

# PHYSICAL CULTURE

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## ...CONTENTS...

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	PAGE
England's Representative for the \$1,000 Prize Contest.....	2
Bedtime Exercises for the Busy Man..... <i>By Bernarr Macfadden</i> .....	3
Coney Island's Desolation..... <i>By T. P. Austin</i> .....	9
The Ice Harvest..... <i>By W. E. Grant</i> .....	14
How to Sleep for Health and Beauty..... <i>By Myra Kline</i> .....	16
Turners of the United States..... <i>By Henry Metzner</i> .....	21
Indian, or Leg Wrestling..... <i>By W. M. Hundley</i> .....	26
Great Game of Hockey..... <i>By Capt. T. A. Howard</i> .....	28
Cigarette Smokers are Moral Cowards..... <i>By G. Edwards</i> .....	32
How Morphine Slaves are Humbugged..... <i>By A. W. Jackson, M.D.</i> .....	33
Clashing of Authorities.....	34
The Strenuous Lover ( <i>Concluded</i> )..... <i>By Bernarr Macfadden</i> .....	35
Fleeced by the Medical Fakirs.....	40
Miscellaneous Paragraphs from Everywhere.....	41
Determination of Sex..... <i>By Dr. J. L. Willis</i> .....	45
A Meat Argument(Cartoon)..... <i>By Irving Brown</i> .....	46
Question Department..... <i>By Bernarr Macfadden</i> .....	47
The "Modern Soldier of Fortune" in a New Rôle..... <i>By G. B. A.</i> .....	49
Children of Mormon Families..... <i>By Larin Farr</i> .....	52
Muscle and Health for Boys..... <i>By Bernarr Macfadden</i> .....	56
Boys' Question Department.....	57
A Seventeen-Year-Old Boy Phenomenon.....	58
Boys' Home-made Exerciser.....	59
The Virtues of Our Methods Proven.....	60
Health as a Success Factor..... <i>By Dr. O. S. Marden</i> .....	64
Whiskey and Fashion (Cartoon)..... <i>By Bill Nyc</i> .....	67
The Biggest Bluff.....	68
Hunted Down..... <i>By John R. Coryell</i> .....	71
Cause and Cure of Coughs..... <i>By Bernarr Macfadden</i> .....	79
Doctors, Drugs and the Devil..... <i>By Rev. John Alexander Dowie</i> .....	81
Weekly Menus of Uncooked Foods..... <i>By Amelia M. Calkins</i> .....	87
Duffy Malt Whiskey Company's Methods..... <i>By Alexander Marshall</i> .....	90
Some Winners of the Preliminary Contest in England.....	93
Editorial Department..... <i>By Bernarr Macfadden</i> .....	94

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

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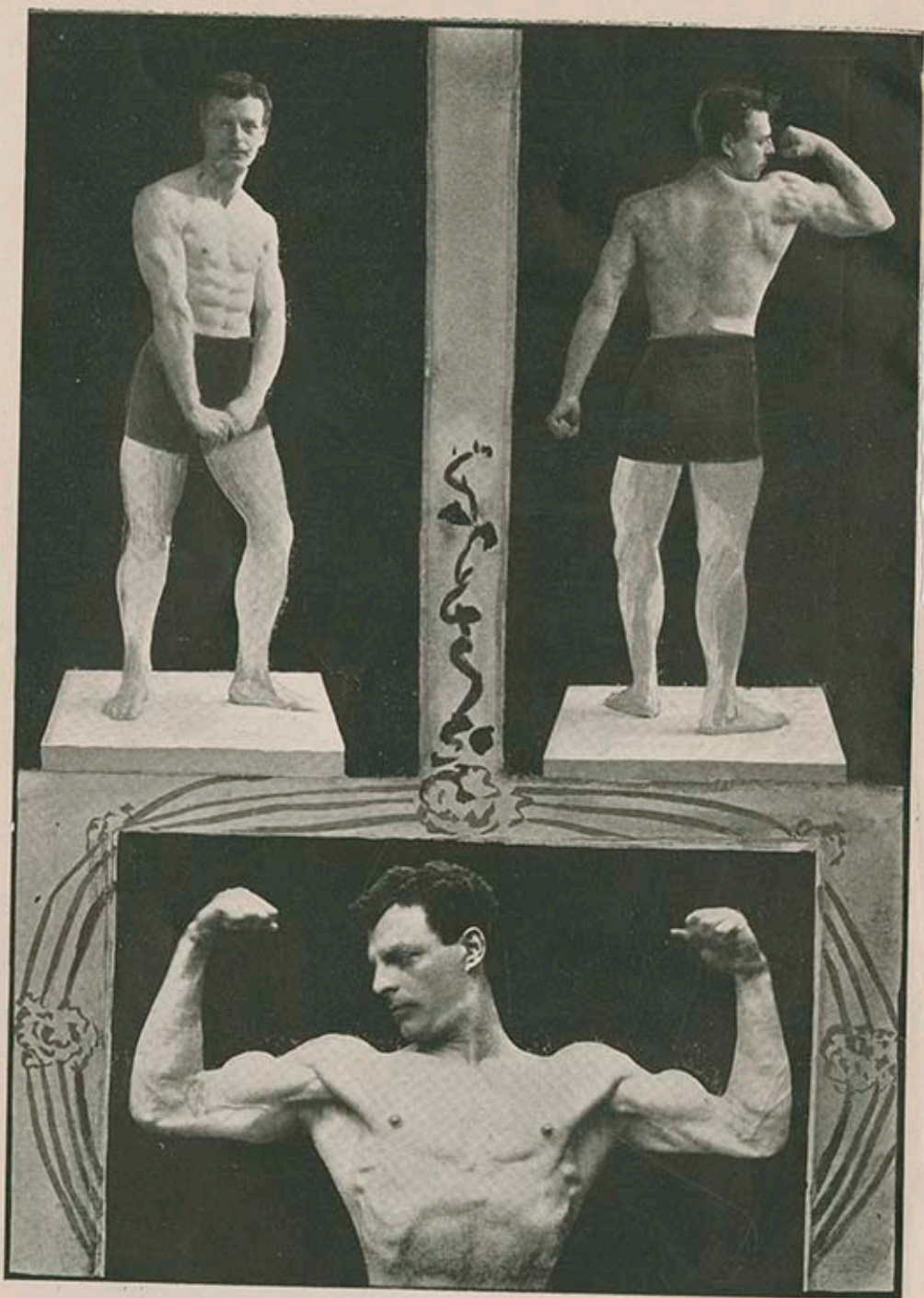
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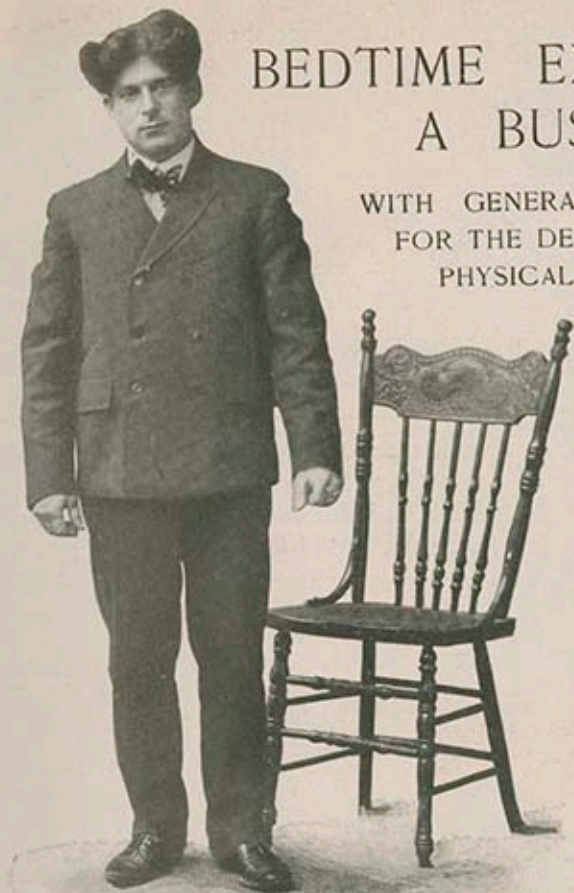
W. E. Clements, of Leicester, England, Winner in Preliminary Competition for All England in the \$1,000 Prize Contest Open to the World. Mr. Clements will Compete with the American Winners at the Madison Square Garden Physical Culture Show

## BEDTIME EXERCISES FOR A BUSY MAN

WITH GENERAL HYGIENIC SUGGESTIONS  
FOR THE DEVELOPMENT OF SUPERIOR  
PHYSICAL VIGOR DURING SLEEP

By *Bernarr Macfadden*

*First of a series of articles for 1904 in which I shall attempt to meet the requirements of the large body of studious workers who have not the time to give much attention to their physical wants. In these articles I shall endeavor to set forth a simple mode of life that can be followed daily, and yet not interfere with the closest business demands, at the same time keeping the busy man in the highest degree of vital, muscular, functional and nervous vigor.—*  
BERNARR MACFADDEN.



He has returned home late. He is in a hurry to get to bed, but he must have his exercise. During all the movements he is taking deep breathing exercises.

EVERY intelligent person will readily admit the value of exercise, but one of the most frequent complaints we hear is, "I haven't time." Every man may fully realize the value of the regular use of the muscular system, but he is so busily occupied, or else imagines he is—which amounts to the same thing—that he cannot find the essential time.

This article describes exercises that the busy man should welcome. It should not increase the amount of time devoted to undressing if the exercises illustrated

herewith are taken as they should be, and benefit will be derived from each of them. They are not specially vigorous, and cannot make the weakest person nervous, as do violent exercises in some instances, when taken just before retiring.

If your sleeping room is shared with another, it might be well to explain your object before beginning, for the various movements you will make while undressing in this manner may induce the belief that you have become suddenly a satisfactory subject for an insane asylum.

Although these exercises are given for the busy man, they can be taken with equal benefit by any one. They are intended to accelerate the circulation throughout the entire body, and should be sufficient to keep the body of a mental worker in a comparatively healthy condition, if he eats proper foods and follows satisfactory habits in other ways.

Although exercise is of importance, yet,



tains of mole-hills." To prove the truth of this, recall many of the worries of your past life. How you will smile at the great importance you attached to certain past events that seriously marred your happiness at that particular time.

A satisfactory mental attitude at bedtime is most desirable in order to rest thoroughly and thus secure all the benefit that sleep brings. Remember also that worrying over minor troubles is often a habit. Some men are sour, and cross and cranky all through life. They never know what it is to feel emotions of any other kind, yet rarely are they

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**Exercise 1.** While unbuttoning and removing his coat he bends far backward and far forward. For muscles of the back and abdomen.

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in order to enjoy the highest attainable degree of vigor, a knowledge of the general care of the body is necessary. The mental attitude, for instance, is of vast importance. Happiness is as contagious as disease. The "blues" can be induced easily by a vivid imagination, regardless of your physical condition. No matter what troubles may have harried you during the day, when the time for retiring arrives, put them aside. **FORGET THEM!** Try to induce a satisfactory mental attitude! Think of pleasant things! If you have been irritated, try your best to dispel all remembrance of it, for the time being, at least. Of course, this will be very difficult at times, but remember that many of our troubles are largely imaginary. We "make moun-

suffering from a disease. They need some one to shake them out of their pitiful condition. You can grow old and cross and crabbed in your twenties, if you are inclined to develop characteristics of this kind. Do not forget the importance of your mental attitude. Many murky individuals will pass even the most beauti-




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**Exercise 2.** While unbuttoning and removing his vest he bends far to one side and then to the other. For muscles of the sides.

**Exercise 3.** While untying his tie and removing his collar he raises and lowers his body by bending and straightening the knees. For the muscles of the upper legs.

ful sunset unnoticed, or else they will see in it predictions of future unpleasant weather.

"Some people, like the bee, seem to find honey in every flower, while others, like the spider, carry only poison away. One finds happiness everywhere and on every occasion, while



another seems continually returning from a funeral."  
**DON'T BE A CHRONIC GRUMBLER!** Cultivate the happy faculty of getting as much out of life as you can. Remember that your life after all is of your own making. You can be happy or miserable, as you may dictate. Your conditions, financially or otherwise, will have but little to do with this result. You, yourself, make happiness or misery according to your mental attitude toward life. Of course, I realize that some appear to be very unlucky, and they have some cause for complaint, but those who struggle on with undefiled ideals and unswerving principles will reach in every case a satisfactory goal in the end. Happiness *must* and *will* be yours if you determine to secure it. It is

**Exercise 4.** He raises and lowers his body by rising on his toes while removing suspenders from the shoulders. For muscles of the calves.

simply a matter of time, and requires nothing but continuous, resolute effort to secure it.

If, in spite of all your attempts, your



thoughts are gloomy at bedtime, recall in your mind the various happy incidents of your life, think of all the brightness the future has in store for you. Recall every happy experience of the past. Say over and over to yourself that you have every cause to be happy. Compare your condition to that of others who are in circumstances far worse than your own. All this mental process will help at least to bring a feeling of satisfaction. You may have some cause for worry, but little consideration will convince you quickly that there are thousands of others who have, perhaps, far more serious reason for unhappiness than yourself.

After you have done your best to bring about the proper mental attitude for bedtime, you may consider the more material features essential to your physical and therefore to your mental health.

**Exercise 6.** He raises and lowers his shoulders while removing his shirt. For muscles on central top part of shoulders.

**Exercise 5.** He assumes this position for unlacing and removing his shoes. For muscles of the back and legs.

It is impossible, of course, in this short article, for me to enter upon the vastly important part that the mind also plays in the complete relaxation of the nerves, muscles and every voluntary power of the body. Entire relaxation is absolutely necessary to healthy sleep. There are many people, however, who can never relax themselves completely — whose nerves are always "on edge." In lesson IV. of my "Physical Development Simplified," in the last April issue of *PHYSICAL CULTURE*, I devoted an article on how to win complete relaxation and rest in sleep, with also a remedy suggested for the mouth-breathing habit.

**DON'T SLEEP IN A CLOSE, ILL-VENTILATED ROOM!** Pull your windows down at the top and up at the bottom. If you are afraid to open



the windows as widely as possible, and pull your bed so close to it that you can breathe the air as it rushes in, at least adopt some method of ventilating your room that will insure the air in it being frequently renewed.

The same article, referred to above, lesson IV., touches also on this important subject of ventilation, and gives an illustration showing how to ventilate a sleeping room properly.

Air is the most important food essential to health. During your sleeping hours important changes take place in the body, and if all this time you are breathing foul, impure air, it is impossible for you to enjoy the most vigorous health. Of course, do not go from one extreme to the other in the matter of ventilating your room. If accustomed to pulling your window down an inch or two at the top, with the idea that you are securing proper ventilation, do not immediately make a radical change. Gradually increase the size of the opening of your window, but unless you open the window very widely, always open it slightly at the top

and at the bottom. This will give greater opportunities for ventilation.

Proper mental attitude,

**Exercise 8.** He removes his socks in this position. For muscles of back and thigh,

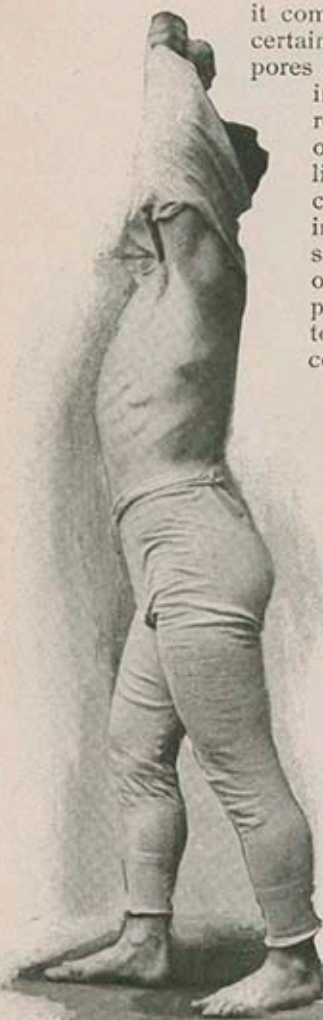


thorough ventilation and exercise, are perhaps the three most important subjects to be considered at this period of the day, but the



**Exercise 7.** He raises right and left leg alternately in this position while unbuttoning and removing his trousers. For muscles of the upper leg and abdomen.

quantity and character of bed clothing and the night apparel are also of some importance. A great many physical culture enthusiasts use rather light covering and wear no night clothing at all. The advantages claimed for this are that the air comes in contact more thoroughly with all parts of the body, and that it is more cleanly, because, no matter how clean the clothing that is worn, where



**Exercise 9.** He jumps up and down while removing his shirt. For muscles of legs.

plus covering at the start of the night's rest.

If you wear pajamas or a nightgown, see to it that they are very light, and that they are made of linen, cotton or silk. Linen is undoubtedly the best material, and these night garments, in addition to being washed frequently, should be aired thoroughly each day. **NEVER WEAR WOOL NEXT TO THE SKIN**, nor wear at night underclothing that has been worn during the day. A habit of this kind is really a fruitful source of ill health and disease.

Read also the article on sleep in this issue.

it comes in contact with the body for any length of time, a certain amount of the waste that is eliminated through the pores naturally clings to it. This, however, is not of special importance. The principal matter of importance in reference to night clothing and covering is the need of care not to cover too heavily for health or too lightly for warmth. You must be able to maintain comfortably the warmth of the body. Still, the covering should not be so heavy as to impede even in the slightest degree the circulation of the blood, or to shut out the air absolutely. It is said to be a common practice among the German peasantry to sleep on one feather bed and to cover themselves with another. Your health must be indeed vigorous to withstand the injurious effects of such a practice.

Many have a habit of using sufficient covering on retiring, so that there may be no possibility of it being necessary to add more before morning. This is a mistake. On retiring use just a sufficient amount of covering to maintain warmth. If you are in the habit of awakening, feeling chilled, have some heavier clothing at the foot of the bed that can be pulled up over you when needed. It is quite natural for one to require a little more covering toward morning than on retiring, but it is a mistake to try to guard against this by sur-



**Exercise 10.** He assumes this position, alternating with right and left leg, while removing his drawers. For muscles of thigh and abdomen,





Entrance to One of the Shows at Coney Island. For "Bunco" Shows the Island was Unrivaled

## CONEY ISLAND'S DESOLATION

THE DESTRUCTION IN NEW YORK'S GREATEST BREATHING SPOT  
FOR THE MASSES

*By Thomas P. Austin*

"SEEING New York" without making a trip to Coney Island would be a great deal like eating an oyster stew in whose flavoring no oyster had been employed. Coney Island is the greatest breathing spot, the vastest recreation ground for the common people, to be found in all the world.

And now, this place, dear to the hearts of millions of Americans, is in ashes! That is to say, a large and very important part of this pleasure resort has gone up in smoke. In 1896 there was a disastrous fire that swept away blocks of buildings at Coney Island. The fire of Nov. 1, 1903, was wider in range, more costly, and more disastrous in every

way. In four hours and a half fourteen blocks along the surf front had been traversed by flame and laid in ruin. Two hundred and sixty-four buildings had become heaps of smouldering ashes, and some five hundred permanent residents of the island were homeless. Some of the buildings were old, nearly all were of wood, and not a few of them possessed the exterior veneering of decency in the way of appearance that might be looked for at a summer resort. Many of the buildings might properly have been termed "ramshackle."

Unless plans that are to be referred to later on are carried through, successors to all of the destroyed buildings will be up



All that Remains of the Once World-Famous Bowery

before the spring is far advanced. Coney Island is a veritable Phoenix. No fire can discourage her citizens.

Underwriters place the damage done by the fire at about a million dollars. Coney's energetic people say that, if they are left to themselves, next summer will find from a million and a half to two million dollars' worth of structures waiting for the next fire.

The vastness of Coney Island's importance as a pleasure ground for the masses can hardly be over-stated. It is of easy access from any portion of Greater New York. A steamboat company carries people there by water;

there is an abundance of railway and trolley transportation. An average Saturday or Sunday crowd of visitors in summer is past the one hundred thousand mark. The transportation companies are equal to the serving of an even larger multitude, and Coney—well, Coney believes in that old saying, "The more the merrier!"

It would be as impossible to enumerate the delights of Coney Island as it would be to describe all the charms of New York itself. First of all, the summer visitor who goes down to the water for rest and health takes in the surf-strewn shore. He acquires the appetite



Complete Panoramic View of the Ruins at Coney Island, as Viewed from the Water Front

that Heaven meant he should have, and he feels like eating. There are more than five hundred places—rather, there were—where the visitor can buy food. In any one of these places he is able to procure "soft drinks." It is a regrettable fact that there are too many places where the visitor can obtain drinks that are not "soft," but it is to be expected.

Luna Park, now the crowning glory of Coney Island, thanks to possessing its own hydrant supply, was able, although seriously threatened in the great fire, to ward off the attack. Luna Park stands, and will not need rebuilding.

It would be difficult to picture a better sample of fire's swift destruction than was presented by Coney Island's visitation.



Entrance to Luna Park, the Marvelously Illuminated City at Coney Island

Fresh air and food secured, the Saturday or Sunday visitor felt a ravenous desire for pleasure. And this was to be found in abundance. There were the shooting galleries, the cane-ringing booths, the lung and strength-testing machines, the vaudeville shows, the dance halls, the exhibited freaks, the concerts, loop the loop and shoot the chutes, and everything that made a noise, or raised the hair on end. A few quiet and rather exclusive little places there were also, where friends met for food and to converse in private, the bowling alleys, the grounds devoted to outdoor sports—and what not?

And then Luna Park! The marvelous white spectacle of a million electric lights! Here it would be difficult to conceive of any form of summer sport that could not be found. Scores of kinds of entertainment are to be had. And

At ten minutes before four in the afternoon flames broke out in an unoccupied wooden building known as the Hippodrome. By the time that an alarm had been turned in, the wooden hotel next door had ignited. Nothing could be done to save either building. There was not a heavy wind at the time, but the flames swept down the shore front through what is known as the "Bowery," and building after building caught.

Of course, anything that concerns Coney Island touches New York's pulse. As soon as it became known that Coney Island was threatened with destruction thousands swarmed to the scene. The transportation companies, unprepared for a rush so late in the year, were severely taxed. It is estimated that, in addition to the crowd of late fall visitors, some sixty to seventy thousand people hurried to the island. This does not include the



One of the Favorite Recreations—A Rollicking Time in the Surf

thousands of people who witnessed the scene from excursion boats.

Throughout all the excitement of the fire all of the temperamental life of Coney was to be observed. There is a small population that is on hand for the purpose of furnishing amusement; there is a vastly larger floating population that goes to the island for the sake of being amused. Permanent residents who found themselves threatened by the march of the fire moved in haste with such things as they could save from among their household effects. Residents who did not consider themselves menaced by the fire, and who had business on hand, remained stolidly at their posts ready for all the profits that could come.

In the dance halls, and in the other places of amusements that were open at this late time in the season, the fun went on as madly and as merrily as it did at Waterloo on the night before the battle. Some of the visitors at the pleasure resorts ran out, gazed at the fire for a little while, and returned in search of recreation. Grotesquely-garbed men and women belonging to the few remaining vaudeville shows darted out between acts, in all their paint and powder, and then darted back again in time for appearance in the next act.

There is a Ferris Wheel at Coney Island that every visitor to that resort knows. Despite the lateness of the season the wheel was still in operation. The lusty-



Main Thoroughfare of Coney Island—Every Conceivable Hair-Raising and Exciting Novelty was Found Along this Avenue



A Sample of Coney Island Diet

One of the Most Condemnable Features at Coney Island was the Vicious Foodstuffs Offered for Sale. Coffee, Tea, Stale Beer, Strongly Peppered Chowder and Frankfurters and Roll Formed the Principal Diet Which Was Served to the Patrons

lunged "barker" knew his business. Standing close by he bawled hoarsely:

"Here's your last chance to go up on the wheel and see Coney Island burning up! All for ten cents!"

From a few minutes after breaking out of the fire until ten o'clock in the evening there was seldom a vacant seat in the carriages that revolved with the wheel.

In four hours and a half, despite the best efforts of the firemen, the most picturesque and interesting part of Coney Island was in ashes. About all that was saved were Luna Park and Steeplechase Park.

