.? Why should they be so anxious to punish a man who is simply endeavoring to purify athletics? Why should the truth be so fearful to them? I would like to ask them if they are not interested in the purification of amateur athletics? Every official of the A. A. U. knows that the charges made by Mr. Duffey are true. They know "unofficially" that star amateurs are in some cases accepting liberal expenses. Why do they not join hands with Mr. Duffey, and assist him in his efforts to put amateur athletics on a proper footing?

In view of the action of the A. A. U. one would think that it is afraid of the results of such a series of articles. Now we are not desirous of incriminating any A. A. U. officials. The theory is that they are working for clean amateur sport. We did not for an instant, suppose that they would be afraid of any facts that might be brought to light in Mr. Duffey's articles.

Though Mr. Duffey was assured by the "Boss" of the A. A. U. that the appearance of the articles would be welcomed, we still find that many of the officials are highly indignant because of his published statements. They have made every possible effort to punish Mr. Duffey in the most severe manner. Perhaps they want to make an example of him. Perhaps they want to point to Mr. Duffey's case as showing the terrible penalties that come to him who dares to tell the truth. It may be there are other athletes who might also have some startling disclosures to make. Perhaps they desire to use him as a warning to such athletes.

Regardless of the efforts that may be made to hide the evils in amateur athletics, these evils will be dragged to the light. It is our intention to discuss the whole business, in all its details. Month by month, facts will be presented in this magazine, that cannot be ignored. We will make no statements that cannot be backed by unquestionable evidence. The light of truth is just now being turned on many

questionable practices in every walk of life, and we feel it is our duty to make it illuminate the athletic world so clearly, that good will result therefrom and some resignations may be in order.

Amateur athletes everywhere, must realize that we are working for their individual benefit. We maintain that the amateur athletic rules should be changed.

There is no reason in the world why an athlete who has gained a great reputation by his hard and conscientious work, who by reason of his appearance on the track creates a keener interest in the sport and consequently aids materially in the financial showing at the gate, should not be entitled to the just emolument which is his due. As matters now stand, the rules and regulations governing the status of an amateur are most unsatisfactory. The time is ripe for a revision of the amateur rules. Where the athletes have reached a certain degree of prominence, many of them exhibit for "expenses." We claim that the good which the present rules allegedly endeavor to accomplish could be brought about by different legislation. On this point Mr. Duffey will write in the future.

—:O:O:O:O:O:O:O:—

**I**N an editorial appearing in last issue, I stated that on one occasion, while experimenting with the milk diet, that I acquired one of the worst colds I had ever had. From comments that have reached me, I believe that additional information on this particular phase of the subject, will be of interest. This cold was not acquired while on an exclusive milk diet, in fact, Doctor Porter states that it is practically impossible to acquire a cold on such a diet, and my own ex-

**MILK DIET AS A CURE FOR COLDS.** perience verifies his statement. It is when you mix milk with other foods that there is a liability to colds. You can eat acid fruits to the extent of your appetite, without any results of this character, but the moment you begin to mix heartier foods with a milk diet, and are taking, say, from two to four quarts of milk a day, there is a frequent liability to colds. If the quantity of milk is increased, there is less liability to colds.

When milk is taken alone, the first unsatisfactory symptom is usually constipation. This can usually be remedied by taking a tablespoonful of olive oil four or five times a day, or else by taking some raw flaked wheat in the form of bread, or otherwise, or, as Doctor Porter recommends, you can simply increase the quantity of milk. In other words, if you are taking only three or four quarts, increase it to seven or eight. It might be well to add that the exclusive milk diet will not only keep one from colds, but the adoption of this diet will in most cases, very quickly cure a cold. Hence, if you are suffering from a bad cold, fast for one meal, thus giving your stomach a rest of from five to eight hours, and begin an exclusive milk diet. Please note that when I say "exclusive milk diet" I mean that you should take no food of any kind, except milk, and you should drink about a quart every one and a half or two hours, in quantities of one or two glasses sipped slowly at times most convenient.

—:O:O:O:O:O:O:O:—

**A** FEW years ago, the average teacher in women's colleges, would have held up his hands in horror at the mere suggestion of teaching the functional processes of motherhood to his students. Thanks to the efforts of this and other publications which are struggling to spread broadcast all knowledge essential to the physical welfare of the human race, there has lately been a great change in educational methods. The extent of this reversal of sentiment was only realized after communicating with some of the principals of the most important woman's colleges. We were under the impression that the subject was still ignored

#### MOTHERHOOD AND WOMAN'S COLLEGES

by the larger part of these institutions. I am pleased to state, however, that many of the replies to the communications that we sent to these colleges, indicate that they are beginning to realize the immense value of knowledge on this subject to the growing girl and young woman.