Since this destructive fire a plan that has been discussed often has acquired the breath of greater life. This plan is to take what is now the most popular part of Coney Island along the sea front and convert it into a handsome marine park that shall belong to the City of New York. It is suggested, even, that the City is rich enough to be able to extend the park down to the limits of Far Rockaway. According to these plans there are to be little oases in the desert of sand, and here fountains will be placed. There will be music at appropriate points.

There will be aquariums and "zoos," shaded walks—and the Lord knows what not! And, above all, there will be a handsome driveway.

It is to be hoped, however, that this refining process, which will do away with the great majority of disreputable beer saloons and common dives and the unclean "chowder" and "frankfurter" stands, will not develop into a mere place for the parade of wealth and fashion, as has become the case with Riverside Drive and the Speedway in New York City, primarily destined for the poor.

Instead, it is to be hoped that it will again become what it originally was, the great breathing spot for the poor man, his wife and children. They need great breathing spots where they can go in the ordinary clothing with which industry and ordinary success have provided them. The whole family needs a place where lolling in the sand can be indulged in, with great gulps of God's salt air, where they may take inexpensive dips, and where the buying of wholesome food does not call for the payment of high prices with the accompaniment of a tip.

# THE ICE HARVEST

*By William Everett Grant*

**J**ACK FROST is a versatile elf. He can turn you out anything icy, from an iceberg down to a plate of ice cream. He can live at ease in the unsightly ice house, or in the enchanting ice palace of the winter carnival. He can sit patiently on a glacier during a whole ice age, or outfly the winds on his ice boat. He knows all the winding ways of the Ice Maiden, the ice man, and the ice trust. He makes a most cruelly cold day sparkle

summer suggested to him a home and export trade that soon reached to England, India, South America, China, Japan and Australia. His name was



Plowing the Ice—One of the Cutting Processes



Breaking Loose and Floating the Cakes of Ice

Tudor; his first crop was gathered in 1805; he was long known as the "Ice King;" and under his lead the United States became the great ice-exporting country of the world.

with deceptive beauty. He is up to all kinds of mischief. But take him for all in all, he is a friendly, well-meaning and profitable genius; whose little chunks of cool comfort are especially welcome when the weather gets up into the nineties.

Ice, in this utilitarian age, has become an important commercial commodity. The modern ice industry is due to heat and Yankee shrewdness. An epidemic of yellow fever raging in the West Indies induced a Boston merchant to gather and ship a load of ice to Martinique, and the inconvenience of city life in

It is believed that to-day there is hardly a man, woman or child in the United States who is not a consumer, directly or indirectly, of the product of the modern ice trade. The care of the sick, the preservation of foods, the manufacture of ice cream and cooling drinks, and the constantly increasing taste for luxuries of all kinds, have developed everywhere a demand for ice, to meet which many millions of dollars and the labor of many thousands of men are invested. This ever-increasing demand has led also to the invention of machines for the production of artificial ice, and for refrigeration without ice; but for household consumption our dependence is still

upon the familiar natural ice, whose delivery at our door, from the lake or river of production, requires an infinity of tools, storage houses, boats, cars, city wharfs, depots, and miscellaneous appliances for handling the frozen crystals.

The ice crop, unlike every other crop, is grown, harvested, and stored in winter. This winter harvest, amid the stillness of frozen nature, affords an animated scene. On the shore stands an immense ice house, capable of holding more than a hundred thousand tons of ice. Along the entire water front of this

til the ice is nearly cut loose; after which the cakes are separated by sawing. The filling of the ice house, the care of the product after it has been packed away, the prevention of leakage and waste, the getting out the ice for shipment, the care of tools, and a hundred and one considerations of like nature, are all matters of technical knowledge, and call for displays of ability of no mean order.

The ice is sent to market in cars or in vessels, packed, as in the ice house, with sawdust or shavings, or sometimes with marsh hay. In marketing, a constant and careful supervision is necessary. The dealer must know how to provide for the abnormal demand occasioned by an unexpected hot spell, and how to keep his goods in circulation during a dull time. In



Unloading Ice at the Dock

building extend many galleries, one above another, connected by runways with several inclines which lead up from the water to the top of the ice house. In front of the building—of which there may be several in the vicinity—is a power house and tool room; and a little way off are dwellings and barns for the men and horses.

The lake or river in front is frozen to a depth of ten, twenty, thirty, or even forty inches; and an army of men and horses are seen clearing away the snow and detaching cakes of ice, which are floated to the inclines and carried by endless chains to their place of storage in the huge building.

A closer view shows that the ice field, having been scraped free of porous ice, is marked out, or scored, into squares, and then grooved by means of ice plows of various depths run back and forth un-



Retail Delivery of Ice

retailing, he will not consider a handsome and clean wagon, and well-kept horses, beneath his notice. He will carefully scrutinize the quality of his ice; and will not forget that his lady customers are opposed to the sawdust feature of the commodity. His scales, axes, tongs, ice shaves, buckets, brooms, and even so small a matter as good weight for the money received, will materially affect the answer to the question: "How would you like to be the ice man?"

## HOW TO SLEEP FOR HEALTH AND BEAUTY

By Myra Kline

*"Sleep, balmy sleep,  
That knits up the raveled sleeve of care."*



One of the Correct Positions to Assume in Sleeping

ONE-QUARTER of life at least is spent in bed; with many, it is fully one-half; yet how few people ever give a thought to whether they sleep correctly or not! That is, do they compose themselves to repose each night in the most hygienic way, and to get the fullest benefits therefrom? People may be divided, broadly speaking, into two classes, in so far as sleeping is concerned. There are those who are fastidious about the bed and its appointments, and who cannot have too much luxury about them. The other half are indifferent; so long as it can be called a bed to stretch themselves upon for the night, it is sufficient.

Those who have given some thought to the subject, and who know what an ideal bed should be, and have it, are comparatively few; though their numbers are increasing, because of that great awakening and eager search for all that offers as its reward that priceless treasure—health. But after all, a bed is only a means to an end, and it is not so much the article itself that we have to consider. It is rather, how to sleep in it, how to get the best rest, the most refreshing sleep; that is the great question. One

need not have a bed at all, and yet may get a most comfortable sleep; while another, on a luxurious, downy cot, will awake tired and with bones aching. The good or ill effects of one's sleep depends very much upon the position taken and maintained during repose. Very few people take a correct posture when sleeping, and a still less number have sufficient control of their somnolent selves to retain any posture they choose during slumber. Once asleep, they can never know what abnormal and extraordinary attitudes they assume. If a series of pictures could be taken of most people during one night's sleep, the result would be most amazing to the sleeper. Never having given any thought to it, but tumbling into bed in a tired and careless manner, because it is time, what wonder that they toss about with the most unhealthful contortions?

If the average person did but know, or knowing, cared, he or she, as the case may be, would be far more thoughtful, before tumbling into bed as to the positions that were to be assumed during sleep. How can one be held accountable for his or her actions during the unconsciousness of somnolence? Simply





This is an Unhealthy Way of Reclining. The Head Thus Raised on the Pillow Causes the Jaw to Drop Forward, Which Causes Snoring

one's self to sleep for the night. A well composed mind will control the body even in sleep.

It is certainly the time when one should be most regardful—this time of sleep—by reason of the long duration of the postures, and the fact that when thus at rest Nature is quietly but effectually carrying on her restorative action. It becomes self-evident then, at once, that a position taken in sleep and maintained for hours may become highly restful and beneficial or positively harmful. We should not have so many short women and men if, when they were children, they had been taught to lie correctly in bed. It is during sleep that the natural growth of the individual takes place, not in the waking hours of work and play.

How necessary is it, then, that every care and help shall be given Nature, to the end that straight, well-formed bodies may result!

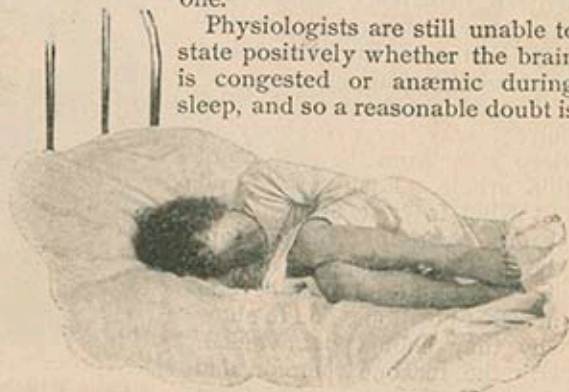
It is impossible to sleep properly in soft beds, with high pillows and a great bolster, which many seem to regard as most indispensable. A soft bed is enervating, not restful. It embraces the body and the circulation is interfered with, the skin being thus unable to throw off the impurities in a natural way, for it should be remembered that breathing is done through the pores as well as through the lungs. A soft bed in which the

body sinks too deeply causes the tissues and muscles to become flabby and weak, and will do much to neutralize the effect of any exercises that may be indulged in during the day in the hope of building up the strength.

In the same way pillows are unhealthful and unrestful. Observe, in the photograph, how the head sinks into the soft cushions. The breathing is thus rendered imperfect; the muscles of the neck are really strained instead of being rested. Yet, that is the position assumed by millions nightly. The flesh of the face, instead of being untouched and impassive through the night, is half covered always, and the pressure upon it even by the soft pillows screws the face out of shape, and causes unnatural folds that in time form into wrinkles. As has been said, it is during sleep that Nature is building and the body is growing, or repair is going on. To assist this work there is nothing so good as a moderately hard bed with no pillows—or very small ones—to make firm, round, smooth flesh.

It is custom that has given us the bolster and pillow. They are a legacy and an absurdity of bygone days, when people were less enlightened than they are supposed to be now, and when hygiene was not the popular study with high and low alike, as it is with us today. Customs die hard, and though these adjuncts to slumber's couch are not necessary or conducive to sound sleep, but are more or less positively harmful, their elimination is a very slow one.

Physiologists are still unable to state positively whether the brain is congested or anæmic during sleep, and so a reasonable doubt is



Observe How the Sleeper Has Slipped From the Pillow in an Effort to Get Comfortable. This is Frequently Done



**A Handkerchief Should Be Folded and Passed Under the Chin, Tying it at the Top of the Head, to Keep the Jaw From Dropping, Which in Turn Will Prevent Snoring**

deeper is the sleep; and the more it is raised, the lighter is one's slumber. Certainly, a person sleeping in a sitting posture is more easily awakened than one reclining.

It is urged by those accustomed to many pillows that they never could sleep without them; but it simply seems so to them because no determined effort is ever made to try the other method. Naturally, if one has used several pillows for years, it will take a persistent trial of some months to prove that going without them is beneficial. Many, women especially, suffer from constant headaches which are due to high pillows and nothing else. A number of instances have come within the writer's experience where pillows have been forbidden by the physician and the headaches have totally disappeared.

To say what would be the correct way for everybody to sleep is far from the purpose of this article. Each must find out what is best after having absorbed certain principles applying to the subject. The best plan will be to point out several incorrect positions, and to show why they should be avoided, with the reasons therefor, and allow the reader to benefit thereby or otherwise, as he may be inclined.

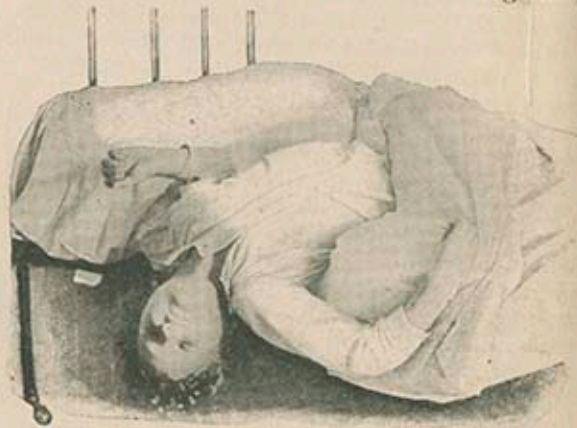
admissible; but it has been conclusively demonstrated that the lower the head, the

It is often said that it is unhealthy and predisposes to dreams to lie prone upon the back; but no reasons that are at all adequate are ever given for the assertion. One of the most frequent

causes of dreams, and even nightmare, is imperfect circulation. This may be caused inwardly by the food which one has eaten, or it may be caused outwardly by an uncomfortable position assumed during sleep. Lying flat upon the back with little or no pillow, the body extended to the full, and the arms resting easily at the sides, or folded across the breast, and the mouth kept closed, so that the breathing is regular and normal through the nostrils, one is less liable to dream

than in any other position.

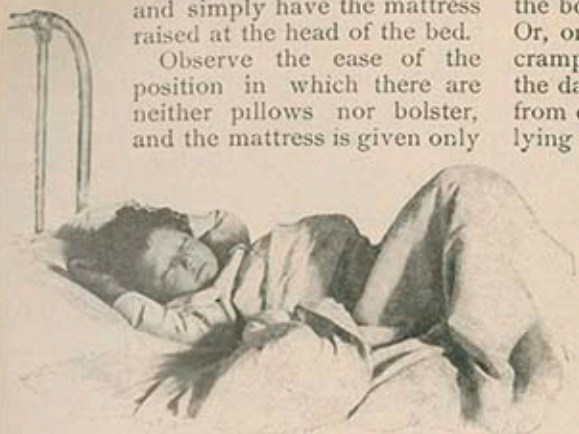
Compare the apparent ease of the position where only the bolster is used with that in which the head is buried in pillows. Anyone wishing to try the experiment of abandoning pillows should do so slowly and by degrees. If accustomed to two pillows and bolster, as many are, begin by discarding one pillow only, or, if need be, get one that is half the size and do away with a little at a time. After a month or two put that away, and again a little later use only the half pillow, until finally you come to the bolster only. If that is too high, have a smaller one or discard it altogether,



**A Child Will Sometimes Lie in This Position for Hours Without Inconvenience, Which Would Seem to Prove That Sleep Causes the Blood to Leave the Brain**

and simply have the mattress raised at the head of the bed.

Observe the ease of the position in which there are neither pillows nor bolster, and the mattress is given only



**An Improper Way of Sleeping. The Raised Arms and Knees Cause the Heart a Great Amount of Extra Work, Which Produces Restlessness and Possibly Dreams**

a slight pitch upward at the head. The body is at perfect rest, fully distended, graceful; there is just sufficient give in the mattress for the shoulder. The one hand placed beneath the cheek helps to keep the body straight and comfortable. It is a question what to do with the arms in sleep, as everyone has found out perhaps. If one arm is deliberately lain upon, it is apt to stop the circulation, and to cause that sometimes painful effect known as "pins and needles." When the arms are placed downward in front of the body, in order to assume a comfortable position, it is necessary to distort the body to a very peculiar angle. It will be found that the most restful position during sleep, that is, the one in which one will be less disturbed by dreams and awake the most refreshed in the morning, is the opposite of that which has been maintained by the body for the greater part of the day. If a person has been standing upon the feet, perhaps reaching upward a great deal, and so keeping the body extended to the full, it will be found that greater restfulness will be found by taking a position during sleep which is the opposite to that which has been the rule during the day. That is, there is then some excuse for doubling up

the body a part of the time during sleep. Or, on the other hand, if one has been cramped up over a table or desk all the day, the greatest good will be found from extending the body to the full and lying as prone as possible. There are

any number of niceties of posture to be taken, and each must find out which is best to suit the peculiarities of individual needs. The desire is to point out some of the grosser evils of the sleeping hours.

As to whether the right side or the left side is the better to sleep on, opinion is divided, and perhaps there never will be any generally satisfying decision about it, because after all it is only a detail that must be determined by individual characteristics of the sleeper. It has been claimed that lying on the right side strains the muscles of the heart, and that it is bad for the liver and digestive organs. While this may be so in some instances, owing to some functional weaknesses or derangements, it cannot apply by any means to a healthy person.

There is a tendency to right sidedness in most individuals which makes this the favorite side to sleep on. It is true that during sleep assimilation is most active. Circulation is equalized, the work of the vital organs is lessened, and it may be that this position is, considering these facts, an advantageous one.

Of course, people can, and do, accustom themselves to anything. We, in common with most other nations of the earth, are accustomed to soft beds and feather pillows,



**The Unhygienic Way of Sleeping. The Head is Buried in the Soft Pillows, Preventing Proper Respiration**

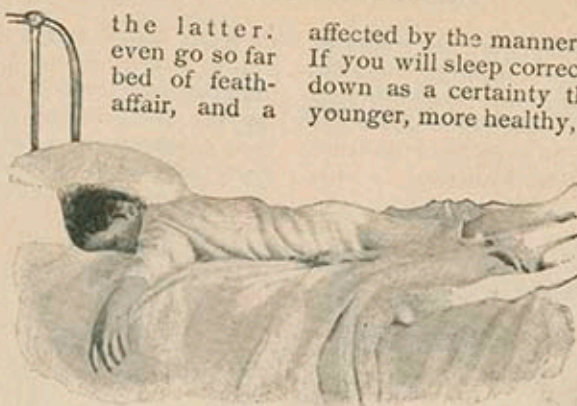
and plenty of The Germans as to have the ers, a big fluffy thick feather mattress that they draw over them. While the Anglo-Saxon likes a soft bed, it is required as a rule that there shall be a certain amount of resiliency to it. It is of passing interest to note a few of the ways in which other peoples do sleep.

The Russians, for instance, sleep in winter in a hot room often right over a kind of stove; and in this respect, the people of the north of China and of Korea follow suit, but the people of middle and southern China usually sleep on a hard bed with a block of wood, as a rule, for a pillow. This, too, is the custom with the Japanese. In the warmer countries of the world, the people invariably double themselves up when sleeping. The Laplander and the Esquimaux crawl into a fur bag made of reindeer skins.

The hygienists of to-day, however, and there are some among all different peoples, sleep on a hair or a pneumatic mattress, with a very small pillow of the same kind of material (or none at all), with an open window, without fires. And sleep is taken, too, on the right or left side, or back, according to which may be most agreeable and restful. A sound sleeper, resting comfortably, will change the position several times during the night without waking.

When you consider how much of your time is spent in bed, does it not seem rational to suppose that your health and figure and good looks must be very much

the latter. even go so far bed of feath- affair, and a



An Unhealthy Way of Sleeping, But a Favorite With Children. When Found Thus They Should Be Turned Over on the Side and Straightened

affected by the manner of your sleeping? If you will sleep correctly, it can be laid down as a certainty that you will grow younger, more healthy, and beautiful, be-

cause it is while you are sleeping that you are growing. The flesh will become firm, the curves more graceful, wrinkles will be softened or avoided altogether; and all through a little care and common sense.

As a rule one does not stop to consider what the facial expression is when falling asleep, yet it is important that some thought should be given to it. It is at night, when about to go to sleep, that all the disagreeable happenings of the day crowd into one's mind; and thinking of the cross words and unpleasant incidents, the face is apt to become constantly lined most disagreeably. This would never be noticed in one night, nor perhaps a hundred; but think of how many nights there are that pass that way in the course of a few years! It is the constant dripping of water that wears the stone away, you know. If you persist in going to sleep with unkind or bitter expression depicted upon your countenance, it will certainly show itself in time. To avoid this, why not chase away all unkind and troubling thoughts and assume as pleasant, even beatific, an expression, as you know how to put on? Think of all the pleasant things possible, and let the face take on a heavenly light of contentment, and in the waking hours the countenance will be one that is good to behold for its natural sweetness.

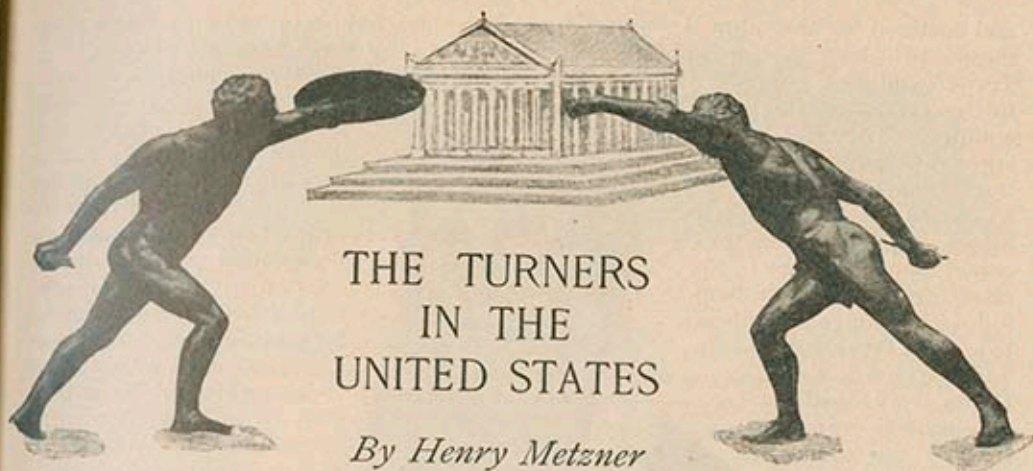
"Why, Harry," exclaimed his mother, as she entered the pantry unexpectedly, "are you in that jam again?"

"No, mamma," answered the truthful urchin, "that jam's in me."

"Now, Willie," said the mother of a small invalid, "I want you to take this powder the doctor left for you."

"Powder!" exclaimed the little patient. "Why, I'm not a gun, am I?"

—Chicago Ledger.



PRESIDENT OF THE METROPOLITAN ASSOCIATION OF TURNERS

*The German Turners have been most active in Physical Culture work from a standpoint of exercise ever since their grand old leader, Father Jahn, gave them their impetus. Their societies are found in every large city. They are growing stronger every year. The author of this article is one of the pioneers in the work of the "Turners" in America. He is as strong and active as a young man, though over seventy years of age, and an article will be devoted to him in the next issue.—BERNARR MACFADDEN.*

THE German Gymnastic Societies, the *Turnvereine*, are the oldest organizations in the United States that have made it the especial aim to develop the human body by means of a regular and systematic training. Their foundation dates back as far as 1848, and there are societies, still flourishing, that can trace their history back to that remote period.

In spite of all the obstacles and discouragements they met at first, their beginnings were successful. Only a few years after their introduction there were Turner Societies in all the large cities of the country, that had any considerable German population. These were united into a union known as the "Turnerbund."

Organization, management, dress, costumes and the manner of performing the exercises were wholly

those that had been handed down to the members from the time of Father Jahn, the founder of German gymnastics, and upon whom we may look as the founder of modern gymnastics, for his influence in the athletic arts is conspicuous and prevalent in the systems of all countries. No matter in what altered or modified forms physical exercises are practiced in differing systems and methods, they are based, more or less, upon the system of Jahn.

The Turners began their work with the most primitive means and apparatuses in yards, on vacant lots, and wherever they could obtain a suitable place. They were not encouraged by public opinion, which rather condemned the foreign undertaking. If there was not disregard, there were prejudice and suspicion. Still, the Turners went along very well, very likely were strengthened



Dumb-Bell Exercises of the Turners

and fostered to the utmost energy by these obstacles. At the same time the Turners did not consider themselves a foreign element in this great country. They made it a strict rule in all their societies for each member to be a citizen of the United States. Indeed, they became good citizens; almost fifty per cent. of them followed at once the appeal to arms of President Lincoln and joined the Union Army mostly in regiments organized by the societies in New York, Saint Louis and Cincinnati.

The history of the Turner societies begins anew with the end of the Civil War. Many societies, for want of members, had closed their halls altogether. Societies that had furnished men for the field had suffered greatly through losing many of their active men. But new life soon flourished on the ruins, new members in large numbers joined the societies and emigration brought many young men from the old country who were well acquainted with the gymnastic art and who were willing to devote skill and labor to the good cause in rank and file with the older Turners. It was not long ere the societies regained their former strength.

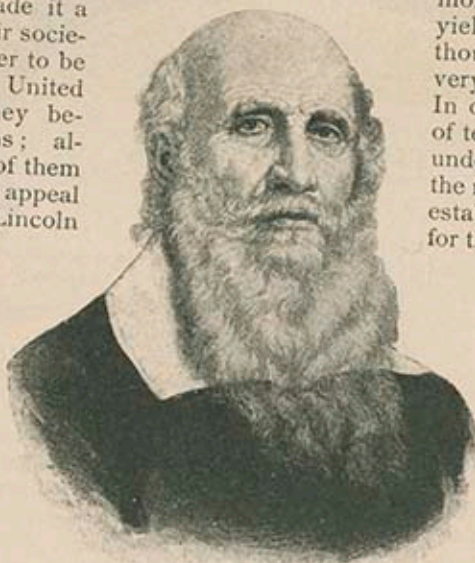
Before the Civil War physical education of children was taught in but few societies. In the public schools it was almost unknown. Things changed greatly after the war. Not only were the Turner schools attended in large numbers, but

the school boards of the larger cities were urged to introduce gymnastics and calisthenics into the public schools and with more or less good will they yielded to the demand, though certainly in but a very inadequate manner. In order to meet the wants of teachers who thoroughly understood instruction in the new art the Turnerbund established a normal school for that purpose. This was

opened as early as 1866 in the hall of the New York Turnerverein, then in Orchard street. Four years later this school was transferred to Milwaukee, where it is still in operation now, in connection with the German National Teachers' Seminary.

It is beyond question, as is readily acknowledged, that the Turners introduced exercise into this country, but that they also exercised, and still exercise, more influence upon the organization of athletic clubs and school gymnastics than has any other organization. We must admit that their system has been modified here and there, that the ends and aims have differed somewhat, yet the foundation-stone is the German system.

And now the question arises: What is it that distinguishes the system of the Turners from others? There are a good many that have been brought before the public and have passed away into obscurity. All mankind is created with muscles, with bones and various organs. There is the same ability to move and to



Fr. Ludw. Jahn  
German Patriot and Pioneer of the German  
System of Physical Culture



Graceful Swinging Club Practice, Showing Different Positions Assumed in Swinging



Pyramids With Ladders

use all these parts. Can the method of exercise and practice differ so much that one might speak of a German, or a Swedish, or American system? Yes, we can do so. Although each system is encompassed by the laws of physiology and anatomy in regard to the different movements men may perform, their classification and their application as means of development or of suiting the different wants of sex, age, ability and physical condition, they show so much diversity that we well may speak of different systems.

And now for the German system. Unquestionably it is one that is based upon a scientific foundation calculated to meet all requirements as to a thorough and harmonious development of all pupils and participants. All one-sidedness is avoided, as this is not its aim. Whenever in later years Turners here and there have been inclined to favor special branches, simply for the purpose of gaining greater proficiency in one single branch, they did so contrary to the rules of the German system. These changes were nothing but a concession or a compromise made to meet the wishes of the younger members who were eager to compete in some athletic event. Many members gained reputation in these contests, but their successes were due more to their previous all-around development than to their taking later to one special branch.

The regular lessons of the Turners be-

gin always with a series of free exercises, with the occasional use of light hand-apparatuses such as wands, dumb-bells, etc. No gymnast may exclude himself. Each one is selected generally so as to enable everyone to perform the exercises, but a great complication is allowed, and this makes the performance difficult. Thus every member is fitted to play a part in the national tournament. Exercises on the apparatuses follow the free exercises; these are performed by classes or by squads, each section being conducted by a leader—*Vorturner*—who acts as assistant to the teacher. He is competent to perform a series of exercises for his class according to the average ability. He is able to render the necessary assistance to each of its members and to provide for their safety. Accidents, even of slight nature, are almost unknown during the class exercises. The classes are selected carefully on the basis of proficiency. Promotion to a higher and more skilled class takes place from time to time.

The abundance of exercises and the great number of combinations that the German system embraces, make it easy for a class-leader to select the proper exercises for his own work, and thus to avoid tediousness and aversion. Class-work is always a stimulant to greater exertion, while at the same time it affords in no little degree recreation for body and for mind.

The lesson concludes generally with



Wand Exercises of the Turners



Remarkable Pyramid of Human Letters

exercises that are left to the choice of the participants. It is delightful to observe the students performing their favorite "tricks," or trying new ones and helping one another along up to the higher rank. It is admitted readily by all who attend these lessons that the hours spent in the gymnasium are among the happiest in the lives of the students. This is why so many aged men belong to the Turners. For some reason they have ceased to take active part in the exercises, yet they devote their time to the welfare of the organization on account of joyful memories of a bygone time.

The Turners look backward over a period of fifty-five years of existence, and if we ask if they had any success in extending their organization and in propagating their main object—the making of physical culture a popular feature in public life—we may properly answer that they have.

The forming of new societies is to-day not nearly as frequent as it was in former years, but we find the societies in almost every one of the larger cities. There are many members of each society and all are well-to-do. How about propagation? Physical culture stands its ground now everywhere in the United

States—in colleges and in schools, as well as in societies, clubs and in home circles. In the homes, love of athletics is being fostered constantly by the agitation of an intelligent press.

The Turners comprise now about five hundred societies, of which about two-thirds belong to the "Turnerbund," and with a membership of about sixty thousand. To this number we must add about thirty-five thousand scholars—boys and girls who attend regularly the Turner schools—and the members of the ladies' classes, and these women number several thousand. The scholars and women who join the Turner schools take part in all the exercises almost without an exception, but this is not the case with the members in general, for only the younger members practice regularly. Among the older members only a small number join the classes especially formed for them. Yet among these we find even very old men who practice with astonishing regularity and zeal, thereby setting an example for the younger students. I may mention also the fact that, in the course of time, hundreds or thousands of young men who began to practice physical exercises among the Turners have organized the various gymnastic or athletic clubs throughout the country.



Pyramids Formed With Iron Tripods



Frequently we find the names of these members among the competitors in the different athletic contests.

In concluding this brief sketch I may wish to offer a more intimate glimpse of the Turner societies as regards their social position in the German population, and as to their interior life and doings. Their position among the German societies is a leading one, although they do not show as much energy as they did in former days. Then they stood foremost when and wherever rational ideas and principles moved the public mind. Their open and unrestrained opposition to slavery, a fundamental maxim in their first platform, long before the Civil War, may be well remembered. Nevertheless, the halls of the Turners are still places in which the love of freedom is fostered

and propagated, and in which the fine arts, the sciences, the drama, music and mutual friendship find homes.

The Turner societies are not exclusively German, although the German language predominates. The halls are open to everyone of good moral standing.

What alteration the Turners may undergo in the course of time is a question already disputed. Only time can solve it. The great German immigration of former years continually poured fresh blood into their veins, repairing all losses. This source has gradually diminished, and to-day they are almost entirely dependent for new members upon the inhabitants already domiciled and their descendants. The question is not a burning one now, as the German population is large enough to replace any loss in its societies.

#### SLIGHTLY NEGLIGENT

A quack who had attended a man during several weeks of illness called one day and presented his bill.

"I can't pay this," said the ex-patient.

"Why? It's correct."

"I don't doubt it, but I haven't any money; had to pay a life insurance premium this morning, and that took every penny I had."

"What! Is your life insured?"

"Yes, and at one time, when I did not expect to live but a few hours longer, I told my wife to see that you were paid just as soon as the company paid the amount of the insurance."

"My dear man," the bogus doctor suggestively replied, "I wish I had known that. I think I would have got my money."—*Twentieth Century*.



Some Vegetarian Physical Culturists at the Outdoor Gymnasium and Swimming Baths, Battle Creek Sanitarium, Battle Creek, Mich. This Group of Fine Physically Formed Men Emphatically Refutes the Long-held, Erroneous Idea that Vegetarians are Generally Men of Weak Bodies

## INDIAN OR LEG WRESTLING

By Will M. Hundley

**T**HIS style of wrestling was adopted by the white man from the Indians and it was originated, as near as historians can determine, by the Miami Indians, who, according to LaSalle, were the foremost of all North American aborigines. At any rate, after the Treaty of St. Mary's in 1818, when intercourse became common among the whites and the Miami Confederation, while the latter occupied the lands on the headwaters of the Wabash River in Northern Indiana, this sport suddenly became popular among the white settlers.

After the main body of the Indians was removed to Indian Territory and Chief Gabriel Godfrey and about a hundred of his followers elected to remain, this wrestling feature was still held in prominence, along with shooting matches, archery, foot and horse racing. The writer, while a boy sojourning among these Indians eighteen years ago, learned to wrestle in this style.

Of late years the tribe has dwindled, and the old-time sports have become dead letters. But in the neighborhood the school-boys still continue to topple one another at this strictly American style of wrestling.

One taking feature of this mode of wrestling is the absence of danger. Boys and men, especially those in the

country, are rather backward in participating in the prevailing wrestling styles, because of the violent exertion necessary and the chances of sustaining dislocations, strains and bruises; but in Indian or leg wrestling all the objectionable features and dangers attending the Græco-Roman, catch-as-catch-can, side hold, collar and elbow, Westmoreland and Cumberland styles are eliminated. One can be thrown fifty times at Indian wrestling and not feel the worse for it, except in humiliation of defeat, while on the other hand it is a splendid exercise for the muscles of the neck, back, stomach and legs. It also develops vital, functional and nervous vigor. A peculiar feature of this exercise is that the vanquished participant derives the most benefit therefrom, especially to his internal organism.

In a contest of this kind brute strength plays but little part. It is the one who is quickest and can concentrate all his muscular force in a flash-like effort that wins.

It is a fact, except among trained athletes, that boys handle their legs in a rather slow and awkward manner. In truth, leg dexterity is wholly absent in the average school-boy. Persistent practice at Indian wrestling will remedy this defect, and soon the leg muscles respond as readily to the mind as the arms do to



**FIRST POSITION.**—Assume a position as illustrated, bodies parallel, arms securely locked at elbow, with forearm held firmly across the chest. Now, at count of "one" by a third party, each brings the leg nearest the other up to a position a little beyond the perpendicular toward the head, knees nearly straight, and immediately returns it to the floor. At count of "two" repeat the move, and at "three" bring the legs up and lock quickly across ankles as is shown in next illustration

a scientific boxer.

In a match, make the conditions best five in nine falls, and if you are

opponent, try to trick him into giving you this advantage.

Again, if the opponent is the



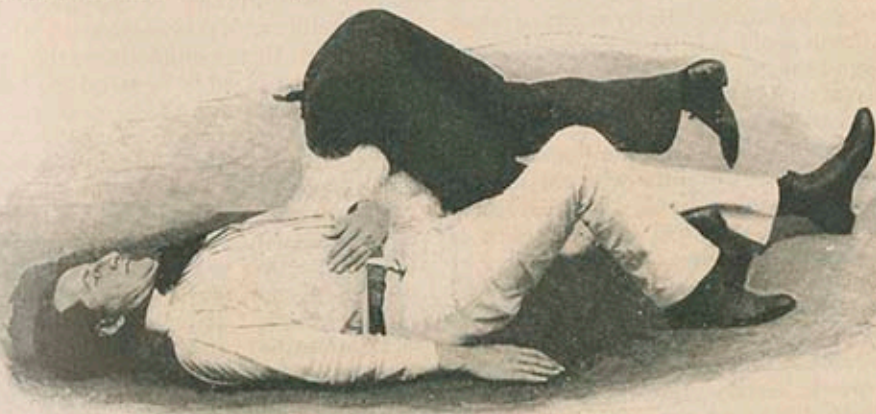
**ILLUSTRATION 2. The Lock.**—Do not pause. On the instant you touch your opponent's ankle put all your strength in a quick effort to force his leg backward. See next illustration

aiming to derive uniform muscular benefit, as well as enjoyment from the sport, alternate legs; say three falls when the left leg is the lever; then change sides and use the right leg for three falls.

Do not allow your opponent to entice you to reach further back than he does, for two or three inches of such advantage gives him at least fifty per cent. more leverage and you correspondingly less resisting power. Of course, if you are wrestling with a heavier or longer limbed

heavier, you can gain much leverage when you lock, if, instead of being content to cross at ankles, you will hook him with your heel just at the tip of his.

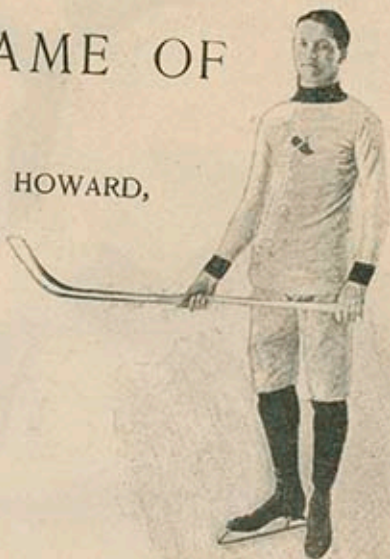
A fall is gained when an opponent's toes touch the floor back of his head or when he is turned completely over in a back somersault, landing in a position on hands and knees. Hold your opponent firmly at your side, otherwise he may swerve his body and you will gain only a log-fall.



**ILLUSTRATION 3. A Fall.**—If you will put vim and extra force in your effort when you feel him yielding, he will turn a complete somersault, recovering on his hands and knees, in which case release his arm as he goes over; but if the fall is a slow one release his arm and leg the instant his toes touch the floor

# THE GREAT GAME OF HOCKEY

AN INTERVIEW WITH CAPT. T. A. HOWARD,  
OF THE N. Y. A. C. HOCKEY  
TEAM



Capt. T. A. Howard, of the N. Y. A. C. Hockey Team, Considered the Best Goal Shooter in America

**H**OCKEY is the national winter sport of Canada, and has been played throughout the entire Dominion of Canada ever since the years 1881 and 1882, when the first leagues were organized throughout different sections of the country. It is now gaining in popularity throughout the United States, and probably in a short time will be as well known here as are football and baseball now.

Hockey seems to be the outgrowth and development of the game of "shinny," and who has not heard of "shinny?" Even throughout the United States, as long as we can remember, in the country as well as in the city, wherever there may be a river, lake or mill-pond, and the winter yields as much as two or three weeks of ice and skating, the boys of the farm and of the town have played the game of "shinny on the ice."

Played in the crisp air of winter, it seems sometimes as if one is never so thoroughly and delightfully warm as when on a fresh, cold day one warms himself through the invigorating influence of bodily activity. It seems also that nothing so closely resembles the sensation of flying in the air as does the exhilarating joy of skating. Combine with this the excitement and intensity of the most lively of sports, and you will find that life is truly worth the living.

Hockey is an evolution. It is the old game refined and regulated, governed by law and played in a scientific manner. This game of hockey requires and develops speed, dexterity and agility, the capacity to think and act quickly, and demands at the same time coolness, calculation, concentration of mind, confidence, accuracy and self-control. It develops pluck and endurance in the

player, and lastly, but of not less importance, physical and constitutional strength.

The successful playing of the game depends, as in the case of a number of other games, upon what is known as "team work;" that is, in the working together in harmony of the players, and the intelligent combination of their efforts. In this connection, the player must have not only in mind the location of the "puck" and of the goal, but must know the whereabouts of his associates, and must guide his actions accordingly. Each player has a particular place and a certain work to do, and conducts himself as a part of a well-regulated whole. It is said that the point of perfection on the part of a team aimed at is nothing short of clockwork. It is largely this matter of combination play that makes the game of hockey scientific, as distinguished from the old game of "shinny."

The one object of the game is to drive your puck through the goal of your opponent. This is to be done by evading the efforts of your antagonists, and by sliding, pushing or knocking the puck

with your stick. Players sometimes oppose each other by "checking," often bodily, but preferably by scientific stick handling.

The stick used is light but strong, is made of wood, and resembles a golf stick, but with a blade about thirteen inches long and three inches wide. The puck is a disc made of vulcanized rubber, one inch in thickness throughout, and three inches in diameter. The goals are six feet wide and four feet high. Players are dressed lightly, but fairly warmly, the costume consisting of a sweater of moderate weight, trousers padded at hips and knees, heavy stockings and

and the "coverpoint," who is a combination of defense man and forward.

T. A. Howard, whose photograph we present herewith, has been captain of the N. Y. A. C. hockey team for the past three seasons, and is considered the best goal-shooter in America. He was, in 1889, one of the originators of the famous Victoria Hockey Club, of Winnipeg, Manitoba, and played with them for ten years, or until coming to New York. The record of this team is one of the best in Canada, it having held the championship of its league continuously ever since its organization. Twice during the time that Mr Howard was with



Relieving a Warm Attack on the Goal

light underwear. Beneath all, of course, are a pair of skates.

A team is composed of seven players, each having his special position and duties. There are four "forwards," who do the aggressive work and who attack the goal of the opponents, each in his special position. One of these, however, who is termed the "rover," is expected to play at any point that from time to time his discretion dictates, often helping in defense, and he is perhaps the most active of the team. Then there is the "goal-minder," the nature of his work being indicated by his title, the "point," another defense man, playing somewhat in advance of the goal-minder,

the Victoria team, and once since, has the team held the championship of the Dominion. Mr. Howard has played the game so long that at present he is planning to retire from it.

Speaking of the requirements of a good hockey player, Mr. Howard says:

"In the first place, one must be able to skate well in order to qualify at all. Then as he tries to play the game his bad points will show up. Whether or not he will be elected a member of a team depends largely upon the use of his brains; and this, of course, is true of other sports. Hockey, however, is such a fast game that the player needs to think very quickly, and undoubtedly

there is a greater demand for a clear brain and for quick thinking than in most other sports. Another reason is that the space in which the game is played is so small, and a player on skates travels so much faster than a man on foot, that it takes much quicker action to check him.

"Then a hockey player requires a very strong constitution. The work is so active, so vigorous and so fast that it makes a great demand upon the heart and lungs. In the beginning one should be careful to play the game so as not to over-exert himself. There have been cases of enlarged hearts resulting from hockey work. It is quite a strain on the lungs and heart, and naturally strengthens those organs. It does not necessarily

regular team. I have one boy, eight years old, who is already quite proficient although he could not play against any heavy men. He can play only with those of his weight.

"Thus players gradually find themselves able to stand the game, while by starting in too suddenly they could not do it. A man commencing at mature years, cannot make such a success as one does who learns it when he is a boy.

"In Canada hockey is played universally, and the boys begin when very young. In Winnipeg, for instance, there are perhaps a hundred teams, of all ages, each competing with teams of equal age. Then, when the boys get to be fifteen or sixteen years of age, they are expert



An Exhilarating Game in the Keen, Fresh Air of Winter

take a great deal of physical strength, but the game requires a good constitution, you understand, and one should begin to play it when young. Then, gradually, he will grow stronger and able to stand the racket.

"In order to be a successful hockey player, one must start to play it when a youngster. All good players of to-day are those that started in as school boys and learned the game, and I have known all the best hands at the sport for the past fifteen years. Most of the successful players that one meets in the United States are those who have learned the game in Canada. I played it when a boy and at the age of fifteen was a proficient player and started to play on the

players, and are well qualified to join some of the big teams and gradually to work themselves up. The most successful players are developed, usually, by the arrangement of having perhaps three teams in one club, called the junior, intermediate and senior. They hold a series of club championships among themselves, not allowing seniors to compete in the grades beneath them. In this way the younger men are brought out, and there is always good material coming up.

"Here in New York there is not enough ice to accommodate all those that want to play, there being only the one rink, the St. Nicholas Skating Rink. In making up teams the choice is, of course, for the men who are already able to play

well, and those who want instruction in the game are unable to acquire or to practice it. As I have said, almost all of the good players now in this country are men who have learned the game in Canada. The popularity of hockey in this country, however, is growing steadily, and in a few years there will be a number of native-born players. The game has been played here now for five years, and as the boys take it up we shall develop American players. The sport is bound to grow more popular here, the only drawback being, as I have said, the lack of ice. Nevertheless, schools and colleges are taking up hockey all over the country."

have to exert himself in order to cover the ground, and this is true especially of the 'forwards.'"

Referring to "shinny," which we have seen played here with all kinds of sticks, and with a tin can for the puck, Mr. Howard says the game came from an Irish game called "shinty." He said that hockey had grown out of shinny, by regulating it and by playing it in a scientific way.

Mr. Howard does not consider that hockey is a dangerous game, nor injurious. "Almost all accidents occur between green players. Between two well-trained teams, evenly matched, there seldom are any accidents. A good



Facing Off A "Puck"

"Why do people like the game of hockey? What seems to you to be the most attractive charm?"

"Well, it is a very fascinating game—it is played so rapidly and is so brilliant. It is exciting and beautiful to look at. Then the audiences, as the space for playing is small, are placed up close to the game where they can see everything plainly. In football the spectator is sometimes at a great distance from the players. Then hockey is graceful, too. Good skating is always graceful, and, of course, a brilliant hockey player is always a fine skater. This is necessary. Hockey requires a man who does not

hockey player does not play carelessly. In fact, one way by which to judge a good player is his ability to avoid accidents and to protect himself. Falling on the ice is the greatest danger, and this, of course, is dangerous for anyone; but a good player should know how to fall. One of the most common injuries is falling on the knees, although you are supposed to wear suitable clothing and the knees of the trousers should be padded, especially if one has the habit of falling often. Here, again, it is all a matter of good judgment and brain on the part of a player. School boys sometimes fall in a heap, and sometimes have their faces

cut with the skates, but well trained men would not fall in this way. However, very seldom are there serious accidents."

In reference to the value of hockey as a promoter of good health Mr. Howard said:

"It is a splendid game for the development of health if one does not over-do it. One should, of course, avoid

over-exertion unless used to it, and should be careful when over-heated not to stand around on the ice and become chilled. I have known many young fellows of small, poor physiques, whom the game has done a great deal of good. It develops a fine constitution, expands the lungs, and gives one an even and symmetrical development."

## THE CIGARETTE SMOKER A MORAL COWARD!



The Music Box That Plays But One Tune,  
"Nearer My God To Thee"

**W**HY does the cigarette smoker smoke? Because he is a moral coward! A development of *fear* and *nervousness* hiding its weakness beneath the nervous rapid puff of the poisonous cigarette. A weakness that is sickening—a cowardice contemptible. He cannot enter into a trying conversation and feel at ease without his cigarette to which he has recourse every time he feels awkward and nervous. He dare not depend upon his own grit to carry him through.

Every young lad should shrink from becoming a cowardly cigarette "fiend." Every young woman should shrink from

such a companion. His clothes and his body, his leathery, yellow-tanned lungs and heavy breath are saturated with the filthy poison from which a dog turns in disgust. His blood is tainted, his chest is hollow, and his cracked, ringless voice represents another music box playing the tune of "Nearer my God to Thee."

He is sexually, morally and physically dwarfed, though blinded to the fact by a dulled, coated nervous organization. His nearness must be revolting to every clean-bodied, healthy man and woman! His sensibilities are dead! The fine substance coating the nerves is weighted with a yellow crust that destroys acuteness of sense. The nerves make Herculean efforts to throw it off. Hence the "nerve storms" which come upon the cigarette smoker often in the middle of the night. Ignorant of Nature's efforts, he stills it by a further whiff of the poison.

The cigarette fiend lacks confidence, pride, ambition, nobleness of thought and effort, and everything that puts upon a human being the stamp of *Manhood!*

More than this! If this slavery to a craving appetite does not break out in his immediate offspring, it will rage in the body of some innocent little child, "even unto the fourth or fifth generation." Our lunatic asylums to-day—our whiskey and beer cravers, the terrible amount of self-abuse among the young—all these are the outward manifestations of a craving within, and inherited from some cowardly father who considered the pleasurable gratification of his own senses above the happiness of some future helpless child.



## HOW MORPHINE SLAVES ARE HUMBUGGED

HOW THE UNFORTUNATE VICTIMS OF MORPHINE, OPIUM  
AND ALCOHOL ARE SWINDLED AND FURTHER CRAZED  
BY THE "FREE TRIAL TREATMENT" CONCERNS

By A. W. Jackson, M. D.

*Here is a fraud that needs attention badly. These parasites feed on the ignorance and weakness of poor, struggling human beings, who are searching for a cure for the terrible craving that is fast wrecking them mentally and physically. They promise a cure, and even when a so-called cure is effected it usually leaves the victim's vitality so depleted that he is in a worse condition than when in the clutches of his old habit. Many letters received from those who have effected a cure by building strong, healthy bodies with physical culture methods are in our files, and this is after all the only sure and safe method of breaking free from the clutches of these body and mind destroying habits.—BERNARR MACFADDEN.*

SOME fifteen years ago the leading medical journals of Europe and America gave considerable attention to the reports made by a certain Dr. Dobvonravoff, and others, as to the antidotal qualities of nitrate of strychnine when exhibited in cases of chronic alcoholism and morphine and opium addictions. The Russian military authorities had offered a reward to that member of the medical staff who should discover or originate an antidotal treatment for drunkenness. Officers of the Russian Army, stationed on the far Siberian frontier, found time hanging heavily on their hands, and cards and vodka (the national drink) offered about the only means of killing time that they could command.