There is nothing so important in the life of a woman as motherhood. Prudery has shrouded this subject in what might be termed "vulgar mystery." Comstockery has demanded an "innocence" which is another name for pitiful ignorance. Life-long suffering has been endured, and frail weakly children have been brought into the world by the thousands and perhaps by the millions, simply because of lack of knowledge on the subject of motherhood. The combined details of every subject now on the curriculum of the great women's colleges, are not one-tenth as important as knowledge of motherhood. In other words, a woman is far better fitted for life if entirely ignorant of all these so-called educational essentials and possessed of full information of the processes of her sex nature, than if versed in the most minute details in all the studies so emphatically insisted upon in women's colleges, and yet in the end is afflicted with the ignorance of "innocence." The principals of the various women's colleges who have become so broad-minded as to realize the importance of this subject, are to be congratulated. They will turn out graduates who will be prepared to successfully solve the most vital problems presented to them during life. The young women thus instructed will be home builders. They will make good wives and mothers. They will furnish an element in human life that will be wholesome and uplifting in its influence.

I sincerely hope that the letters we publish in an article appearing in another part of this issue will convey a lesson to the narrow-minded individuals who are still contending against the teaching of the vital facts involved in the subject to growing girls and young women. The terrible crime of prudery is still rampant in many women's colleges and girls' schools. I hope that the Satanic power of this vile mental attitude will soon be a thing of the past in every educational institution in which young womanhood is to be found.

—:O:O:O:O:O:O:O:—

**T**HE "Vim" magazine has suspended publication. Its proprietors were compelled to turn their business into a receiver's hands. The failure of this publication conveys a valuable lesson. It accurately indicates that to make a success of a publication that has for its alleged object the building up, morally and physically of the human race, you must have a higher purpose than mere financial greed or a desire for that so-called "satisfaction" which comes to the narrow envious nature when trying to satisfy petty personal spite. From the first issue of "Vim," the editors of that defunct publication took especial delight in making

#### THE FAILURE OF THE "VIM" MAGAZINE

spiteful comments about the theories we have so persistently advocated. They gave more attention to ways and means by which they could belittle my work than they did in securing matter of interest to their readers. If I had cared to shed some light upon their purposes and general methods, "Vim" might have been wiped out of existence some time ago.

I want to say to every individual desirous of publishing a magazine that has for its apparent intention, the physical, mental and moral welfare of human kind, that first of all you must have honesty of purpose. If you expect to attract the attention and win the confidence of the public you must also believe in yourself. You cannot appeal to the public successfully, if you are a fakir at heart. You must have high aspirations. You must be firmly convinced that you have information which is of value to those to whom you appeal.

The "Vim" magazine deserved to fail. It had nothing back of it but cupidity and a desire to give vent to personal, narrow-minded spite.

The best method of judging a magazine, is first of all to study the various articles with a view of discovering if its reading pages are used for advertising articles in the sale of which the proprietors are interested. If nothing of this character is to be found, then turn to the advertising pages. Is the publisher keeping faith with his readers? Is



he allowing them to be victimized by quacks and schemers? If so, then a publication that is following a policy of this kind, should not be patronized. A man who stands for one thing, and then in an underhanded manner, is false to his proclaimed beliefs by becoming the partner of low schemers and by so doing defrauds his friends, as his readers should be regarded, is about the lowest type of mountebank that one can possibly conceive of. This line of conduct was always especially apparent in the "Vim" magazine. It accepted any advertisement. All the quacks who tried to secure space in our columns and failed to do so would immediately send their copy to the "Vim" magazine, and it was usually accepted and published.

I should like to see the day when every community will have a physical culture magazine. I believe the time is coming when every daily newspaper will give as much attention to the physical welfare of people, as they now do to crime and scandal. Every publication that has for its purpose the physical, moral or mental upbuilding of the race, will be welcomed by me but I want to give fair warning that hereafter, I shall make it my business to call the attention of the public to fakirs who enter this field with the idea that they can victimize and defraud the public out of money and health, under the guise of "physical culture."