A course of vodka had disastrous results in so many cases that the question became one of importance, and hence the authorities made the before-mentioned offer. Dr. Dobvonravoff solved the problem with his strychnine treatment, and the formula of his remedy was published all over the world.

Soon after this happened, Dr. Leslie E. Keeley, of Illinois, gave notice to the world at large that he had discovered the fact that gold is a certain antidote to alcohol. The story of the "Keeley cure" is too long to be told here. Suffice it to say that investigations made in 1890 by the writer and others proved that the Keeley treatment was a modification of that discovered by Dobvonravoff and that gold had little or nothing to do with its ac-

tion. Dr. Keeley's success, from a financial standpoint, was no sooner demonstrated than a host of imitators sprung up all over the land, and the advertising columns of the newspapers and magazines teemed with notices exploiting all sorts of "infallible cures." Most of these were short-lived, but the proprietors of some of these "cures" were more persistent, and several confined their attention to the treatment of morphine and opium addictions.

And it is to these that our attention is herein given. A glance at the advertising pages of almost any of the popular magazines will disclose the baneful notices of concerns called after some "saint," and designated as "societies," offering a certain cure for the "morphine habit," and promising a "free trial treatment."

All these concerns use about the same pernicious formula, and their procedure is about as follows:—The patient writes to the St. ——— Society and describes his condition, upon which the society sends him a so-called symptom blank containing a list of questions, which he fills out and returns. These questions are as to his general condition, how many grains of morphine he consumes daily, and how long he has been addicted to the drug. On receipt of this blank, duly filled out, the concern knows just how much the patient is using of the drug in each twenty-four hours, and a "trial bottle" of the "remedy" is prepared and sent him. This

"trial bottle" he is told to use strictly as directed, and it is so prepared that the patient gets at least as much of the drug at each dose as he has been accustomed to use. In addition to this, however, he gets an added dose of a strong alkaloid of strychnia, as well as one or two other ingredients that go to produce a tonic effect on the general system.

The "trial bottle" usually lasts a week or so, and the patient, by the time it is finished, feels more or less effect from the tonics that it contains. All this encourages him to order a month's supply, for which he pays anywhere from \$10.00 upward, and the dose of morphine is gradually reduced in each supply, until he is getting, perhaps, a fraction of a grain.

Now, here is where the wrong begins. It is a strange but an incontrovertible fact that the system undergoes a material change to adapt itself to the influence of the drug; and the great suffering and danger to life in attempting to suddenly withdraw the accustomed drug lie in the fact that the nerves controlling the heart become dependent upon the drug for their regular stimulus. If it be not exhibited, the patient is liable to collapse from heart failure. Those who know little about the addiction are liable to be unjust in their estimate of the victim, because they believe it to be possible to discontinue the drug at will, and look upon the use of the drug as a habit.

This is all wrong, and the unfortunate victim is deserving of the tenderest sympathy and encouragement in his struggles to escape from the iron bands that hold him in their grasp. All this is well known to these concerns, and their very sympathetic letters are not a small factor in their successful business. When the patient has reached the point where no further reductions are possible, he is supplied with a so-called "Tonic Elixir," or

"dope," as it is called, which is sold to him at a good figure, and he is told to use this for a while until his system has become accustomed to the new conditions. When he attempts to do without this "Tonic Elixir" he "goes all to pieces," and flies to the concern for aid. He is quietly told that he has quitted his tonic too soon, and goes away with a new "supply."

There are thousands of people all over the country who buy this stuff regularly, craving for it so that the concern, when a victim once becomes a patient, has in him a continuous source of revenue. There is a concern of the kind not very far from the office of this magazine, whose revenues from habitués of that section of the city known as the Tenderloin are very large. These men and women are mostly devotees of the opium pipe, and they will exchange the pipe for what is now well known among them as the St. ——— habit, until they have been long enough free from opium smoking to render it again almost a novelty, when they drop the St. ——— remedy and recommence "hitting the pipe."

The reader can readily imagine what a source of revenue these concerns have in such people. In the great majority of cases the victim of opium or morphine has his or her physician to blame for the misfortune.

There are too many doctors, shame to say, who resort to the drug on any and all occasions, giving it to helpless women and children rather than take a little more trouble, or permit a little more temporary suffering to their patients. I believe, however, that doctors, as a class, are turning less and less to the administration of these dangerous drugs.

The unfortunate addiction is curable, but it requires a long period and skillful treatment as well as careful supervision.

### CLASHING OF AUTHORITIES

Once on a time a Prudent Girl met a Frivolous Girl. "Don't you know, my dear," she said, "that if you continue wearing a veil that you will spoil your eyesight?" "I saw that in a medical jour-

nal," replied the Frivolous Girl, "and I would have followed its advice only I happened to read in my Beauty Book that if I didn't wear a veil I would spoil my complexion."—Ex.

## THE STRENUOUS LOVER

*Original Story by Bernarr Macfadden**Revised with the Assistance of John R. Coryell*

CONCLUDED

XXXIV

AMELIA, who seemed almost literally tireless, now that she had become what some of her friends called a physical culture fiend, made her appearance in the Raymond home while they were still in the breakfast room; and there was not a person present who did not hail her with delight.

"I've come home again," was Gertie's greeting of her; whereupon Amelia caught her up and kissed her again and again, saying as she put her down at last:

"Isn't it awful to think that she might not have been here but for the noble heroism of that lovely Helen Bertram? Ah, Arthur, you have a right to feel proud of having won the love of such a woman. Didn't you think her magnificent, Mrs. Raymond?"

"I don't think I had a really good look at her, but I know she was beautiful. How is she? I hope she rested well. We are all eager to hear her tell how she happened to find Gertie."

"That's right, Arthur," laughed Amelia, as she saw him slipping quietly out of the room. "Helen is sure to be lonely, for papa and Mrs. Bertram are talking together as if no one else existed in the world."

"He seems desperately in love," said Maude, not too sweetly.

"As he ought to be," answered Amelia, promptly, "for she is as good as she is beautiful. As for us, we ought to be forever grateful to her, for the detective said that if it had not been for her the kidnapers would have made their escape with Gertie; and it might have been months, if ever, before she could have been found."

"We are grateful enough," said Mrs. Raymond; "our only difficulty is to show how much we feel."

"That will be easy enough," said Ame-

lia, confidently; "you have nothing to do but to show her that she is welcome as Arthur's wife."

"Of course, we will do that," said Margie, quickly.

"I don't understand what Mr. Boyd meant when she said she was Morgan's wife at the time he accused her of having stolen Gertie," answered Mrs. Raymond, refusing to commit herself.

"Of course, mother, she can't be his wife if Arthur talks of marrying her," cried Margie. "For my part, there will be no half-heartedness in the way I give her my thanks."

"She isn't Morgan's wife, of course," Amelia said; "I can assure you of that, Mrs. Raymond."

"I really didn't suppose she was," Mrs. Raymond said, somewhat stiffly; "I only wondered what Mr. Boyd meant."

"He meant that Helen had been his wife once."

"What?" was the instant cry in a horrified chorus.

"She is divorced now," Amelia went on, her mild eyes beginning to flash.

"Divorced!" cried Mrs. Raymond and Maude in a breath. "Arthur marry a divorced woman!"

"There is no disgrace in divorce," said Herbert, quickly.

"None whatever," chimed in Margie, who had quite recovered herself, after the first shock of knowing that Helen had been the wife of Morgan. "I think the disgrace is in living with a man without loving him."

"You have peculiar notions," said Maude, with a sneer.

"Yes, thank heaven! she has," said Amelia, aggressively. "And I fancy none of you would have stopped to ask whether she was divorced or not when she was saving little Gertie from good-

ness knows what horrible fate. What difference does it make whether she is divorced or not? The question is, is she a good woman? And I can tell you that she is one of the noblest women that ever lived."

"And I can tell you, mother," said Margie, impressively, "that Arthur will marry her, anyhow, because he loves her better than any and everybody else, as a man ought to love the woman he marries; so I advise that we not only thank her for what she has done, but open our arms to her, caring only that she is a good and true woman."

"You know what a scoundrel that man Morgan is," said Amelia, following Margie quickly. "Would you really have had her live with him after discovering his character?"

"No-o, I suppose not; of course not. But why did she marry him in the first place?"

"She is going to tell you that this morning if you will listen to her. I came in to prepare your mind for what I knew would be hard for you to hear. I know how good she is, and I know how dearly Arthur loves her; so I came in on purpose to predispose you in her favor. I knew, dear Mrs. Raymond," she went on, cajolingly, her arm stealing around the old lady's shoulders and her little hand caressing her cheek, "how your kind heart would go out to her if you would hear her patiently. She was young when she married him, and she did it because her mother insisted. Will you blame her now?"

Mrs. Raymond laughed softly and drew the lovely face down so that she could kiss it.

"I don't wonder your father is your slave," she said. "I certainly never believed I would receive, to say nothing of welcoming, a divorced woman as my daughter-in-law, and now I am going to do it."

"And you'll love her the moment you really know her," cried Amelia, joyfully. "Oh, you dear thing! Hug her for me, Margie, while I go to bring Helen in."

"And that is the girl Arthur gave up," said Mrs. Raymond, shaking her head dolefully as Amelia ran away.

"Helen married to please her mother," said Herbert, pithily.

"Besides," said Margie, quickly, "Amelia doesn't want to marry Arthur any more than he does her."

"I think she is very fond of him," interjected Maude.

"And Arthur is very fond of her," came from Robert, who had said nothing before; "he told Helen that she was one of his dearest friends."

When they all looked at him, as they did on his speaking, they noticed that his face was scarlet. They exchanged glances, and Margie began to talk of Gertie. They had forgotten Robert, or they would not have talked so freely of Arthur and Amelia.

Presently they all went up to the sitting-room, knowing that Helen would soon come with Amelia and Arthur, as indeed was the case. And now they had their first good opportunity to see Helen and to study her; and as they looked they were all forced to admit that they had never seen her equal.

Not that they sat still and studied her, either; for the fact was that Margie ran to her and took her into her arms, kissing her and saying loving, grateful things that made Helen happy at once; and then Mrs. Raymond, casting away her old, conventional notions, and seeing only the noble woman who had won Arthur's love and who had put them under such a tremendous obligation by her recovery of Gertie, went to her and kissed her and whispered in her ear:

"I know everything, and I welcome you as my new daughter."

Maude was less hearty, but she was gracious, and Helen's eyes filled with tears as she sat down between Mrs. Raymond and Arthur.

Amelia, with a kindly thoughtfulness that both Arthur and Helen fully appreciated, kept everybody's attention fixed on her by her merry talk until Helen was ready to begin her story, which she did finally, saying:

"I am glad dear Amelia has told you the painful part of my story. It would have been very hard for me to be the first to tell you that, for I cannot but know how such a revelation must affect you."

Her voice quavered a little as she

spoke, but her head was held with a queenly poise and her wonderful eyes looked bravely around at the faces there, as if to show that, whatever their criticism might be, she held herself to be in the right.

"But we don't think a bit the less of you for it," cried Margie at once.

"Not a bit," said Mrs. Raymond, more and more won by the strong, brave nature.

"Thank you," Helen said, in a low tone, and then went on: "It was necessary for you to know that I had been married to Charles Morgan, because it was through that fact that it was finally in my power to save little Gertie. Did Amelia tell you that I was an ignorant girl when I married that man to please mother, who had been completely deceived by his hypocritical professions?"

"She told us something of it," Margie answered.

"Well, I was ignorant, indeed, but I shrank from marrying him, and before I was one week his wife I knew him for such a base wretch that I refused to remain under his roof, and would never again bear his name. I left him and have supported myself ever since. He has tried over and over again to win me back; and even when he was trying to persuade Amelia to be his wife he was also persecuting me with his solicitations to return to him. You may judge by that how lost to shame, decency and morality he must be."

If anything had been needed to completely win over those present, this proof of Morgan's infamy would have been sufficient. Helen went on, with but a moment's pause:

"It is needless to say anything more about him, except to add that my misery on learning of the cruel wrong he had done you"—she turned to Arthur with a divine smile—"was more than I can express. I hid myself from you because I thought that was best and right; but Morgan found me through his agents when he was in prison and sent me such messages as persuaded me to go to him in prison. I am glad now that I did, for it was on my first visit to him that I gained the idea that he meant to wreak his wrath on you in some terrible way."

"We owe you even more than we

know, then," said Margie, her thoughts flying to the possibility that Gertie might have been made to suffer for them all.

"Anything I have done I am glad to have done," Helen answered. "But, not to make too long a story of it, I was so sure that something was being plotted by that man that I consented to visit him more than once, always hoping to discover something."

"How good of you!" Mrs. Raymond cried.

"Finally I was sure that there was a plot, although I could not discover its nature. I was sure only that Arthur was to be struck at somehow, and a number of small circumstances convinced me that the day was near. I knew I was being followed, and it was to escape this surveillance that I moved suddenly yesterday. I thought I was shadowed by one of Morgan's friends; now I know that he, and the detective as well, were having me followed."

"I fancy," laughed Herbert, "that Mr. Boyd would not feel flattered if he knew what you are telling us."

"At any rate," responded Helen, "I am glad now that there was a detective following me. Well, yesterday I became so uneasy that I determined to escape surveillance, if it were possible, and come up here to watch over the house. For some time I waited in the neighborhood, half-minded to warn you, Mr. Courtney, but deterred always by the very vagueness of my knowledge."

"I wish you had made yourself known to me," Margie said.

"What could I have told you in excuse for doing so? Morgan was in prison, Arthur scorned to guard himself, and I had no suspicion that Gertie was in danger. I had already written an anonymous letter to Arthur. But nothing matters now."

"No," said Arthur; "all's well that ends well, and I think this has ended very well."

Helen blushed divinely and went on with her story.

"While I was waiting uneasily around here I overheard Mrs. Courtney say something about Gertie to her mother, in answer to a question as to her being in the park. She and Mrs. Raymond were walking down the street together. In-

stantly it flashed through my brain that Gertie might be in danger, and, without stopping to reason the matter out, I hurried to the park.

"I don't suppose I should have taken any especial note of Gertie being put into a carriage, even then, if I had not been struck by the fact that the woman with the child was dressed precisely like me, and even bore herself somewhat as I do. I think I realized the whole plot in that one instant; and I do not need to say that I set out in pursuit, hardly needing the sight of the nurse to assure me that my suspicions were correct.

"If I had not been as muscular and active as I am, I am sure I should never have kept on the track of that carriage. As it was, it reached the ferry to New Jersey before I could overtake it, and when I came to the ferry house it was to find the boat gone.

"I waited for the next boat, but the woman had had time enough to take a train for somewhere. However, I could describe her and Gertie, and so learned from the ticket agent where she had gone. I followed by the next train and traced her easily enough to the house she had gone to.

"What trouble I might have had there I cannot say, for the detective, who had fallen upon my trail again, after having lost me once, came up just in time to assist me in rescuing Gertie. And that is the story."

"A very small part of the story, I know," said Herbert, coming over to her and taking her by the hand. "I am sure that if you were to tell all that your modesty has made you suppress we should have a great deal more to listen to."

"Well," said Mrs. Raymond, "she need not suppose we are to be put off with so little. When she and Arthur have had their talk out—which I am sure they must be aching to have—we shall insist upon everything. In the meantime, my dear"—stooping over after she had risen from her chair and kissing Helen—"we have our duties to perform and you and Arthur shall be bothered no more."

"Please, Mrs. Raymond!" cried Helen, scarlet with confusion.

"Mother is right, Helen," Arthur exclaimed, eagerly. "We have a great deal to say to each other."

The members of the Raymond household smiled at Arthur's frankness, but the smile was a sympathetic one; and each, with a kindly word or a lovingly teasing one, passed out of the room, leaving the lovers alone together. And the last one to look back saw Arthur open his strong arms to Helen.

#### CHAPTER XXXV.

There was nothing of the coquette in Helen's composition, so that when the last barrier to her union with Arthur was removed she let him have his way, telling him that he could not love her more than she loved him, nor be more eager than she for their marriage.

"Our probation has already been long and hard enough to satisfy anybody," she said, frankly, "and what is of most account is that we know our own minds beyond any possibility of doubt."

So Arthur set an early date, and with the least possible fuss they were married. They went away for a short wedding trip, and then returned to take a little house not far from the old home."

Once, as they sat together alone in their little sitting-room, Arthur said he was rejoiced to think that they had so well overcome all that had threatened them; and he mentioned the woman who had kidnapped Gertie, Red Connor, the gambler and Morgan, all in prison. But Helen shook her head at that and said:

"Arthur, I do not mean to live in dread of anybody, but I know that as long as Charles Morgan lives danger threatens us."

Arthur laughed and shrugged his shoulders, saying he was afraid of no man, least of all one who was behind the prison bars.

Helen was one of those women strong enough in her own convictions to be in no need of argument to sustain her opinion; so she said no more, but kept watch over Charles Morgan, even while he was in prison, with the aid of Mr. Boyd. And when the day of Morgan's liberation came she told Arthur and begged him to be on his guard.

By this time there was a little Amelia in their household—a dear little baby, whose coming had been so well planned for that there had never yet been one

moment of pain for it or the mother; and it was on account of the baby that Helen conjured Arthur to be careful.

Arthur laughed, but promised; and for a while he did have a care whenever he went into a part of the city more evil than another; but his was not a nature to harbor fear and he soon became careless. And perhaps he would have come to laugh at Helen's fears had not the evil shadow of Morgan been cast across the pathway of his life in a last desperate attempt to darken it forever.

Robert, by this time, had quite come into his own mentally and physically, although his education was still going on under the care of competent teachers.

Amelia said that he had graduated out of her class, but Robert, with a meaning that Amelia ignored, always said that he had not and never would willingly graduate out of her class. In fact, as everybody, Amelia included, knew, Robert was passionately in love with her.

One evening, soon after Morgan's release, Robert came home late from the office, where he had been to see Arthur, and it was quite dark when he passed through Morningside Park.

He was quite as fearless as Arthur, and it never troubled him to go through the park even on the darkest night, but, strangely enough, there was a house that he had to pass after leaving his own which he never passed without a sort of nervous tension. It was an old, tumble-down structure, surrounded by shrubbery and standing alone in the block, a relic of a suburban home in the days when New York was a small city.

On the evening in question he felt this singular nervousness as he approached the house, but he laughed at himself, as his custom was, and strode manfully on.

This time, however, his apprehension was not a vain one; for, as he passed, quelling firmly the shudder that threatened to pass over him, a shadowy form rose from behind the shrubbery and leaped through the open gate after him. Robert had just time to turn and see the form close upon him, a gleaming knife

descending to sheath itself in his breast.

"Curse you!" came in hissing tones from the lips of his assailant.

Instinctively Robert caught at the knife and uttered a loud cry for help. He warded off the blow, but at the expense of having three fingers badly gashed. In an instant he struck out with the other hand and hit the man, who uttered a horrible imprecation and threw himself on him, as if determined to kill him at any cost.

But Robert was strong and agile, and in the excitement forgot the cuts on his fingers, catching the hand that held the knife and endeavoring with his free hand to clutch the other's throat.

What the issue might have been it would be impossible to say, for the man was endowed with great strength and was animated by the most furious anger; but fortunately there came the sound of rapid footsteps approaching impelling the man to strive to free himself.

This he succeeded in doing just as the newcomer reached the spot; and he might have made good his escape if he had not stopped to deal a last blow with his knife at Robert, cutting through his coat and even drawing blood at the left breast.

Then, indeed, with a savage cry of exultation as Robert staggered back, he turned and fled; but the man who had come up was a policeman and he had witnessed the blow with the knife. He fired two shots at the fleeing man. The latter stumbled, rose again and fell prone on the sidewalk.

When Robert and the policeman hurried to him he lay still; he was dead. The second bullet must have pierced the heart or some vital organ.

The dead man was Charles Morgan, and no one doubted that he had mistaken Robert for his brother.

\* \* \* \* \*

Yes, Robert and Amelia did marry, though not until Robert was such a magnificent specimen of manhood, mental, moral and physical, that when he was in the same room with Arthur no one could justly say that either was inferior to the other.

THE END

This story, "A Strenuous Lover," has been published in book form and has been bound handsomely in cloth and gold. It will be forwarded, postpaid, upon receipt of \$1.00, or will be given with a year's subscription to PHYSICAL CULTURE for \$1.50, or with a year's subscription to Beauty and Health for \$1.35.

## FLEECED BY THE MEDICAL FAKIRS AND ELECTRIC BELT VENDERS

SPENT \$350.00 AND RECEIVED NOTHING IN RETURN—CURED BY  
APPLYING THE KNOWLEDGE GAINED FROM 75c. WORTH OF  
PHYSICAL CULTURE LITERATURE

*By The Victim*

AFTER reading from time to time the exposures of the different fakirs, I feel prompted to give my personal experience along that line, and I hope it will be of some help to my fellow-men and sufferers.

About seven or eight years ago I found that I was a victim of the vice that ruins so many lives in this great world. I naturally enough took faith in those tempting advertisements appearing in the daily papers, such as: "Weak Men Made Strong," and "A Cure Free for the Next Thirty Days."

The first concern I sought for help was the "Washington Medical Institute of Chicago, Ill." After the usual consultation and lecture on the possibilities that would follow my error, the "consulting doctor" began to work me, and succeeded in getting the dollars, the hard-earned ones, out of me, and I would hope there is none other who can tell the same sad story as I can.

This robber doctor informed me that the regular fee was \$25, and the monthly payments \$6 for medicine, etc., Of course, the fee money was, as I afterwards found out, his own earnings. The company got nothing of that.

Later on he charged me \$2 for an article which I could have bought at any drug store for 25 cents. After having carried about \$60 to this firm, I received a letter from the "consulting doctor" that he had changed his place of business, that he was now alone, and was better able to take personal care of me. He would cure me in less time than the other could.

To make a short story of it, he "shaved" me of some \$40 more, without any result. I got tired of the game.

Realizing that I was not yet cured, I tried another firm in Fort Wayne, Ind., and after having spent about \$25 more

without any result, I stopped with them. I was not yet bamboozled enough. I went and applied to the German Medical Institution, of New York, yet with the same result—a whole lot of payments and no relief.

I became tired of medicine, but not, it seems, of being fooled. I happened to read several of those famous electric belt offers, so thoroughly exploited in the newspapers: "An Electric Belt Absolutely Free!"

I bit. I wrote to two. I received letters reading so much alike that it seemed as if they both came from the same office.

I did not take any stock in their goods, but after waiting a few weeks I received another letter stating that as my "medical advisers" thought I might not be able to give so much money at once they would (knowing I needed the medicine at once) give me the whole lot for the exceptionally low prices of \$9 and \$5, and that was positively the lowest offer they could make. Like the poor fool that I was, I took the \$5 belt offer, and ignored the other proffer.

Naturally enough, there was not enough electricity in the belt to hurt a fly and the pills sent with it were nothing but sugar.

Thanks to PHYSICAL CULTURE, I have found out that all the medicines in the world would not do me any good, and later, on reading the "Virile Powers of Superb Manhood," I was further convinced of this fact.

The whole experience has cost me about \$350, and what result have I received? None! Up to now I have spent about 75 cents for physical culture magazines and I have gained more health, vigor and common sense than I would care to sell for \$500—in fact, for any amount.



## Miscellaneous Paragraphs From Everywhere

### Sex Education in the Schools

It is gratifying to note that the W. C. T. U. Purity League, which at one time was most bitterly opposed to PHYSICAL CULTURE in its fight for a more general knowledge on the sex subject, has recognized now its importance as a means of diminishing the prevalent immorality of school children that is caused by just such prudish ignorance.

We have emphasized time and again the fact that if children were properly taught in the school, or by the parents at home, to appreciate the sacredness and beauty of the body, fewer mental and physical wrecks, and often blighted ambitions among young men and women, would be caused, as is the case at present, while prudes, seeing it from their own impure viewpoint, attempt to suppress sexual knowledge.

### Five Civilized Indian Tribes Appeal to the Government to Prohibit the Sale of Liquors

An appeal was issued recently from South McAlester, Ind. Ter., by representatives of five Indian tribes, which expresses the uniform sentiment of these Indian nations. They are trying to become independent of "whiskey-soaked" Oklahoma, as they name the State. In their efforts they say: "The citizens of the five tribes are qualified to organize and to administer a State government. Will you assist them? By doing this you will earn the gratitude of Indian territory, and will save our people from a destructive alliance with 'whiskey-soaked' Oklahoma." The Indians are awakening to the terrible deterioration among their race, caused by the whiskey which the white man has introduced among them.

### A School Conducted Out-of-Doors

Mr. Harry Lowerison has adopted the Socratic method of teaching by questions, drawing out of the children what they know. This method is strongly opposed to the cramming idea that modern education foists upon the young minds. "It is far better to take the child straight to Nature," he says, "than to bring its mind into an artificial rut. Let botany and exercise take the place, so far as possible, of dry mathematics, and let us see, in the end, if the child's mind is not as well disciplined and exercised; and let us see if, indeed, it is not actually twice as intelligent as it would be if brought up in the deadly old routine which all are now beginning to regard as a failure—for the child-mind at all events."

### How the Great City of New York Procures Pure Milk

Reform government, if it has done one thing more than any other in its campaign for a healthy city, has shown splendid results in the New York Milk Commission. This Commission has made vigorous provisions for cleanliness in the handling of the milk supply of the great city, and the privilege of its certification on a milk bottle is obtained only by vigorous adherence to the regulations set down. Milk stables must be kept perfectly clean and fresh, the floors must be cemented, the walls whitewashed, and a number of windows to allow clean air is a necessity. Cows are sponged off before each milking. They are groomed, and their tails must be scrubbed. No man with any contagious disease is allowed to handle the milk. White suits are worn while milking, and the bottles must be thoroughly sterilized before milk is allowed to go again into them.

### Patent Medicine Advertisements Are Being Barred

Since PHYSICAL CULTURE first made its unique stand in the publishing world with its statement that "patent medicine and other 'fake' remedies cannot buy space of us at any price," several monthly magazines and daily papers have followed the lead.

The *New York Times*, in announcing its decision, says that hereafter it will omit fraudulent patent medicine advertisements from its advertising columns, just as scrupulously as it omits indecent sensations from its news columns.

The *London Daily News*, recognizing the harm done through admitting these scheming advertisements, has barred them entirely, and announces that the policy has been a highly successful innovation from the business standpoint. "Instead of suffering financial loss," says this journal, "we have reaped unexpected, rapid benefit. Circulation is increasing at the rate of 1,000 a day, and a heavy loss has been converted into an actual profit."

The *News*, of Toronto, also, has taken its splendid stand in regard to this question, and is to be commended on the step.

### Harmful Colored Foods Prohibited in Michigan

In a general order issued by the Pure Food Department of the State of Michigan, the use of artificial coloring in jellies, jams, fruit, preserves and butter has been prohibited. Compounds in which glucose, dextrine, starch or other similar substances are used are prohibited also. It is held by the Pure Food Department that even though these goods are properly labeled, they will be sold in violation of the law and the violators will be punished.

### Dissipation a Bar to Business Advancement

It is remarkable to note that all the larger business concerns of this country are gradually demanding a finer quality of manhood and a higher efficiency from all their employees.

The Western Electric Company of Chicago has posted notices against the excessive use of liquor or of cigarettes, gam-

bling in any form, or playing the races. Those who violate the warning will be summarily discharged.

It is becoming a recognized fact among employers of every sort that no young man can dissipate his vital forces and yet prove fit for the work he is paid to do. This company employs more than one thousand young men, pays high salaries, gives large opportunities for advancement, but demands in return thorough efficiency and manliness. Dissipation interferes with efficiency and character, therefore either the dissipation or the dissipated must go. Railroads and commercial enterprises of every kind are demanding this same high standard of personal manhood; even to preferring honesty and character to brains.

### France Adopts Physical Culture for the Army

French soldiers have been ordered to practice football and other healthy sports, since the authorities believe this is the only sane method that will keep the soldier from the temptation to drink, a practice prevalent in almost all armies.

### There is Hope for the Race

The commercial agencies have issued recently a report in which the remarkable statement is made that the sale of all kinds of drugs has fallen off about 50 per cent. during the last few years. It is said that the Drug Trust has become alarmed at this state of affairs, and has sent out word to its customers that "something must be done." The "Coming Nation," in commenting on this, remarks that "the next thing we shall hear is that the sale of coffins has fallen off as a natural consequence."

### Amount of Money Expended in Killing Off the Race

Few people have any idea of the vast amount of money, principally from poor, hard-working men, that flows into the treasury of harmful businesses. An idea of their resources can be had when it is known how much money they throw out again on advertising their goods.

Dr. Pierce, of Buffalo, spends each year

about \$750,000 in advertising his patent medicine. C. I. Hood & Co. spend about \$750,000 to advertise their sarsaparilla. The Lydia Pinkham Co. pays about \$350,000. Scott, for his Emulsion of Cod Liver Oil, spends about \$350,000, and the American Tobacco Co., in its efforts to encourage the poor man to become a slave to its nefarious wares, spends as much as \$1,000,000 annually for the purpose.

#### Do Hearts Beat After Death?

A contributor to the *Cosmos* writes about the recent discoveries that seem to prove that the heart will remain beating for some time after the death of a person. In the examination of the bodies of executed criminals it has been observed that slight pulsation exists some times as long as thirty hours after supposed death has taken place. The writer of this remarkable article describes the phenomenon as follows:

"When the heart movements stop it has been found possible to renew them by injections of arterial blood in the coronary arteries. M. A. Kulikohas made experiments along this line, first on animals, then on human beings. He has succeeded, by establishing artificial circulation of a warm physiological serum saturated with oxygen, in reviving the heartbeats of an infant of three months, who had died of double pneumonia. He has several times succeeded in provoking pulsations in the tissues thirty hours after death, in spite of the formation of large blood clots in the organ."

#### Vegetarians Enter Arkansas

Eight thousand acres of land have been bought recently at Rogers, Ark., by Edward W. Constable, a well-known vegetarian. The land has been bought for the purpose of forming a colony of vegetarians, perfectionists and pantheists.

Mr. Constable's belief, and the belief of those who follow him, is that "God is the universal life force that permeates every living thing," and further, "that it is possible for a human being to so perfect himself physically as to blend into absolute harmony with the soul." There will be no butchers or doctors in Rogers. If anyone is ill he will *fast* until he re-

turns to his *normal* state of health. Animals, fowls and fish will not be admitted under any circumstances. Any one who swears, or who chews or smokes, or who eats a cooked breakfast, will be tumbled out of Mr. Constable's paradise.

#### A Merry Time in Indiana

Indiana doctors have been attempting to coerce parents into having their school children vaccinated; but, outside of Indianapolis, they seem to have been defeated in their efforts. In Marion and Gas City the fun reac'ed its highest point. One farmer took a shotgun, and, with his children behind him, marched to the school and demanded the children's admission as the law provides. The health board threatened to arrest the school officers who were not in harmony with them, and in return a tar-and-feather party was organized for the purpose of visiting the members of this board, who quickly found it wise to withdraw their threats.

It seems that these Indianapolis doctors, not finding smallpox rife, must make efforts, if possible, to have it manufactured.

#### England and Wales Firm Against Vaccination

It seems that with all the strenuous opposition growing up against vaccination in the United States, England and Wales are far ahead. More than 203,413 certificates of conscientious objections to vaccination of children were received by the vaccination officers during the last year.

#### Institution for Cure of Drunkenness

While Carry Nation is planning homes in this country for the care of the wives and children of drunkards, the city of Dresden, Germany, has opened an institution for the care of the drunkard himself. Healthful living is the paramount necessity in this institution for the cure of the vice. Patients must do farm work, and must live out-of-doors. Their diet and exercise are governed by fixed rules. It is endeavored to have the drunkards always in good moral surroundings. The fee in this institution is only forty-five cents a day.

### Took Drugs to Reduce Weight— Lies Asleep in a Coffin Now

James Hallway, of Evansville, Ind., age forty-six years, died recently. He was one of thousands of stout people who seek relief in the anti-fat remedies advertised in the yellow journals. He weighed 250 pounds at the time he attempted to dispose of some of his weight. Hallway took the treatment in Chicago. He was buried in Evansville, Ind.

### A Cincinnati Positive He Will Reach 120 Years

Dr. F. R. Ludwig von Dolke, who is seventy-one years of age, claims that he has lived only two-thirds of his life, and by preserving his health through simple, natural living, he claims that he will reach the age of 120 years, if not more. Dr. von Dolke does not look to be more than fifty years of age. He was born in Iceland, and is a vigorous and healthy man. In speaking about his prospective longevity, Dr. von Dolke says: "I shall reach 120 years because I have always obeyed the laws of health. I take good care of myself; I am jealous of my stomach. We make sewers out of our stomachs. At meals we drink water, but we should not. Between meals we drink cold beer or other cold beverages when our stomachs are heated. It chills the life fire. Then we eat lunch—any kind we can lay our hands on. It lies in a lump in the refrigerators that we have made of our stomachs.

"One-third of my time I devote to rest. Winter and Summer, in cold and in extremely warm weather, I discard all my clothing when I retire. I am nude. I exercise regularly. I am regular in everything. My body is full of health and vigor. My muscles are like iron."

### Poverty—A Way to Prevent It

It has been reported that Baroness Stemsel, who at present is in Lisbon, has formed a club the members of which have taken a pledge not to eat anything. Each member may indulge in two glasses of lemonade a day—nothing more. The Baroness, in speaking of this peculiar club, says that she has lived a long time on this daily allowance of lemonade, and that she will defy any doctor to prove that she is not as vigorous and healthy as is any other woman of her age.

The Baroness claims that solid food

does more harm than good to the system, and she warns everyone who desires to become a member of her club that instant expulsion will result if it is attempted to eat even as much as a bite of bread. Naturally, restaurant keepers are very much interested, and so are the doctors. One might live on this meager diet sixty or ninety days, but the limit would not much exceed the latter date.

### Natural Cure for the Great Plague— Consumption

Sir Edmund Hay Currie, recently chairman of the London hospital, advocates a plan by which consumptives must live in open huts, surrounded on all sides by trees. Each hut contains a large living room and three bedrooms. The living room faces the south, so that the rising and setting rays of the sun may be allowed to fall in through the great curved opening. In stormy weather there are to be two shades to shield the occupants from the wind, yet at the same time allowing the sunlight and fresh air to enter.

The furniture, says Sir Edmund, should be of the simplest. Draperies, pictures and everything that might allow dust to settle, should be excluded from these huts. The breeze, instead of draughts, the sweet scent of pines instead of drugs, should be the remedy for this great white plague.

Sir Edmund hopes to fight the battle with consumption with the promise of a permanent cure for patients instead of merely a temporary relief, such as has been offered heretofore by medicines.

Concerts, theatrical entertainments and other amusements could be introduced, he says, in order to keep the patients from succumbing to the natural depression that characterizes consumptives. Gardens would be laid out and cultivated and in this and in a hundred other ways the patients could be kept from a continual reminder of their affliction. Plenty of blankets at night, warm clothing by day, would allow the patients to lead their outdoor lives in the coldest weather. Light exercise of all sorts could be enjoyed.

With everything that would interest and amuse, with an abundance of fresh air, with a sensible adherence to every simple law of nature, there is no doubt that the patients who would go there would return completely cured.

## DETERMINATION OF SEX

CAN PARENTS CONTROL THE SEX OF A CHILD AT WILL?

*By Dr. J. L. Willis*

THE expression "determination of sex" has a popular acceptance somewhat different from its strictly scientific meaning. While the embryologist endeavors to fathom certain mysteries of biology in search of the hidden law whereby Nature makes up her mind that a child shall be a boy or a girl, the wife and husband, as such, only wish to know how they may induce Nature to favor their personal desire in the matter. The subject of study is the same; and both the scientist and the wedded firm are theoretical, and both are practical; but with the firm it is the practical or business idea that dominates. A pair of married lovers cannot fail to be interested in knowing how Nature will manage the affair; but they are certainly more interested in such "helpful hints" as will enable them to induce her to manage it their way. It is in this latter, popular sense, of influence, or control, that the term determination, as applied to sex, is here used. And this marking off of the practical from the merely scientific is very important; for thus only are the prospective father and mother released from an exhaustive investigation of many hundreds of theories with which a technical student of the subject must familiarize himself.

Observation seems to show that the relative proportion of males and females in the world can be modified, and even regulated, by a consideration of the kind and quantity of food consumed; elevation above the sea-line; temperature; relative age of father and mother; habits of life; social position, and the like. Thus, with reference to the question of age, there is thought to be a slight tendency to a preponderancy of boys born to an older father and younger mother, and of girls where the wife is the senior of her husband.

Good nourishment is said to produce a very marked majority of girls. Among the lower animals it is found that if caterpillars are allowed to enter the chrysalis state in a starved condition the butterflies resulting are males; if they are well fed, the butterflies are females. The same rule has been found to hold good in the production of lambs; and experiments on tadpoles has produced the same results. In the human species it is said that a larger proportion of boys are born after a war or an epidemic of cholera, and that even a rise in prices of commodities produces the same effect, thus showing that whatever tends to lack of nutrition raises the proportion of male births. Analogous to this is the effect of cold weather, which is favorable to the birth of male children. On the other hand, girls are born in greater proportion to prosperous families and amid town surroundings than among the poor in the country. This rule, that nutrition favors the production of girls, and the want of it that of boys, is said by scientists to be the only result of modern investigation so far "clearly proven and generally accepted."

By others the sex of the child is believed to depend upon the sex of the more vigorous parent. This is known as the "doctrine of comparative vigor." These views, however, which have had their day of popularity and have occupied the attention of men of profound knowledge, do not seem to be substantiated upon investigation of various classes of facts. For example—to mention but one class—consumptive women, who, according to these notions, ought to give to their more vigorous and ardent husbands children of the male sex, are found to bring forth a great superabundance of girls.

Modern science, then, is brought back to its one clearly proven and fully ac-

cepted result—that nutrition favors girls, and want of nutrition, boys. And along these lines, known, respectively, as anabolism and katabolism, investigation is proceeding.

Meanwhile the practice of the ancient Chaldeans for begetting a son or a daughter at will, an art of the highest antiquity, still holds its own, as it has done for thousands of years, among those who know the secret. This secret is fully revealed in the Talmud, and has never been unknown to the students of that great work. According to an exposition said to have been left in manuscript by a former physician of Frankfort-on-the-Main, who is said to have been a profound Semitic scholar, this art consists

in coming together when the man is in the highest relative condition of exaltation, for a girl, and when the woman is in such condition, relatively, for a boy. And the explanation is as follows:

Contrary to the common notion, the father and mother contribute equally, and the two seminal elements unite to produce the embryo. That of the man is feminine, that of the woman is male, and as one or the other predominates a girl or a boy will be born.

This is the whole secret; and it is related of Louis Philippe, that, having learned it of his language master during his exile in Switzerland, he was always able to announce to his friends the coming of a future son or daughter.

"If," said the druggist, "you will give this new tonic a trial I'm sure you will never use any other."

"Excuse me," rejoined the customer, "but I prefer something less fatal."—*St. Louis Merchant.*

"Why don't you see a physician?"  
"No, siree," answered Farmer Corn-tassel. "If I git cured it's got to be by patent medicine. Nobody gits his picter in the paper for being cured by a reg'lar doctor."—*Washington Star.*



A MEAT ARGUMENT

These good natives believe, like some good Christians do, that there's nothing like the time-honored meat diet.



## Question Department

By *Bernarr Macfadden*

*It is impossible for me to give individual advice outside of the columns of the magazine. All those desiring advice for their individual needs are requested to consult some good Physical Culture teacher or natural cure physician.*

Q. Kindly advise me as to the best kind of underwear for winter use for one who is out-of-doors a great deal.

A. Underwear is used for the twofold purpose of warmth and cleanliness. That underwear is best which absorbs the impurities eliminated most readily from the body, and which, therefore, maintains warmth satisfactorily. Linen and cotton underwear absorb and eliminate the moisture formed by the skin. Wool retains heat, but it is injurious, as it does not allow the moisture to escape. Cotton and linen allow moisture to escape, but they also allow the heat to escape. However, the best kind of underwear for winter use is made of linen. If the wearer does

not believe he is strong and full-blooded enough to find linen of sufficient warmth, he can wear a light woolen garment over the linen.

Q. Kindly state if you believe in "New Thought" as regards health.

A. I believe in "New Thought" to the extent that the imagination influences the body. The power of mind over matter is well known. Confidence in any régime one may adopt has a great deal to do with its effectiveness. To this extent, "New Thought" is valuable. Determination and confidence, in any line of endeavor, are essential to the success that one may attempt, be it the culture of the physical forces or the attainment of any material ambition.

Q. I am troubled with slight spinal curvature, and one shoulder blade projects much further than does the other. What system of exercises would you advise as a remedy?

A. A general system of physical culture, bending in various parts of the body, and the thorough development of all the muscles of the shoulders, chest and back, should remedy your trouble in time.

Q. Kindly name a good remedy for chilblains, or itching heels.

A. A wet cloth placed on the affected parts at night, and allowed to remain until morning, should assist in curing your trouble.

Q. I am by occupation a book-keeper, and I have had a slight stroke of apoplexy. What shall I do to prevent a recurrence? I am troubled also with constipation.

A. In order to effect the desired results in your case, it is necessary first of all for you to remedy the constipation. For information in reference to this I would refer you to Vol. V., No. 6, (March, 1903, issue) of "Beauty and Health." This article in itself will be probably of great benefit, although, in order to avoid absolutely a repetition of a stroke of this kind, it will be necessary for you to build a high degree of physical health through various physical culture methods. Diet, exercise, bathing and other means that will be inclined to increase your general physical vigor are advised.

Q. Kindly tell me how to reduce weight. I omit luncheon, but as I have no energy or strength, I feel that I need more food.

A. If you have more than normal weight there should be no necessity for feeling weak because of the omission of a meal. I would advise you to fast two or three days and then to begin the

two-meal-per-day habit. Drink very freely of water during the eating period, take good care of yourself generally, and there should be no doubt of your ability to reduce your weight satisfactorily.

Q. What is the cause of anæmia? What foods are favorable to a cure?

A. For the cure of your trouble I would refer you to the article in the November issue of PHYSICAL CULTURE on foods for gaining weight. I wish to state that it would be necessary also for you to adopt general constitutional methods of building up functional and vital vigor. The exercises given in the last March issue of PHYSICAL CULTURE for building up vital strength can be recommended.

Q. Please advise a treatment for weak and diseased kidneys. In the morning mine are so painful that I dare not take a deep breath or lie on my back.

A. Fasting is the only effective method of remedying diseased kidneys. I would advise you to begin by fasting two or three days, gradually extending the length of these fasts, eating the same number of days that you have fasted between each fasting period. During the eating periods use pure water freely.

Q. While you are advocating raw food diet, kindly inform me how to prepare wheat for uncooked bread.

A. Take whole wheat very coarsely ground, mix it with a food element having sticky properties, press it into cakes and dry it in the sun or by moderate heat.

Q. I am just covered with hives, although I am very healthy and eat lots of fruit. What can I do for the trouble?

A. Your trouble is induced by constitutional causes. You are eating too heartily and no doubt are using too much meat and highly seasoned foods. Eat one meal a day for a week, and thereafter confine your meals to two daily. The free use of cold bathing is advised especially. A shower bath is preferred, although the body can be immersed in cold water if the shower cannot be obtained. Some vigorous exercise should precede the cold bath, and you should remain in the cold water as long as you can and yet be able to recuperate thereafter with a feeling of warmth.

Q. Can you tell me how to develop a good gait? I have a "sissy" one—one that keeps me indoors a good deal because I am hooted a good deal while out walking.

A. A gait such as you mention is caused usually by general weakness. If you would strengthen your entire muscular system, prac-

tice walking and running, with deep breathing, there can be no doubt of your ability to remedy your trouble ultimately.

Q. Is an operation the only cure for gall-stones? Kindly state what course to pursue in order to remedy this trouble.

A. The best method of remedying gall-stones is fasting combined with the free drinking of water. No doubt massage of the abdominal region would facilitate recovery. If you cannot take a long fast you might try several short fasts, avoiding meat and all stimulating foods and eating moderately during the eating periods.

Q. Will you please give me a remedy for tired feet?

A. I take it for granted that this question refers to aching feet. First of all in remedying a trouble of this nature one must wear rational shoes. Never wear a shoe which pinches your feet. Avoid the baneful habit of breaking in new shoes; they should fit your feet in the beginning. The feet should be given a daily bath, and following this, rubbing and kneading the parts would undoubtedly be inclined to remedy the defect mentioned.

Q. Would a diet of milk, eggs, fruit and cereals be conducive to loss of hair? Have heard such a theory expressed, and my experience seems in harmony with it.

A. I have had two or three letters referring to the same question, namely, that the diet mentioned above appeared to increase a tendency of the hair to fall out. The theory is absurd since the diet mentioned includes almost everything in the ordinary menu of the average person except meat, which has never been known to aid directly in influencing the hair. It is a great deal better to point out the fact that the adoption of a very full diet causes the hair to fall out more freely than the adoption of an abstemious diet. Moreover, the question of strong, healthy hair does not depend so much upon the particular diet to which one is accustomed, as on the condition of the assimilative powers which send to it the proper nourishment.

Q. I perspire very freely, especially at night. Kindly state cause and cure.

A. If you are bothered with what is usually termed night sweats, it indicates a physical condition that should be remedied as soon as possible. Some thorough system of physical culture that will bring into play all the muscles of the body should be immediately adopted. Long walks in the open air, deep breathing exercises and a very moderate diet would be essential. It simply indicates an unsatisfactory physical condition. The body in its endeavor to rid itself of impurities brings on the feverish condition that results in perspiration, and a certain amount of impurities is thus eliminated. The moment you begin to assume a normal condition the night sweats should disappear.



# THE MODERN "SOLDIER OF FORTUNE" IN A NEW RÔLE

By G. B. A.



Dorothy Tennant

Robert Edeson

Ellen Burg

WHEN Richard Harding Davis was put to the test of selecting an actor who fulfilled his ideal of American manhood and who looked the part of the hero in "Soldiers of Fortune," he chose Robert Edeson. Now Mr. Edeson's fine physique is not entirely a gift, but is the practical result of his belief that gymnastics should be quite as important a part of a player's daily life as should his more technical duties. Three times a week, under the direction of Mr. Edeson, the members of his company line up for calisthenics, boxing, fencing, bag punching and wrestling. Edeson is the inventor of the peculiar form of calisthenics upon which these gymnastic rehearsals are based. He tried it on himself and became so convinced of its value as a health preservative that he induced all his associates to take up the work.

An ordinary towel is the principal implement of development. It takes the place of dumb-bells, Indian clubs, weights and the rest of the regular apparatus. It

is inexpensive; it can be secured at a moment's notice and obviates the necessity of carting from town to town a load of physical culture paraphernalia. With a set of foils, a pair of boxing gloves and a punching bag, everything necessary is furnished for the Edeson training school.

While Mr. Edeson was in college he and his chums became interested in discovering what influence mind could have over muscles. They experimented with a credulous young Irishman, whom they induced to believe that his pick weighed several pounds more than it did. In three months' time the workman had gained eighteen pounds in weight and his muscles had developed wonderfully. Edeson and his associates then took up the plan of exercising with mental weights and they stuck to it.

The towel was brought into play as an adjunct to the "mental weights." At first it was thought that the women of the company—there are three of them: Miss Ellen Burg, Miss Helen Ware and



Miss Tennant and Miss Ware Having a Bout with the Foils

Miss Dorothy Tennant—would take no interest in the classes. Yet scarcely had the men lined up for their first "towel" exercise when the young women, too, expressed a desire to join. The line was formed, additional towels were abstracted hastily from convenient dressing-rooms, Edeson took his place at the head of the line, and the "towel stunt," as the company calls it, was begun.

The towel is twisted into a sort of rope, stretched taut by being wound once around each hand, and from the start an almost inexhaustible variety of movements may be contrived. The muscles of arms, shoulders, back, chest and neck are brought into easy and invigorating play, without the strain too frequently incident to the use of heavy dumb-bells and Indian clubs. The value of this simple device is not confined solely to the development of the torso, for, by another system of movements, the legs, as well, are thoroughly exercised. Joined to this portion of the class work is the lifting of imaginary weights, as practiced by the Irishman and his pick.