—:O:O:O:O:O:O:O:—

**I**N former editorials, I called the attention of my readers to the prevailing ignorance in reference to the care of infants. Thousands of human lives are sacrificed at an early period of existence. The Government is spending vast sums for improvements of all kind. All sorts of experiments are being made with plant life and domestic animals, and the knowledge gained thereby is being spread broadcast. If you want to know anything about these subjects write to the Agricultural Department

#### AN EXPERIMENT WITH BABIES

at Washington, and valuable information will be forwarded to you free. But human life is cheap. According to Government experts it apparently represents no financial value. Information about calves and other domestic animals seems to be of infinitely more importance than knowledge regarding infants. I have a plan for carrying on a series of experiments that I think would accomplish a vast deal of good, and at the same time, would be followed with intense interest by every reader of this publication. Rich men the world over, have their hobbies. One will become a dog fancier. Another will spend his leisure time raising fine horses, but none of them seem to be especially interested in human beings. Now, instead of having a dog kennel or racing stable, I wonder why some of our wealthy men are not interested in building up beautiful human beings?

I would like to begin with the star pointing in human life. I would like to secure from eight to a dozen infants of from one to ten months of age, and through them try out all the seemingly rational theories that have to do with the raising and training of children. The experiment would undoubtedly bring out a vast amount of information, that would be of the greatest possible advantage to parents.

Babies nowadays are usually raised according to the grand-mother ideas. Intelligence rarely, if ever, enters into the system. A mother will murder her child by the "good old" methods, rather than save his life by following so-called "new fangled theories." It is a thousand times of more importance to raise fine, beautiful children, than well bred dogs or blooded horses. Why cannot the human race in some way be made to realize this unquestionable fact?

May be there are others interested in such an experiment, who might be willing to render their aid in some way. One suggestion was made to me, that in order to draw general attention to the idea, it might be well to secure one infant from each of the large cities, name the infant after the particular city from which it was taken, and then those in that locality would be more interested than if a dozen babies were taken from one community only.

If it could be put on a practical basis, I believe, that it would be the most important and far-reaching experiment that I have ever suggested or attempted. If I conclude

to allow it to develop beyond mere discussion I do not intend to rashly rush into it. I want to consider it carefully, and to understand thoroughly, every step before I begin. Although I confidently believe that every child is experimented upon by the average mother far more rashly than I would ever dream of attempting, still, when one realizes that he is tampering with human life, the seriousness of the situation immediately becomes apparent. Hence, the necessity for the utmost care and caution in this connection.

I would be pleased to have any suggestions that my readers might care to offer, in reference to this experiment. Perhaps you have plans or theories that might be embodied with benefit in the main idea of this endeavor to raise children in as sane and scientific a manner as we do domestic animals.

—:O:O:O:O:O:O:O:—

**S**EVERAL years ago, we made a proposition in our magazine to treat free of charge a number of cases of chronic diseases that had been given up by the medical profession. Our so doing attracted attention throughout the entire country. We accepted no case that had not been in the hands of a number of physicians without benefit. Many ailing persons responded and although we did not effect an absolute cure in every case, yet many we accepted were entirely cured, and all were vastly benefited.

The first patient that we took in hand, was afflicted with asthma. He was almost worn to a skeleton. He had been doctoring for a number of years, and had consulted some of the best medical authorities. He was with us a little less than a month.

#### SOME MORE EXPERIMENTS IN THE CURE OF DISEASES

He went home practically cured, having gained while under our treatment, an average of nearly one pound a day. This was one of the most remarkable cures that we effected, but it shows in the most amazing manner, the wonderful power of natural means in the treatment and cure of chronic diseases.

It has been suggested to us on many occasions that we repeat our efforts in this way. We are considering the advisability of such a step. Perhaps our readers may have some suggestion to make that will be of value. We want to call attention in the most emphatic manner to the theories that we are so strongly advocating. Physicians are everywhere taking up these natural methods, but drugs and "dopes" of various kinds are still in universal use. How can we give these vile compounds a blow from which they will never recover? It seems to us that a repetition of our efforts in the treatment of chronic patients who have suffered for years, would enable us to give more prominence to this means of curing diseases, than any thing else that we might attempt at the present time. During our last experiment, we accepted eight or ten free patients, and they were with us for a period ranging from one to five months. As has been said, either positive cures were brought about or the patients were greatly helped.

Shall we again make the offer to treat free of charge, chronic patients who have been unable to find relief through the ordinary medical methods? I would be pleased to hear any comments my friends may care to express on this important subject.

—:O:O:O:O:O:O:O:—

We often have inquiries from readers for the names of physicians residing in their locality who follow physical culture theories in prescribing for their patients. I would like to have my friends send me the names of such physicians who are practicing in large cities