Fencing always appeals to the feminine mind, and Mr. Edeson has his hands full giving lessons to the three interested women who figure in "Soldiers of Fortune." Many a brisk passage-at-arms

has served to fill the long waits that are common to theatrical rehearsals. Not even wrestling is neglected. A roll of "ground cloths"—the term used to denote the covering of the stage during successive acts—makes an ideal pad upon which the men indulge in catch-as-catch-can and Græco-Roman contests to their hearts' contents.

The Edeson gymnasium, in full blast, is an odd and amusing sight, with the vigorous and alert preceptor darting from one group to another. At one side of the room several men may be seen working out muscular problems with towels; another group is prone on the floor, each man raising and lowering his body by the use of the arm muscles alone; others, by careful exercise, are trying to check an early tendency toward corpulency—the dreadful

bugbear of the matinee idol. In one of the pictures, Miss Tennant and Miss Ware are having a bout with the foils, while in another corner of the stage little Miss Burg is trying conclusions with gloves, her opponent being young Sterling, who has given a guarantee to both Miss Burg

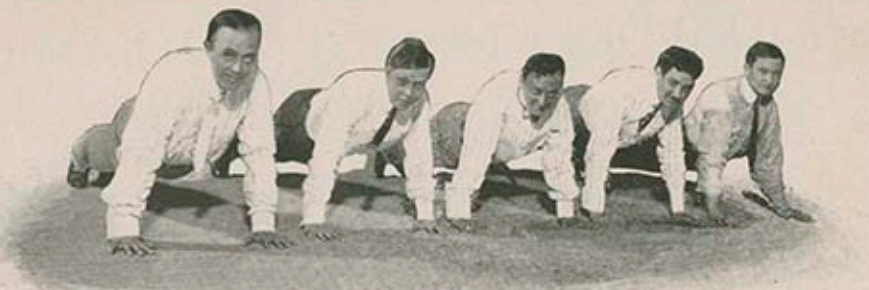
and to the management that he will refrain from any uppercuts or right hand jabs. So far Miss Burg is the only one who has attempted the more strenuous sports with the men, and these boxing



In Another Corner of the Stage, Little Miss Burg is Trying Conclusions with Gloves, Her Opponent being Young Sterling



These Boxing Bouts are an Amusing Part of the Athletic Class Work



Prone Upon the Floor, Each Man Raising and Lowering His Body by the Use of the Arm Muscles Alone

bouts, with Mr. Edeson as coach, are an amusing part of the athletic class work.

In the profession of acting, where the physical strain is so great and the mental excitement always at its height, the only sure way to withstand the work is through just such methods as have been adopted by Mr. Edeson and his company. In a

realm where so much is pretense, it is more than encouraging to know that among some of our players there is an appreciation of how essential physical development is to a correct portrayal of any character that commands the genuine healthy admiration of an audience.



The "Towel Stunt." An Ordinary Towel is the Principal Implement of Development. It takes the Place of Dumb-bells, Indian Clubs, Weights, and the Rest of the Regular Apparatus

### CHANGED FROM A FLABBY, SHAPELESS "MASS"

Editor PHYSICAL CULTURE:

Since I became, two years ago, what my friends call a "physical culture crank," that whereas my weight was 209 pounds, and my girth 44 inches, now I stand at 185, with a girth 39, and can keep both feet on the floor while standing and tie my shoes.

If at first I had entered the contest for the improvement prize I believe I would

have won, as I changed rapidly from a flabby, shapeless mass to a man of fairly good form for one of my age. I am in my fiftieth year. I walked thirty miles last month over a mountain path—not a wagon road, it was too rugged for that—with thirty minutes rest for dinner, and suffered only the inconvenience of blistered feet.

J. S. B.  
Webster Springs, W. Va.

## THE CHILDREN OF MORMON FAMILIES

By Larin Farr

Following my plan of giving my readers an opportunity to consider the conclusions of those whose views radically differ from my own, I present herewith an article that should be of special interest. On several occasions I have heard the statement made that the children of Mormon families averaged brighter and stronger than the children of Gentiles. There is, of course, not an atom of truth in such a conclusion, when the basis of monogamy is the highest and noblest love of one man for one woman. But all monogamous marriages are not like this. In many such marriages absolutely free rein is given to the grossest human passions, and such perversion is undoubtedly far worse than Mormonism. Mormonism, if this writer's statement is true, has some reverence at least for the physical instincts of the woman. But monogamy that allows a revelry of beastly lust, not only crushes the most refined elements of human character, but it destroys the physical stamina of parents and children alike.

An answer to this article will appear in the next issue. The writer of this article, Larin Farr, is eighty-four years old. He is one of the ten survivors of the band of Mormon pioneers that crossed the plains in 1847 and settled in Utah. In appearance he seems a man of fifty. Physically and mentally he is a man in his prime. Mr. Farr is one of the most respected of Utah's Mormon citizens. He is the only Mormon alive who was really close to Joseph Smith, the Prophet. Of all Mormons he is the most competent to discuss the subject of marriage and children.—BERNARR MACFADDEN.

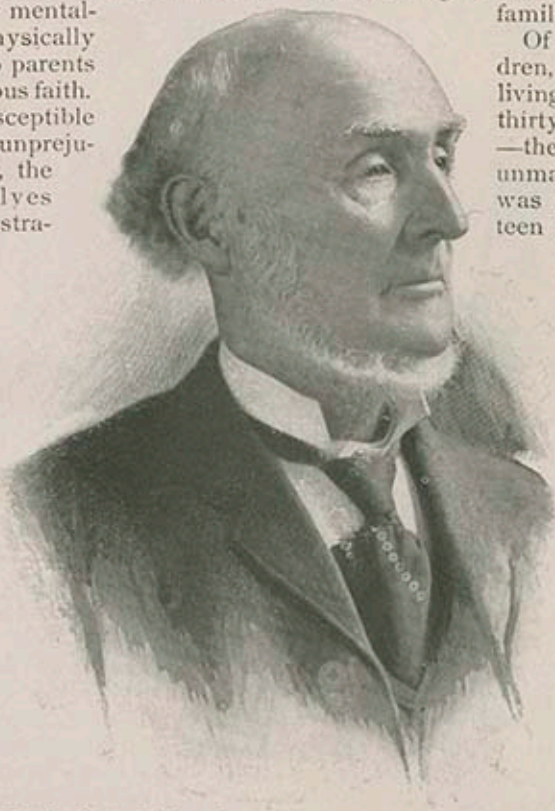
WITHOUT fear of successful contradiction, I declare that children of Mormon parentage are, as a rule, brighter mentally and stronger physically than those born to parents of any other religious faith. Of this truth, susceptible of proof by any unprejudiced investigator, the children themselves are a living demonstration.

I have had seven wives, six of whom bore me thirty-nine children. I may assert without boasting that I have had ample opportunity to observe, at first hand, the influences that bear directly upon the physical and mental characteristics of children. The problems that should be solved by every man who assumes the duties and ob-

ligations of a father I have studied carefully and thoroughly, with what success I am willing to let the record of my family speak for itself.

Of my thirty-nine children, thirty-two are still living. The youngest is thirty-five years of age—the only one who is unmarried. The eldest was a grandfather fifteen years ago. All of my children are almost perfect physically; my daughters are happily married; my sons are successful followers of almost every trade and profession. I now have two hundred and thirty-one grandchildren and fifty-six great grandchildren. They are fine specimens of the human family.

In speaking thus, I do not wish to be understood as praising my children for



Larin Farr, Eighty-four Years of Age, Head of the Largest Family in the World

any special or unusual merit; they are only fair examples of many of Utah's large and prominent families.

The reasons for the superiority of Mormon children are numerous, but they are not far to seek, and there is nothing mysterious or secret about them. Briefly stated, they may be summed up as follows: Ever since my conversion to the Mormon religion, in youth, I have lived, as the great majority of the Mormon people live, according to the "Word of Wisdom," a set of rules and regulations for the conduct of our daily lives.

other factor that has considerable influence for good upon Mormon children. Utah is especially favored in the matter of climate. I do not wish any person to understand that the climate alone could account for the remarkable difference between Mormon children and those of average parentage elsewhere, but it is a matter of history that nearly all the great men of the world were born or reared in the highlands.

The causes I have mentioned all play their part in forming the natures of our children. But there is another reason



The Family of Larin Farr

We believe it to be inspired; that God revealed it to Joseph Smith, the founder of our religion. Because we are so instructed in this Word of Wisdom, we abstain from tea and coffee, from all hot drinks, from tobacco and alcoholic liquors. We eat whole wheat. Corn is for pigs; oats are for horses; wheat is for man. This plain, non-stimulating diet undoubtedly has much to do with the physical health and even temper which are a part of the birthright of our children.

The climate of the mountains is an-

more potent than any of these for their superiority. We follow strictly—most of us—the teachings of Mormonism in our sexual relations. We hold that the sexual passion should be gratified only for the purpose of procreation. This, we firmly believe, is the most important, the highest and the most sacred law of life upon this earth. If children are not desired, the relation of intimacy between man and woman is sinful, whether they be or be not husband and wife. Never should the enjoyment of marital pleas-

ures be had unless the intention is conception. Intercourse for the purpose of gratifying lust is contrary to the teachings of the Mormon church. In my relations with all my wives, I always lived in strict accordance with this doctrine; and to this fact I am satisfied that I owe my own good health at the age of eighty-four years, as well as the health and mental vigor of my children.

There are some—a few among us—who do not follow our divine revelation in this regard. These pay the penalty in unhealthy children, and some of them rear offspring that are deformed. It is especially the case where the sexual relations are continued during pregnancy. Intercourse where conception is prevented is bad enough, and usually has an evil effect upon the health of the parents, which in turn affects their children; but the indulgence of this passion during pregnancy is far worse. In such cases, the direct effect upon the child is one that accounts for many of the human monstrosities that curse the world to-day.

These facts form a strong argument for the theory of polygamy, although I do not advocate the practice of plural marriage. It is forbidden by the laws of my country, to which I am loyal. Yet it is a fact that children born in polygamy, are, generally speaking, better both physically and mentally than the children of one wife, for the reasons that I have pointed out. Of course, it would not follow if men and women were able entirely to restrain their sexual passions—but they are not. Hence, the proper practice of polygamy tends to produce healthy, beautiful and virtuous children. It makes women wives, instead of strumpets.

I am aware that I am approaching here a very delicate subject, but it is one that needs plain speaking. In monogamy a great many, probably a majority, of wives are abused by their husbands. I can call it nothing else, where the man forces his desire upon the woman and compels her to submit to him. The treatment causes the children to inherit lustful, passionate natures, and they are led easily astray. I know a few Gentiles who live righteously in this regard, but I know of far more who do not. Many,

many wives in monogamy are slaves to their husbands' passions. They yield when they should not do so, and all because they have been taught that it is their duty. Not to speak of the unhappiness and discord following the practice, which often leads to the divorce court or to the husband keeping a mistress, sickness generally comes to the wife and early death to the children.

If polygamy were practiced as our revelations directed it should be, never allowing lust to rule, it certainly would be a far more ideal condition of marriage than monogamy. The day will come when the world will see this. The prejudice against polygamy is growing less, for people are beginning to study and to reason on the subject from a scientific viewpoint. As a matter of health and for the proper perpetuation of the race, the highest civilization, I believe, will adopt plural marriage eventually, not because of religious convictions, but because it is best for humanity.

It may be that, in time, men will be able to live with one wife and refrain from sexual intimacy except for procreation. Until this high ideal stage of development is reached, polygamy is justified in theory by the science of life. Some advanced students outside of the Mormon faith recognize the truth of our teachings with reference to the sexual functions. Many husbands keep a mistress during the pregnancy of their wives, simply because they are unable to restrain their passions and at the same time desire to avoid the evil results of intimacy with a woman who is approaching motherhood.

Should a community of people live for five generations, in the practice of plural marriage in such manner as I have indicated that polygamy was intended to be practiced, and at the same time observe the other rules of life to which I have called attention, disease would become almost unknown among them, and the natural period of their lives would be from one hundred and fifty to two hundred years. They would also make a corresponding gain in mental and physical power.

The founder of the Mormon religion said in one of his revelations: "A child shall die at one hundred years and the

age of man shall be as the age of a tree." This will be brought about through the observance of these laws of life.

The Mormons do not practice polygamy now; yet many of them live in accordance with their revelation on the question of sexual intimacy, abstaining from indulgence of their desires except

when conception is intended. It is not reasonable to expect that all of them can or will do so under monogamy. Yet in this respect their lives are still far purer than those of most non-Mormons, and this accounts for the superiority of Mormon children to-day, even though polygamy is not now practiced.

## MADE A MAN OF THIS READER

To the Editor:

I have taken PHYSICAL CULTURE only little more than eighteen months, but in that time it has made a man of me.

In September, 1901, I had an attack of diphtheria. I was given antitoxin and the regular quantities of other drugs. For six months after I was filled with nux vomica (strychnine), digitalis and all the other heart poisons.

A copy of PHYSICAL CULTURE opened my eyes. I saw and believed. To-day, contrary to the predictions of several physicians, I am stronger, heavier, better

developed and much healthier than ever before. I weigh twenty pounds more than before I learned how to take care of myself and it is good, solid muscle. I do not know what it means to have a pain of any kind, and I seem proof against "catching cold."

My window is up, day in and day out, the year round. A cold sponge bath completes my morning exercises and I have followed, largely, your recommended diet.

Very sincerely yours,

W. A. PIER, Oneonta, N. Y.



DR. JEKYLL



MR. HYDE

Improvement on "Nature's Only Rival"

## MUSCLE AND HEALTH FOR BOYS



**Feat No. 1.**—In order to perform this feat the upper boy must clasp his hands under the body of the other, or must grasp the wrist of one hand with the other, as is shown in the illustration.

One of my enthusiastic boy readers has written me the following letter:

"To the Editor:—We have just formed an athletic club, composed of a few of my chums and myself. We take the *PHYSICAL CULTURE* magazine every month, and the object of our club is to try to save boys from the degrading effects of self-abuse and cigarette smoking. The color we would suggest for sweaters is pure black, with a coat of arms on the breast worked in green and gold.—  
WM. K. GIBBS, 50 Park Ave.,  
Galt, Ont."

Here is some good work that can be imitated with advantage by boys all over this country. Form a club and let your enthusiasm spread. Interest all the boys you can; show them how much you have been benefited. Any boy who has been made strong and vigorous by a few athletic exercises must desire, naturally, to give every one the advantage of his knowledge.

Thousands upon thousands of boys are growing up into unsatisfactory manhood merely for the need of a little advice at the right time in life. Every boy who has been benefited through physical

culture should try to get a few of his friends to join him in forming a club. Entertainments of various kinds can be given, for which a very moderate price should be charged, or the entertainments could be given free, and this will aid in adding gradually to the membership. I hope that a large number of my young readers will follow the example of this young Canadian.

There are two feats of strength illustrated in this issue that can not be performed unless you are moderately strong. There is no particular danger in trying, however, if you are careful not to make too strenuous endeavors. The great difficulty with those who attempt to per-



Now gradually raise the boy from the floor, throwing his legs back over your shoulder, as is shown in the illustration.



form certain feats of strength is that they either attempt the feats before they are thoroughly warm from exercise, or else that they strain too vigorously in their

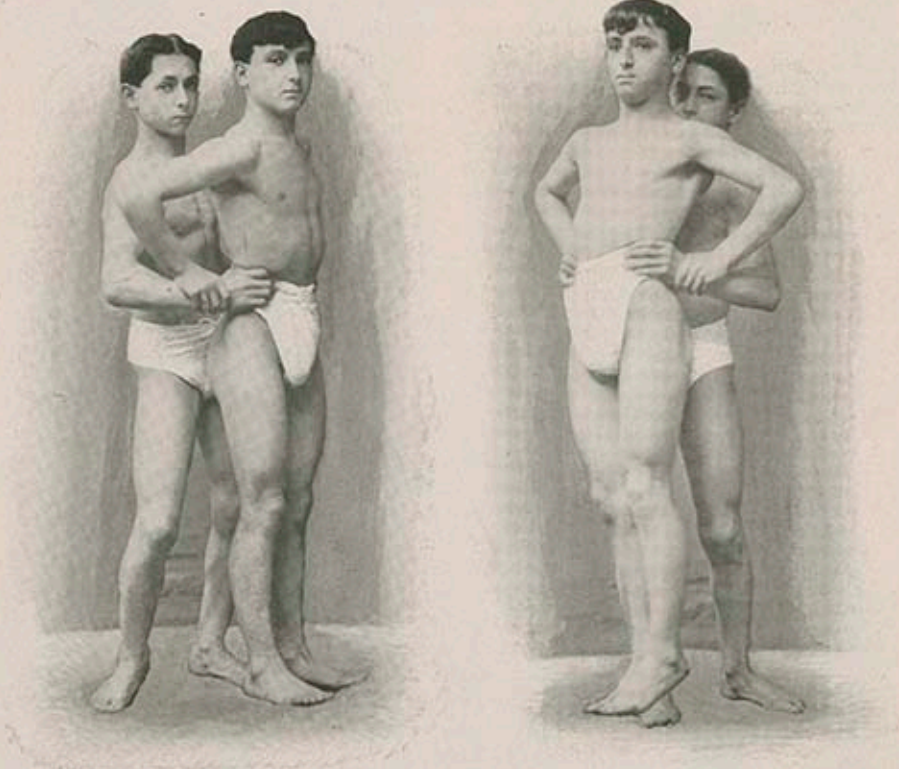
endeavors. Never attempt a vigorous feat until you have exercised mildly the muscles that are to be called upon for vigorous efforts.

### BOYS' QUESTION DEPARTMENT

Q. I am very slow and clumsy. Kindly advise the proper method of becoming quick and accurate in my movements.

there should be nothing but benefit from it. I would refer my readers to an article on walking, appearing in Vol. 6, No. 4, of PHYSICAL CULTURE.

Q. Are suspenders healthier than a belt? If so, why?



Feat No. 2.—The boy behind should place both hands firmly against the other's waist-line, and the forward boy should grasp the wrists tightly, as is shown in the above illustration. Now, bending the knees very slightly, and bringing the boy in front back close to the body, raise him slightly and bring him from your left side over to your right. The second position shows the other boy in the air, he being lifted from one place to the other.

A. Clumsiness and slowness are caused usually by weakness. The training of the body will make you quicker, stronger and more graceful. Walking, running and various exercises for developing strength and health will remedy your defects by degrees.

Q. Is a ten-mile walk, taken only once a week, too great a strain for a fifteen-year-old boy?

A. A ten-mile walk would be considered usually too much for a fifteen-year-old boy, although if he is strong and the walk is taken properly,

A. Suspenders are healthier than a belt because there is no restriction at the waist. Any restriction of the waist interferes with the normal breathing and with perfectly free digestion.

Q. I am inclined to stoop; also I have weak knees.

A. The inclination to stoop can be remedied by developing the muscles of the shoulders and chest, and also by maintaining an erect carriage while walking or sitting. Weak knees can be remedied by walking, running, and by other exercises of the legs.

Q. Kindly state what I should do in order to grow. I have smoked steadily for some time, and find it hurts the wind in ball playing, so I am going to quit it. I am fifteen years old and weigh eighty-four pounds.

A. Your decision to quit smoking is to be commended. This is probably the principal cause of your not growing. Stop smoking, take up active exercises of all kinds, eat proper foods, and there should be no doubt of your ability to grow considerably faster.

Q. Please advise how to become long-winded, which is very necessary in basket-ball.

A. Endurance can be developed only by a great deal of exercise. If you are desirous of securing endurance for basket-ball, a great deal of exercise for developing the muscles necessary should be taken.

Q. Sometimes, in practicing deep breathing, a pain comes over my chest and sides after five or six minutes. Do I continue it too long?

A. The pain you mention is sometimes induced when first beginning the practice of deep breathing. If you are sure you are breathing properly, expanding in the abdominal region first, there can be no doubt that the symptoms you mention will eventually disappear.

Q. My nose is eternally stuffed up, although I do not cough or sneeze. The cause seems to be catarrh. Can this be cured by natural methods?

A. You are suffering, probably, from catarrhal symptoms. Read the article in Vol. 2 of PHYSICAL CULTURE, on the Cause and Cure of Catarrh.

Q. Do pale cheeks denote ill health among boys? Are there any exercises that will make a person's cheeks rosy?

A. Pale cheeks do not always indicate poor health, although if they are pale and thin, weakness usually is indicated. No special exercises will make the cheeks rosy, although deep breathing exercises, walking, running, active outdoor games, active exercise and plenty of fresh air usually will bring about satisfactory results.

### SEVENTEEN-YEAR-OLD BOY, SIX FEET ONE INCH IN HEIGHT WEIGHS 170 POUNDS

TO THE EDITOR:

I enclose photos of our young secretary and treasurer. He is just entering his seventeenth year. His height is six feet and one inch; weight, one hundred and seventy



pounds. Two years ago young Weaver was one of the most delicate and slender boys in town. He became interested in health by reading PHYSICAL CULTURE, and ever since that time he has been taking proper exercises and giving careful attention to his diet. He now bids fair to become a professional strong man. I can sincerely say that had he not read your magazine and become interested in physical culture, he would in all probability have grown up to be a weak, delicate and puny man. Your magazine has been worth a fortune to him, and I wanted you to see what it has done.



C. W. PERRY.

# BOY'S HOME-MADE EXERCISER

A GOOD exerciser, that any lad can make, is constructed as follows:—

Get one of your mother's flat-irons. (The kind that has undetachable handles is best.) Next saw a board about six feet in length and from eight inches to a foot in width. Measure the width of the iron at the bottom and draw two straight lines in the center of the board, from top to bottom, the width of the iron.



Plane off the edge of the board as shown by dotted lines

Next saw two strips, about three inches shorter than the board and three inches wide. Plane the edge of one side until it meets the other, as is shown in the illustration. Now nail one of the strips with the slant touching the board. This will make the strip slant inward. Next take the other strip and nail it so as to slant inward toward the first strip.

Before nailing the last strip, put the iron against the first strip and then fit the other strip to the other side of the iron, not too tightly, but loose enough to let the iron work up and down without sticking. If the strips seem to slant too much, plane them so that they will fit into the sides of the iron.

After the strips are nailed to the board—the strips, by the way, should touch the bottom end of the board, leaving a space of three inches at the top—take two long loop screws, and, if you can get pulleys, do so. If

pulleys can not be had the loops will serve as such.

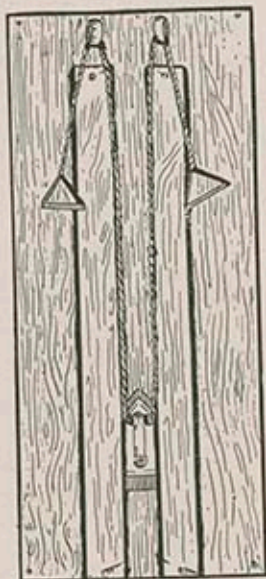
Draw a soft rope or heavy cord through the handle of the iron after having put the iron in the bed or tracks prepared for it, and draw each end of rope through the screws as



An Iron like this is best



Heavy pliable Cord or Rope



The Exerciser ready for use—Showing the Iron sliding in the groove and the two handles made of a piece of broom handle

In order to keep the board from falling it should be nailed or fastened upright in some manner to a fence or wall.

If one iron is found to be too light, fasten another in back of the first.

Where the question of expense comes in, or where the mother objects to having her flat-irons used for the making of an exerciser, the ingenious boy need not be "stumped." A suitable stone will take the place of a flat-iron. Pulleys fastened to the trunk of a tree, to the inner wall of a wood shed, or to wooden uprights of any other kind, will furnish the basis for such an exerciser as I have described.





## THE VIRTUES OF OUR METHODS PROVEN

### Surgical Stupidity and Blundering —Patient Was Given Up and Went North to Die

To the Editor:

Thinking you might be interested, I concluded to write and tell you of the wonderful results obtained from the series of exercises set forth in your magazine.

In 1902 I noticed that I had a pain at the base of the bladder and along the urethra, and at times, after urinating, I would pass off a small quantity of phosphates and mucous formation. This trouble kept increasing, until I eventually had hemorrhages. Some of the doctors told me I had diabetes; others said I had Bright's disease; still another said a hemorrhagic growth of the bladder, and another believed it came from the kidneys.

I was finally prevailed upon to go to a specialist in genito-urinary diseases, and after a short examination he pronounced it a "floating kidney," and informed me that an operation was all that would save me.

The operation for anchoring the kidney was performed. Prior to my leaving the hospital the specialist informed me that they found my kidney in very bad shape—the lower third being badly atrophied—but as he had not made any other arrangement with me he decided to try and see what simple anchorage would do. Later it might be necessary to remove the kidney, or put in a drainage tube.

After I had been out of the hospital about ten weeks I was taken with another hemorrhage, which lasted twenty-one days, during which time I took in the neighborhood of ten ounces of ergot. I decided to have my kidney removed, or, at least, something done that would afford me some relief. I sent for the doctor, and after an examination he said that the kidney was still in place and that he thought it should be removed. Accordingly, I

went through an operation for the removal of the kidney. I was on the operating table over an hour, and suffered a shock either from the anæsthetic or the loss of blood, or both. This operation was a total failure—to me—as, after searching for over an hour, they could not find the kidney they had anchored but two short months before. However, they did put a drainage tube into my bladder, which was very lucky, as I had a terrible hemorrhage that night. At times my bladder would be caked full of blood. This they would break into small chunks with a probe, whereupon I could force it out. The next day they sent for my relatives, having decided they had given me enough strychnine during the night to kill me off. I rallied instead.

After about three weeks I had a setback, when the kidney they failed to find became so enlarged that it filled my side, so that you could feel it from the front or back. Then they told me I had tuberculosis of the kidneys, and another specialist pronounced it a *pyro-nephritic kidney*. What do you think of that! I was told there was no hope for me without another operation, and I never could get strong enough to go through one. Then I came north to our old home to die.

I happened to come across a doctor who told me I never would get well so long as I kept that drainage tube in my bladder. So I removed it, but not until it had infected the surrounding tissues, so that I had an abscess, which had to be removed later. I got so I could get around for an hour or two, but then I would be laid up for anywhere from a day to a week. In the latter part of October I got hold of one of your Physical Culture magazines and started to taking the course of exercise. I also started in on eating only two meals per day; cut out the meat, and ate fruit, nuts, vegetables, oatmeal (raw) and olive oil.

The result was wonderful. I have improved so from your treatment that I am able now to be out from 5 a. m. to 9 p. m. without any fatigue. If I had the stamina necessary to take a good, long fast I am convinced I would be greatly benefited—no doubt I shall try this soon.

Assuring you of my deep appreciation, I remain, yours very truly,

H. J. FINCH.

Stevens Point, Wis.

### Physical Culture Strengthened His Eyes

To the Editor:

As a true friend of PHYSICAL CULTURE, I wish to state briefly the benefits I have derived from it.

My eyesight failing me, I left high school two years ago. I was also subject to rheumatism and kindred ailments. I have read your magazine and other books of like nature. The most important, to me, was my following of your theories to strengthen weak eyes. As a result I discarded glasses, and have not worn them for nearly a year.

I suffer no more from rheumatism, and now know how to keep it out of my system. I weigh ten pounds more than I did a year ago, and people tell me I look much better.

Fresh air, bathing, exercise and a wholesome diet have been my salvation.

Wishing you all kinds of success in your work of reform, I am, yours very truly,

J. LE ROY SPENSER.

Racine, Wis.

### Is Curing Himself of Dreaded Neurasthenia.

To the Editor:

Having been what the doctors call a "neurasthenic" for twenty-five years, I am ever on the alert to find something to afford relief. Have tried allopathy, homeopathy, electricity and Christian Science, each of which have given transient benefit only. A year ago your PHYSICAL CULTURE magazine accidentally came into my hands, and I have been a constant and interested reader ever since, and was led to adopt your course of exercises as laid down in the article entitled "Physical Development Simplified," systematically devoting a half-hour each morning and

evening in my room to them. I have found them an efficient weapon of defense against the horrors of chronic nervous dyspepsia, attended with extreme nervousness and great distress in stomach and bowels and around the heart from frequent and stubborn accumulations of gas; not only do I find them a weapon of defense, but after several months' use I am convinced they will finally eradicate this long-standing trouble, and although fifty-nine years of age, I "propose to fight it out on this line if it takes all Summer."

F. J. T.

Cambridge, Mass.

### Cured of Consumption Symptoms—Took Some Two or Three Years to Find Out That Health Was Not Bottled and Labeled

To the Editor:

I have been a reader of your valuable magazine and books and a student of physical culture for the last two years. At that time I was in very poor health and a victim of the drug and patent medicine habit, everlastingly reading and pondering over "cures" and "premonitory symptoms" of diseases, etc., as found in almost every newspaper, magazine, pamphlet or other products of the press to be found.

It took me some two or three years to find out that health was not bottled and labeled, ready made in drug stores. However, by studying my own case and by reading some sensible articles now and then I came to the conclusion that the real way to health lay out of doors among the woods and hills, in the cold, clear air of our beautiful Ontario winters. I went on from one thing to another, till I had got as far as sleeping beside an open window all winter with the temperature away ever so far below zero, and taking cold baths in the same room on arising, although I would be enveloped in a fog like an iceberg in the Northern Atlantic. Of course, everybody said I would get my death of cold, and that I was going crazy, but I felt confident that I was right, and continued the cold water treatment. When I started this treatment I had every symptom of tuberculosis, viz.: persistent hawk and spit, more particularly after getting up and after meals; flushed face, fever,

night sweats, and I was so thin that I was almost skin and bone.

Well, it took some time to notice much improvement, but I felt much stronger and brighter from the first. In the Spring of '91 I first came across a copy of *PHYSICAL CULTURE*, and, of course, took to it at once, for it was just working along the same lines as I had been, although the fasting feature was entirely new to me, as I had never thought of that way out of ill health before, although I became so thoroughly convinced of its efficiency after investigating the matter somewhat that I at once put it into use by going on two meals a day instead of the usual three, and often four, to which I had always been accustomed.

Now, although I have gained much in general health and have got rid entirely of the hawking and spitting, I am still far from being well and as strong as I wish to be. I have become so much impressed with the possibilities of physical culture that I would be very much pleased to devote all my time to that work, which I consider one of the noblest of all callings. I have quit the medicine taking for good and am firmly resolved not to have recourse to drugs any more. The difficulty in this part of the country is want of encouragement and co-operation and the impossibility of finding proper food, as white flour and meat are the principal foods used here. I would like to go to New York for a year or so and see if I could not attain the desired results there. I am at present a school teacher, and do not care for that work on account of the confinement it calls for. I would be pleased to know if you could give me employment, as I am not in a position to live without working. Please answer and let me know if I could get a position there after Christmas, as I am engaged here till then. I remain, sincerely yours,

JAS. P. WHELAN.

Ontario, Canada.

**Spent a Dollar a Week on Drug Store Poison; Fasted and Became Well**

To the Editor:

I have at last decided to write to you, for I want to thank you most sincerely for the good you have done me. When I

began following your ideas I was spending \$1 a week for *medicines, cod-liver oil, red pills, blue pills, little pills and big pills, and ten other poisons*. I dropped everything and began a short fast of three days. All my relations began calling me down for my action. After my fast I was weak, and the doctor came in and raised a rumpus and told me if I didn't follow his "prescripts" my lungs would give away in a month. I didn't mind him; I had confidence in you; and to-day my lungs are first-class and my whole body feels like a new machine. Were it not for you, Mr. Macfadden, I wouldn't be living and I thank you with all my heart. But gratitude is better in actions than in words, and I spare no efforts to convert my friends. If any Salem, Mass., resident wants any information on physical culture send them to me. Yours most sincerely,

A. J. MICHAUD.

Salem, Mass.

**Was Disgusted With Doctoring for His Ailments—Tried Our Methods, and is Now a Candidate for the \$1,000 Prize**

To the Editor:

Two years ago, in December, 1900, I was sick with rheumatism for a period of two months, at which time I weighed 210 pounds.

At this time and previously I was constantly troubled with headaches, constipation, etc., and also with a steady pain in the head. Accidentally a copy of your magazine was placed in my hands. I was utterly disgusted with doctoring for my ailments, so that I was ready to grasp at most anything. I concluded to try physical culture exercises.

I had lost almost all of my hair from the rheumatic fevers, but I am pleased to say that from your teachings my hair is growing again, besides I am enjoying such health as I never knew before, and to-day I am a candidate in your prize competition contest. Yours for health,

CHARLES B. ASHFIELD.

Brooklyn, N. Y.

**Gave Up Tobacco and Drink**

To the Editor:

I wish to thank you with all my heart for the great benefits I have received

from the advice given in your wonderful magazine, PHYSICAL CULTURE. When I first bought a copy of your magazine I used to smoke cigars and drink intoxicants, but after reading a few copies of your magazine I decided to reform. I quit my job (being a butler in a millionaire's family) to get out in the fresh air. I started to eat twice a day instead of thrice. I was very pale from lack of air and sun, but soon got quite a rosy color in my face. I gave up eating meat, living chiefly on nuts and fruit and whole wheat grain. I soak it in water and eat it with salad oil. I have been exercising for the past nine months with the exercises you have been publishing since January of this year, and the most remarkable difference I have noticed in myself is in my chest measurement. Although I am in my fortieth year, I have developed my chest two inches, which I think is wonderful, considering my age.

I was considered a first-class amateur boxer some fifteen years ago, when I resided in England, but I broke down while training through gross ignorance of the laws of health. If I had had your magazine to guide me then I should have developed championship form.

Again thanking you for the lasting benefit I have received from your valuable books, I remain, Yours truly,  
AUSTIN FRANK JAMES.

**Condemned to Die by Medical Science, So-Called**

To the Editor:

I want to thank you for what your gospel has done for me. I was a physi-

cal wreck, condemned to die by medical science, so-called, but by following your directions in PHYSICAL CULTURE I cheated the fakirs of another victim and got better. Gratefully yours,  
Notre Dame. J. A. SETON.

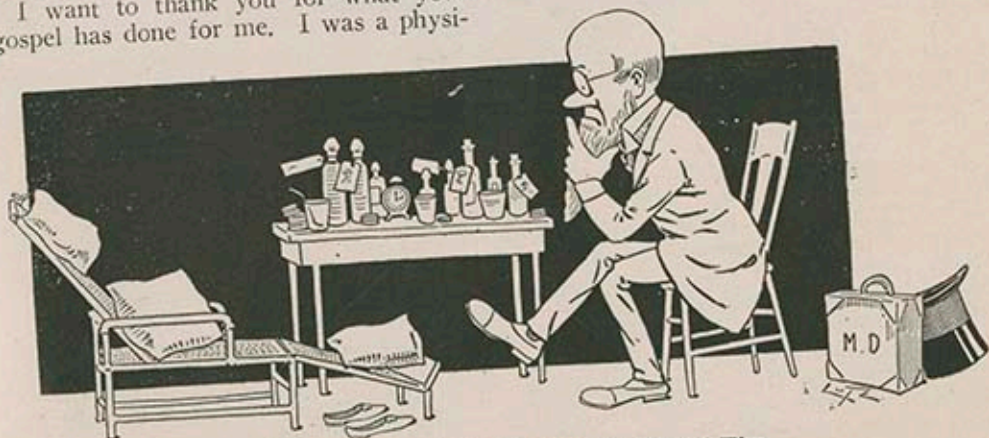
**Broker Would Have Given \$5,000 to Have Had Books Five Years Ago**

To the Editor:

Pardon this intrusion, but I want to tell you how much good I think you are doing for humanity. When I first came across your name, upon my coming on here from California, I rather regarded your earlier work as that of a "one idea" man; but I have come around to the belief that you are doing a *great deal* for the advancement of humanity. I have read and own most of your publications, and have found them most instructive. Would that I had had them many years ago, for their clearness and the concisely stated *facts* they contain are what people need in these busy times.

Get the love of fresh air and the country into a man and your battle for health is more than half won. There is more keen life and activity in facing a heavy squall up the Sound than in most anything else I know of. Again I crave your pardon for this intrusion, and wishing you every possible success I am, very truly yours,  
PEVERIL MEIGS, JR.

I'd give \$5,000 to have had your books six or seven years ago. P. M. J.



Perhaps Physical Culture Would Have Saved Him

## HEALTH AS A SUCCESS FACTOR

By Dr. Orison Swett Marden

EDITOR OF "SUCCESS"

*"Pile luxury as high as you will, health is better."*

THE first condition of success is to be a first-class animal. What else is so grand as to stand upon life's threshold—young, fresh, hopeful, with a consciousness of physical power equal to any emergency, a master of the situation?

The glory of a young man is his strength. As a rule, physical vigor is a necessity to a great career. It is the Napoleons spending twenty hours in the saddle; it is the Franklins camping out in the open air at seventy; it is the Gladstones, firmly grasping the helm of the ship of state at eighty-four, tramping miles every day, and chopping down huge trees at eighty-five, who accomplish great things.

You cannot achieve anything worth while without a clear, strong, active brain; and nothing strengthens and stimulates the brain more than a healthy body. The race of to-day will be won only by those who habitually keep themselves in such good physical trim that their minds will be capable of sustaining the high pressure put upon them by existing conditions. In every occupation and profession in the twentieth century the brain and nerve strain go on continually augmenting and intensifying.

It does not matter how highly gifted you are by nature, nor how great are your intellectual resources, if you have not physical stamina as your foundation, you will be handicapped in everything you attempt to do. Without this mighty balance wheel, even a genius is placed at a fearful disadvantage.

"What achievement is comparable to health? What to it are nuggets or millions?" asked Carlyle of the Edinburgh students. It was a bitter sense of his own crippled life from ill health, his sense of inability to perform that which his towering ambition urged him to do, that called out these words.

"I am certain," said Horace Mann, "I could have performed twice the labor, both better and with greater ease

to myself, had I known as much of the laws of life and health at twenty-one as I do now. In college I was taught all about the motions of the planets, as carefully as though they would have been in danger in getting off the track if I had not known how to trace their orbits; but about my own organization, and the conditions indispensable to the healthful functions of my own body, I was left in profound ignorance. The



Dr. Orison Swett Marden, Editor of "Success"



consequence was I broke down at the end of my second college year, and have never had a well day since. Whatever labor I have since been able to do, I have done it all on credit instead of capital—a most ruinous way, either in regard to health or money."

Everywhere we see young men and young women, in college and out of college, ruining all their future prospects by taking chances on their health. They half starve themselves in order to pay their expenses at college, and think they are doing a meritorious thing. They overwork and deprive themselves of sleep, thinking they are saving time and ensuring future success. Many a student commits suicide by exhausting his brain in trying to lead his class. All are prodigally wasteful of their vitality, forgetful of all the laws of health until Nature calls a halt and they are forced to obey.

Everywhere we see men and women side-tracked and thwarted in the midst of their careers by ill health. Although capable, mentally, of doing the work of giants, they are compelled to remain in mediocre positions because of low vitality or the lack of physical stamina. On every hand we see the efforts of people thus minimized by bodily weakness, which no industry or will-power can supplement. Many of them might have been well and strong had they taken the most ordinary care of their bodies in early life.

Lusty youth flatters itself that it is endowed with eternal health and strength, and that its stock of vitality is inexhaustible. He looks with pity on the hobbling old man, crippled with rheumatism, on the woman suffering from neuralgia or nervous prostration, all invalidated from overwork. It does not even occur to him that he will ever come to these things. The young man can lift a barrel of flour, work seven days a week, recuperate from a debauch by means of a few wet cloths or a sleep. The young woman can dance all night, two or three times a week, and work the following day, and yet seem none the worse. They think it will be always so with them—that they can be as wasteful of their vitality as they please without suffering any after effects. "Life's battles!" they exclaim.

"Why, we can fight them with one hand tied behind!"

That is all very well while youth lasts. But do you ever stop to think, my young friends, that this superabundance of life, more than you think you shall ever want, is a reservoir that must last seventy years or more? When you are forty-five or fifty, when your career has broadened out to its fullest scope of activity and usefulness, then you will not exult, however careful you have been of your health, that you have one ounce too much of vitality, of body or of brain for what lies before you to do.

It is astonishing how lightly most of us hold health while we have it. Yet many a millionaire would part willingly with all his millions to win back the health that he recklessly squandered while piling up his fortune.

Half the business men in our great cities to-day are drawing so heavily on their health capital that, before they are aware of it, Nature steps in and forecloses their accounts. Their unnatural methods of living, without proper exercise, without sufficient sleep, with improper food—and that hastily eaten—with no rest after meals to allow them to assimilate and digest, would kill a physical giant. The "quick lunch" has been the ruination of many a business man's digestion, and the indirect cause of many a business failure; for when a man's health goes, his courage goes with it. When he loses his stamina and vigor, he loses his enthusiasm and his power to think clearly and to act promptly. Low vitality takes the edge off his ambition, and all his affairs suffer.

Very few men keep themselves in condition to do their best work. They never think seriously of caring for their health. They think it one of those things that will take care of themselves no matter how they abuse them. They would not think of starting an intricate piece of machinery until it was in perfect order; until it was well lubricated and every defect that could cause jar or friction in its bearings had been removed. Yet they think nothing of starting up their mental machinery in the morning with exhausted brain cells, tired nerves, and generally low vitality. They think nothing of the matter until the machinery refuses to work.

Nature's price for health is regular and intelligent care. We cannot safely bottle up sleep to-night for to-morrow night's use, nor cram our stomachs at one meal because we expect to eat sparingly at the next.

Health, strength and longevity depend upon immutable laws. There is no chance about them. Primarily our parents, and secondarily ourselves, are responsible for them. Yet there is nothing that the average man and woman are less informed about than the physiology and chemistry of their own bodies. Not one person in a thousand can correctly locate important internal organs or describe their use in the animal economy. We pay a terrible price for our ignorance. Three hundred thousand people die annually in this country from absolutely preventable diseases. The number whose lives are stunted and rendered ineffective by preventable weaknesses or defects of some kind far exceeds this estimate.

It is pitiable to see men and women chafing under the restraint of physical disabilities, unable to avail themselves of the opportunities calling to them to come up higher and fill larger and more congenial positions. Their parents may be to blame for their physical defects, or they themselves may have undermined their health and their chances of enlarged power and usefulness at the same time. But whoever is responsible the results are the same. The unfortunates are hopelessly handicapped in their struggles to rise above poverty or mediocrity.

We may pity people who are lacking in vitality, but we are conscious all the time that there is a great lack in their makeup that cannot be covered or bridged over. If you are deficient in vigor or physical stamina, if you have a bodily

weakness of any kind, it will show itself in everything you do. Unless you are one of the rare exceptions to the rule, it will cripple your whole life-work. Everyone who knows you reads your weakness and lack of tone in your unsteady eye and hesitating step. It appears in every letter you write, in every speech you make, in everything you do; you cannot disguise it, and you will fall as far below success as you will fall below the health line. Every faculty of the mind sympathizes with every defect and weakness of the body.

The great prizes of life are not for the weak and ailing. With rare exceptions they are carried off by those who have a sound mind in a sound body. Young men and women who obtain a higher education at the expense of health and bodily vigor, are lacking in the first essential of fine culture—common sense.

"The time will come," said Frances Willard, "when it will be told as a relic of our primitive barbarism that children were taught the list of prepositions and the names of the rivers of Thibet, but were not taught the wonderful laws on which their own bodily happiness is based."

To be sensible of the importance of health and strength; to have a good knowledge of the anatomy, physiology and hygiene of the body; to know what to eat and drink and wear; to know how to work and to exercise, to rest and sleep—in a word, to know how to properly care for the human machine that he expects to run for seventy or eighty years, is the first duty that every sane individual owes to himself and to the world. All happiness, all success, all effective power in life depend on this knowledge and its practical use.

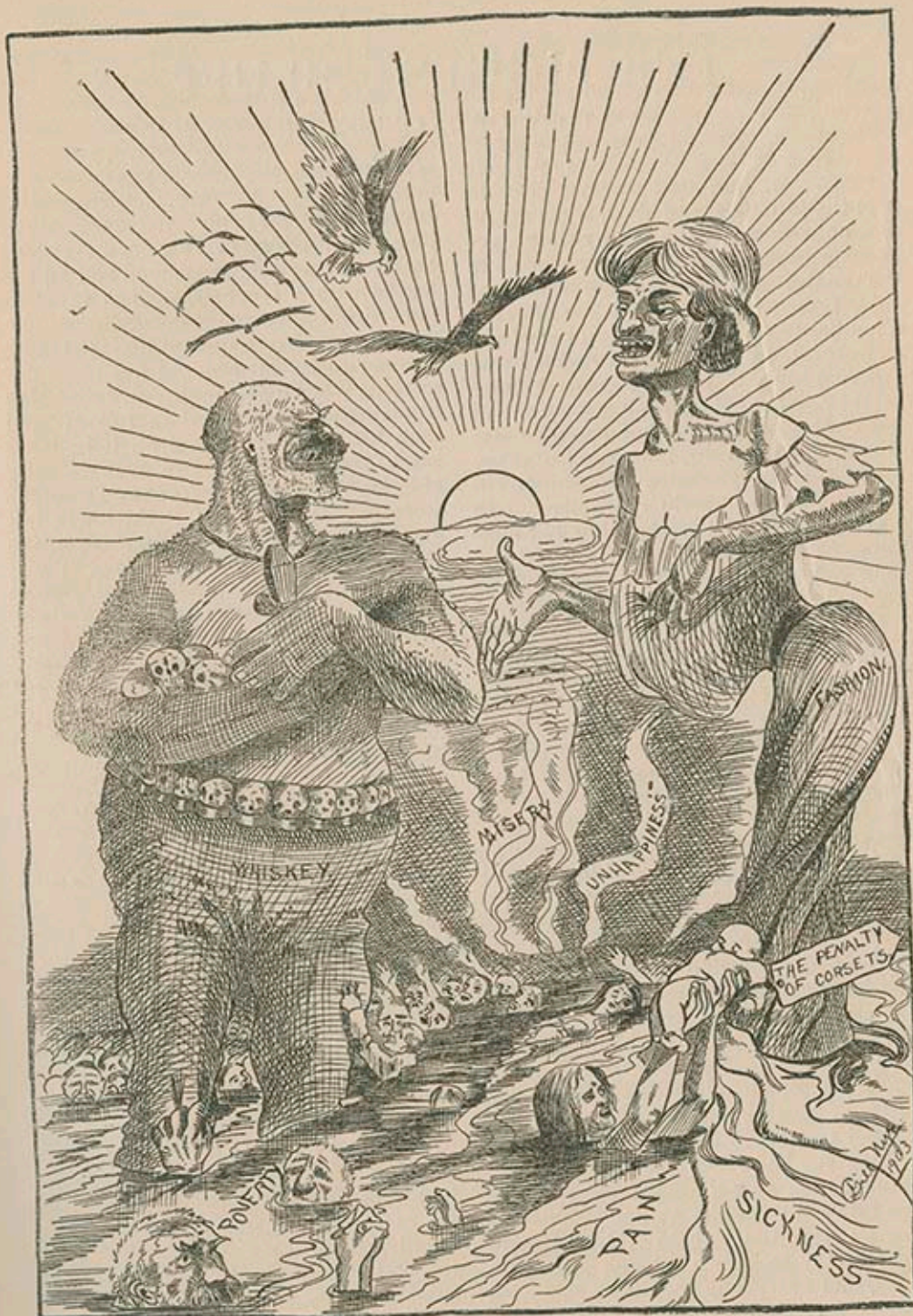
### CURED TO DEATH

Druggist to Customer—Try this Beef, Iron and Wine. It is certainly doing Brown's consumption good.

Facetious Customer—No doubt it is good for consumption but it was bad for Brown, he died this morning.

### FEAST AND FUNERAL

A vegetarian meeting a friend carrying home a large dead turkey from market, facetiously enquired: "Is it for a feast or a funeral?" "Well, a little of both," was the reply, with more truth than poetry.



THE HARVESTING OF WHISKEY AND FASHION

Whiskey: "What a rich crop! Why not have some, dear Fashion?"  
 Fashion: "After you, my dear brother."

## THE BIGGEST BLUFF

A STORY OF KLONDIKE LIFE

*By Mark Wilcox*

IN the palmy days of 1897, when everybody was growing rich by simply going to Alaska and helping himself to the wealth spread along her shores of gold, Cape Nome was the home of about a hundred men and devils and not of one woman. It was therefore a decided sensation when the fourth steamer to that barren port brought three women—two of them old and married, but one who was young, good-looking, unmarried, and unrestrained by any relative or guardian, except the two motherly old ladies. She was a gay and wild young thing, but none too gay or wild for the savages at Nome.

In a week's time she had a peck of gold nuggets beneath her bed, which were the surreptitious gifts of every marriageable man in town, and of some who were not. She had drunk a little, played a little, smoked a little, and sung and danced a great deal. She had given three balls, at which she had impartially danced with everyone present. And besides, she had refused the hands of six most eligible men.

At the end of two weeks it was an established fact that she would live in the families and under the protection of the two old women; and would marry no one, but would receive the attentions and gifts of all. But in three weeks' time she had openly preferred Joe Hilton.

It was at one of her tri-weekly balls. Joe had come in late, with his curly black hair carefully combed, his clothes brushed and looking as handsome as a young god in his stalwart six-foot frame. She had danced two successive rounds with him, a thing she had never yet done with any man. There were those present who said Joe brought with him an unusually large nugget for Miss Rena Bechtel. But of course they said that through pure jealousy, and everybody took it as such. At any rate, from that time forth Joe Hilton was a favored suitor. He always danced with her twice the same evening, and called on her every Sunday night. The

jealous ones said Joe always carried a nugget with him every time he called; but as he was quick tempered and all too handy with a revolver, no one cared to take him to task about it.

Thus matters stood when the fifth steamer came. It brought five more unmarried women and twenty-five men, and it took away a strong-box full of gold with "R. H. B." painted on it in large black letters. The five women very obligingly married before two months were out, and so Miss Bechtel was left supreme. There was no decrease in the circle of her admirers. In fact, it was made larger by the addition of several more from those who had just arrived. Among these was Tom Raynor, a medium-sized man with brown hair and a long mustache, who threatened to cut Joe Hilton out.

Joe was not much of a talker, while Tom excelled in that art. He had many stories to tell of exciting personal experiences which captivated Rena Bechtel. At the dances they would drift off together into a corner, and leave Joe to glower and scratch his itching finger on the stock of his revolver. He longed to fill that imposter with lead, but he knew it would do no good. The boys were laughing at him in their sleeves, and it would hardly help matters to slay brutally the man who caused his discomfiture. Instead, he looked on and endured, and pondered as to how he could turn the laugh on Tom.

One Sunday night Tom Raynor ventured to call on Miss Bechtel. This was the signal for Joe to execute the plot he had long been forming. He rushed into the house with drawn revolvers, and ordered Tom to leave at once, never again to enter that house if he wanted to keep a whole skin. Tom saw that Joe was terribly in earnest, so he went. Afterward he learned that Joe had driven him out of the house with empty revolvers! That was not all; he had told the

story to Miss Bechtel and thereby had become the favored one again. It was now Tom's turn to fume and rage; but he was not that kind of a man. He believed in doing things.

The following Sunday evening, as Joe was acting "John and Priscilla" in the sitting room of Mrs. Schlosser, where Rena Bechtel boarded, he was surprised from his silent contemplation of her white hands holding a book, by a low, fierce command:

"Throw up your hands!"

Accustomed to obey such a tone of voice at once, he threw up his hands and then turned to see who had the drop on him. With a sort of sinking sensation at the heart, he saw Tom Raynor. He was standing in the doorway with both hands thrust carelessly into his coat pockets; but from each pocket there bulged a very suggestive looking knob. Tom continued sarcastically:

"It's time you were going home, Joe. Just say 'Good night' to the lady and walk out with me."

"All right," replied Joe, nonchalantly; and he started out with his hands still high over his head. Just over the doorway hung a brace of horse pistols which his keen eyes had not failed to observe, and he steeled himself to snatch them as he passed. But Tom said:

"I think you can walk better with your hands clasped around your neck."

"All right, just as you say," quoth Joe coolly, though he saw his chance of escape slip away.

Through the short, level street of the town they went; Joe shambling awkwardly in front and Tom behind with his hands ever in his coat pockets. At last, when they were well out on the open beach under the glowing heavens, Tom halted his victim with: "Halt! 'Bout face!"

Joe obeyed carelessly. Then he waited for the end, for he verily believed Tom was crazy enough to shoot him dead. But instead, after a slight pause, Tom said:

"Well, I guess I worked off a bigger bluff on you!"

"What do you mean?" Joe cried with a sudden dawn of intelligence and a fierce flame of anger. For answer, Tom

slowly drew both hands out of his pockets—and they were empty!

"I mean," he drawled, "that I have walked you out here with my thumbs pointed at you."

"H—!" roared Joe, in a frenzy, jerking out a revolver and leveling it at him. But Tom was not idle. Before Joe could fire, Tom leaped at him and knocked the weapon out of his hands. At the same instant he brought to light a very self-evident revolver of his own.

"Hold on!" he shouted. But Joe in his turn snatched at the weapon. It barked spitefully, and together they crashed upon the icy ground. Joe fought like a wild-cat for a second; then he suddenly collapsed. The shot had taken effect.

Battered and bruised from the encounter, Tom dragged himself to his feet and examined the other man. To his relief he found that the wound, though severe, was not fatal. The shot had cut along the right side of the head, making an ugly gash—that was all.

"Well," he soliloquised, "I suppose it's the custom in this God-forsaken country to leave one's enemy to die when he's worsted; but I guess I'll do the Good Samaritan act." Thereupon he lifted as much of Joe as would lie upon his back and dragged him to the nearest house.

Joe's wound proved to be but slight, and in a few days he was around as well as ever. But he felt eternally disgraced. As he walked along the street he fancied that everybody in sight was laughing at him. Even the women that appeared in the doors of some of the shanties seemed to have a smile on their faces.

Going by the Red Eagle saloon he saw a crowd of his associates gathered within; but he dared not enter. As he passed, someone came out and called to him. He waited until he heard footsteps close behind him; then he turned. It was Tom following him!

"What in h—! do you want now?" Joe asked, fiercely, reaching for his revolver.

"Here, none of that now, pardner," Tom said quietly. "We're both in the same boat now! Haven't you heard how that Bechtel girl buncoed the whole town?"

Joe paused with his hand in his hip pocket.

"No. Why, what do you mean?"

"The night you hurt yourself another steamer came, and it left this morning with Miss Rena Bechtel on board with ten thousand dollars worth of gold. She also left a package at the Red Eagle, and said it was not to be opened until five hours after the steamer sailed. We boys all watched carefully to see that no one opened it before the time came, and we had just opened it when you went by. Guess what was in it?"

In his excitement, Joe pressed his finger upon the trigger of his revolver and ventilated the seat of his trousers.

"H—! How should I know?" he demanded, savagely. "Perhaps her photograph. Who was it for?"

"Yes, it was her photograph," returned

Tom, solemnly. "But she was dressed in boy's clothes. There was a long switch of beautiful brown hair like she used to wear, you know, in that bundle, too; and besides that she left this here poster;" and Tom suddenly drew forth a large placard which, up to this time, he had concealed under his coat. Before Joe's astounded eyes there flashed these words:

SOLD!

ALL SOLD!!

SOLD FOR \$20,000!!!

My name is NOT *Miss Rena Bechtel*,  
but MR. ROBERT HARRINGTON BULL-  
ARD, of New York!!!!

Hello! Jones, old man; why, how well you are looking. I thought the doctors gave you up to die.

Jones—No, I gave up the doctors to live.

#### HEARD AT BREAKFAST

Professor—No, I can not say I am a vegetarian, but I am something of a Theosophist and love to delve into the hidden mysteries of the unknown.

Lady Boarder—Try some of this hash, professor.

—Original by Edgar Nellon.



This Man Doesn't Believe in Physical Culture Foods, But Thinks He Could Win the \$1,000 Prize for the Most Perfectly Developed Man if He Should Enter

## HUNTED DOWN

By John R. Coryell

*This story will be continued through several numbers, and I believe it will be read with fascinating interest by every reader. The plot is well laid, the characters are wholesome, and the story progresses naturally to a dramatic climax. Mr. Coryell has written, under various pseudonyms, about one hundred and fifty well-known novels. He collaborated with me in the revision of my story entitled, "A Strenuous Lover."—BERNARR MACFADDEN.*

## CHAPTER I.

"OF course, you should know your own business best, Henry; but if I were in your place I'd sell out."

"At his figure? Never, never, never!"

The first speaker, a keen-eyed, hard-featured man, shrugged his shoulders and said, in an even, dispassionate tone:

"You know the history of these cases, Henry?"

"Yes, yield on their terms, or ruin."

"Well then?"

"Well then, I'll not yield and I'll not be ruined. Don't think I haven't given the matter thought," he went on, vehemently; "I have. I have studied the cases, and this is an epitome of them: Those who have yielded and gone into the combine have been the bad ones; those who have held out and been ruined have been the honest ones."

"The foolish ones, perhaps."

"No, honest; for the combine is controlled by heartless men, who lack morality, who use religion as a cloak and who study the law only to evade it."

"But they will crush you as ruthlessly as they crushed the widow who was supporting her family by conducting the business left by her husband."

"Do you know what they offer me for my business?"

"You told me fifty thousand dollars."

"And my net profit last year was twenty-five thousand dollars. No, I will fight those robbers; and they will find that they have not a weak woman to crush in me. I have been looking forward to this, and I have quietly made contracts with some of their own people which will enable me to obtain all I need in the conduct of my business for at least five years."

"And yet you will be crushed, Henry. As a lawyer I have had much to do with

the victims of the trust, and I tell you that what it cannot accomplish in one way it will in another. Beware of it, Henry!"

"And you advise me to sell for fifty thousand dollars a business and a manufacturing plant which are worth to me at least half that sum each year? You are mad; you do not know Henry Thorne; and what is more, those men do not know me. What! Throw up my hands and let them go through my pockets just because they point a wooden gun at me? Never, never!"

He started passionately from his chair and strode up and down the library, betraying more than before the rugged vigor of his Herculean frame, and bringing out into stronger relief his massive head with its bulldog jaw and flaming eyes.

The cold lawyer, thinking of the fierce temper and the unflinching tenacity of the man, shrugged his shoulders again.

"Fight then, Henry," he said, "if you can discover your foe. Do you remember the story of Jack the Giant-Killer?"

"Fairy stories have had no part in my life; I don't believe in them."

"I can't say that I believe in them," said the lawyer dryly; "but I have known them to serve a purpose; as, for instance, in putting your case before you. We will say you are the giant and the trust is Jack, which, I am sure, is sufficiently flattering to you. Well, Jack puts on his cap of darkness so that he cannot be seen, and takes out his sword of sharpness, with which he can cut anything, and then hacks away at the giant in perfect safety."

"Tut!" was the curt response; "I'm not afraid of them, or their insidious ways. I'll fight and I'll win;" and the strong jaws snapped shut as if they had closed in a death-hold on the throat of the trust.

Again the lawyer shrugged his shoulders, as if understanding perfectly well

the uselessness of argument; and yet he would have argued further but for being checked by the sudden listening attitude of the other, who had stopped his fierce striding to and fro and was standing with head turned, while love and delight drove out the fire and brought softness into his eyes.

"Harry," he murmured. "Do not health and vigor ring in his voice? Ah! there is music. And his step! Did you ever know one at once so strong and firm, so light and elastic?"

"I had forgotten," said the lawyer, after listening for a few moments to the voice and the swift, light footfall in the hallway; "you have one interest paramount to business, Henry."

The rugged face lighted up with eager interest. "Business, William!" he cried. "I like to accomplish things; I like success; but if you ever thought I cared for money for its own sake you made a mistake. Harry paramount to business?" He laughed in a grim way of his own. "Well, yes; for I love Harry, and admire him more than I love him. And yet more do I admire the thing he stands for and so well represents."

The lawyer studied him wonderingly, surprised by the unexpected revelation of an hitherto unknown phase of his character.

"What does Harry represent?" he asked.

"Do you remember him?" the father asked.

"I have not seen him for about ten years. He must have been about fourteen then. I recall that he was a handsome, bright-eyed lad, looking more like his mother than you—begging your pardon for the imputation that you are not handsome," he added with a smile.

"He is twenty-three now," Mr. Thorne said, quite ignoring the latter words. "He has his mother's face, but my vitality and my physique, happily. He is a marvel, and fully bears out my theories."

"Oh," said the other, ironically, "you don't believe in fairy stories, but you have theories. Come, Henry, this is more interesting than advising you to do things you are determined not to do. May I know about these theories?"

He stretched out his legs as if to make

himself altogether comfortable, and bit off the end of a cigar, preparatory to lighting it, murmuring a perfunctory "May I?" as he struck a match.

"A criminal habit, William."

"And like a great many wicked things, delightful. I believe if you only smoked, Henry, you would not be so foolish as to fight the trust. I suppose Harry doesn't smoke—to your knowledge?"

"No; he uses neither tobacco, nor spirits, nor coffee. Oh, laugh, if you will, but you will believe it when you see him, as you shall presently. I think he has never tasted any drug."

"Henry, Henry!" murmured the lawyer, shaking his head; "what trouble you are laying up for yourself. But to these theories. Tell me what they are."

"Yes, I will tell you in the face of your raillery and your skepticism. I believe that the human race can be regenerated. You think I am crazy. Wait a moment. My plan is simple, after all, for I have a plan as well as a theory. I assume that if you could eliminate disease and the germs of disease from the bodies of two human beings—a man and a woman—their child would be in all probability physically perfect at the very threshold of life."

"I should think you would have to spell that 'if' with capital letters, Henry," interposed the amused and astonished listener.

"Of course, I understand that; I am not the visionary you think. But I had Harry to experiment with."

"Poor Harry!"

"Commiserate him when you see him. He has never known a sick hour—literally that. You may say, good luck; I say, management. His diet has been rational, his whole life the same; and he is to-day—I say it without fear—the best all-around athlete in the world."

"Athlete!" cried the startled lawyer. "Well, I will say, Henry, that I never before thought of you in the light of a trainer. Athlete! Upon my word, I thought you were going to claim for him that he was an intellectual marvel. Athlete! The son of Henry Thorne, the man who carried off the honors of his class, trained to athletics! But come! his brain, Henry, what of that?"

"Healthy, normal."

"Has he stood well in school and col-



lege? What college, by the way? The old alma mater?"

"He has never been to school; he goes to no college."

"He knows nothing, then? He is nothing but an animal?"

"He is nothing but an animal; it is his highest title. Of course, the animal has his brain, and having it, uses it to the best advantage. In other words, he thinks; or, preferably, he reasons."

"You have taught him at home, then. I understand. But with all respect to you, my old friend, that seems to me a waste of time. All and more than you could teach he could have learned at school and college."

"I believe not. There they strive to fill the memory with facts; and they too often crowd the storehouse so that the facts are not accessible. Harry can use all the facts he has stored away."

"I am eager to talk with this prodigy," said the lawyer, more dryly than ever.

"Oh, he knows no Latin, no Greek, no Hebrew, no higher mathematics."

"No fairy stories?" murmured the lawyer.

"Certainly not."

"And yet they might teach him to reason. Consider Jack the Giant-Killer!"

"Yes, you always had a grim humor, William."

"Does this poor boy ever laugh? Did he ever play games? Does he know the flavor and consistency of taffy? Henry, you appall me."

"Wait until you see him," answered the father, smiling serenely.

"I am waiting for that with growing fear. But before I see him, let me ask if this magnificent, disease-free, disease-repelling young man is provided with a mate of precisely the same sort? Have you found a young woman without germs, without facts, without games, or mirth, or candy?"

Mr. Thorne smiled with the tolerance of superiority. "I have found her."

"And the young people have duly fallen in love with each other, and will marry and breed other germless, gameless, mirthless ones like themselves? Oh, Henry! where is your knowledge of human nature?"

"Love, William, is a word used by

prudes as a respectable cloak for that natural attraction which two animals of different sex have for each other, and which is so opprobrious under the name of passion."

"Certainly, you have theories."

"It is time for a rational theory on this subject; time that love should no longer be the excuse for the bringing into the world of crippled and diseased children; time that girls should learn to choose fathers for their children and not lovers for themselves; time that they should be taught that motherhood, and not marriage, is the prime consideration; that marriage is an incidental and artificial relation and that motherhood is a natural function. Theories? Yes, I have them, William."

"May I ask, did Harry choose this girl for his—his—the mother of his children? And did this germless girl pick out Harry for her—the father of her children? Or has this been done for them? Oh, the joy of such a courtship!"

"They are both impressed with their high destiny, and both rejoice in the opportunity to help in the regeneration of the world."

"A fairly large contract, it seems to one who is still unregenerate."

"Each individual must do his duty as he sees it."

"Or as his theorizing father sees it," answered the lawyer, flinging his cigar into the fireplace and rising to his feet. "I tell you, Henry, this world will go right on in its own way, and it's with the world as with the trust: you must conform or be crushed. For Heaven's sake, let me see this germless boy. Forgive me if I am sarcastic, Henry; but I am a little off my balance at the sudden sight of you reforming—no, regenerating—the world."

"Laugh, but see Harry."

"Yes, let us see him; and if I don't cry I'll laugh again. But one word on business before we leave the room: More than ever I urge you to sell out. Better take your paltry fifty thousand and whatever else you can save out of the wreck, and lock it up so that you can get at the interest only. It will be enough to theorize with. Or, if you insist on fighting the trust, at least give up theorizing; give up this scheme of regenerating the world."

"Shall we go see Harry?"

"By all means," answered the railing lawyer, "let us go see Harry. I suppose he can't come to us because he is now standing in a carefully prepared vacuum, which is to bring out some particularly recalcitrant muscle; or is it a bump on his head that refuses to reason properly?"

"I take you to see him," answered the other, with a smiling patience which was the more striking because of the fiery temper of the man, "for the reason that this is his hour for his gymnasium work; and I want you to see him stripped."

"Does he have an hour for discussing germless babies with the germless young woman; or does reason do away with the necessity for discussion of any kind between regenerators?"

"I am glad to see you so merry, William, albeit your humor is a sardonic one. The young people are the best of friends. They ride and walk together; fence, wrestle——"

"They wrestle?"

"Why not?"

"Take me to this germless boy of yours, and then let me flee far away. Henry, this is more like a nightmare than a waking experience. Great Heavens! what a little monster that baby will be!"

"Because its mother isn't a flabby, nerveless woman? Tut, William! you don't use your reason. Why shouldn't a girl wrestle? After you have seen Harry you must see Elizabeth."

"I doubt if I can stand so much in one day, Henry. So her name is Elizabeth! My imagination pictures her tall, scrawny, brawny, red-haired. I don't know why red-haired, unless it be that the good queen of that name had red hair. By the way, she died a virgin."

Henry Thorne still smiled patiently, and led the way up the broad stairway to the top floor of the great house.

"The gymnasium is up here, as well as Harry's own rooms," he said, pausing on one of the landings, while his less muscular friend regained his breath. "The house was strongly built, so that this floor might be so used."

"Devoted from his birth, I suppose, like a character in a story book, such as the poor boy has never read."

"He hasn't read a great deal, but

enough, I think. We have come in a good time; they are evidently resting."

With this he opened the door, near which they stood, and the lawyer looked into a spacious room, fitted up with apparatus like a gymnasium, at the further end of which stood two men, nude, except for the tightly-fitting trunks and slippers they wore.

## CHAPTER II.

The two men were in striking contrast to each other; the one giving the idea of the burly, invincible strength of the elephant, while the other impressed the eye with his tiger-like liveness and reserved swiftness.

The latter had his back to the door, but, at the sound of its opening, he turned and cried out in a joyous voice:

"Hello, dad!"

He saw the stranger at the same time that he spoke, and went toward him, putting his hand out to him as his father told him that he wished to introduce him to his friend and old college chum, William Christy, of whom he had heard him speak.

"And this," he said to his companion, "is 'the germless boy.' What do you think of him?"

"Aha!" laughed Harry gaily; "dad has been telling you what a wonder I am. I know him, you see. What does he mean by 'the germless boy'? That is a new one on me."

He spoke so cheerily, was so spontaneously merry, so frank and so easy in his manner, and yet so modest that the grim lawyer was won in an instant. He shook Harry's hand cordially.

"That was a foolish joke of mine, because your father said you'd never been sick. You look as if you never had."

"Germless!" repeated Harry, as if seeking the point of the joke; and then suddenly breaking into an infectious laugh. "I see. Then if I'd been sick you'd say I was a Germ—an. No, that isn't mine; I heard that. Germs for Germans, Mike-robos for Irishmen. You laughed at dad. You don't believe in his theories, I suppose?"

"Do you?" demanded the lawyer, characteristically.

Harry looked quizzically at him out of

a pair of searching brown eyes and answered:

"I know I am well and strong and have never been otherwise. I know that other fellows who have not been brought up by dad's theories are no match for me. Why shouldn't I believe in theories that have done so well for me. Still, I hope I am open to conviction. Are dad's theories wrong?"

"I won't say that; but they are amusing and novel; very amusing. But," and he smiled, "I have been a lawyer too long to willingly undertake to prove the negative. Will you prove to me that they are correct?"

"Get dad to do that," laughed Harry. "He preaches and I practice."

"Do you practice as faithfully as he preaches?"

"I think so. Don't I, dad?"

"You certainly look as if you did, Harry," his father answered in a tone and with a glance of the eye that spoke of his adoration of his handsome boy. "I don't believe William doubts it." He turned to his friend. "I am going to leave you with Harry for a little while; cross-examine him as much as you like."

"I may be indiscreet, Henry."

"Perhaps; but I have nothing to fear from your indiscretion. Take good care of him, Harry!" He smiled and left the room.

"I'll send Rudolf away and put my clothes on," said Harry; "then I can entertain you by standing cross-examination."

"On the contrary, continue your work with Rudolf, if that's his name. I would like to see him put you down; for I suppose you are wrestling."

"Not exactly that. He has been to New York, where he has learned some new tricks, guards, and holds, you know, and is trying me with them. I give him the hold and he tries to throw me."

The lawyer looked at the big fellow and then turned to Harry, and ran his eye over him. He smiled in his ironical way.

"You don't mean he can't throw you?"

"Watch him!" answered Harry, with a smile of confidence; then led the lawyer across the room, saying to the big fellow as he went: "This gentleman wants to see you put me down, Rudolf."

"I'll give you ten dollars if you put him down," said the lawyer, who could not rid himself of the notion that the big wrestler flattered Harry by pretending inferiority.

"If he'll gif me de holt," said the wrestler in a broad German accent, "I vill pud him down if I can."

"You shall have the hold," said Harry, and then added in German: "The gentleman thinks you fake when you let me win, so I want you to do your very best. He'll give you ten dollars if you win, but I'll give you ten if you only get one shoulder down."

The lawyer, who understood German perfectly well, was altogether astonished at this, which proved conclusively enough that the contest would be honest. - But that did not surprise him so much as the fact that Harry spoke German with the correctness and fluency of a native.

"Oh," he exclaimed, "you are instructing him. That isn't fair."

"I beg you to believe I have said nothing improper or unfair," protested Harry ingenuously. "I did not think how it might sound to you. The fact is, that he is a Hanoverian, and speaks such good German that we always converse in that language."

"But I got the idea from your father that you spoke no languages; though, come to think, he only said you had no Latin, Greek or Hebrew."

"Yes, it seemed a waste of time to go far with them. I don't know a thing of Hebrew, and I only went as far as the third book in Virgil."

"And in Greek?" demanded the astonished lawyer.

"Only the first book of the Anabasis. But some day when I have time I shall take Greek up again. Isn't it the most magnificent language? But you see dad thought I ought not take time now for more than what he calls an etymological knowledge of the dead languages; he was so anxious for me to know the modern languages thoroughly."

"And which of the modern do you know?"

"Only French, German, Italian and Spanish. But some day I shall take up Russian."

"For Heaven's sake wrestle!" cried the

lawyer. "The next thing I know you will be telling me that you have discovered a new planet."

Harry looked at him doubtfully for a moment, then shook his head smilingly.

"I don't think I understand," he said. "But come on Rudolf! Get your hold! What? That one?"

The burly wrestler had taken a firm underhold; and as the lawyer looked at the massive arms and knotted muscles, he felt that nothing short of a miracle could save Harry from a fall. But that was counting without Harry.

Instantly that Rudolf signified that he had his hold, Harry went on the offensive, and to the spectator who had never in his busy life had time to give to looking on at athletic games there followed a veritable struggle of Titans.

Rudolf, fearful of losing the advantage his hold had given him, and wishful of winning the twenty dollars which would be his in the event of success, fought to maintain his advantage with a fury of strength and skill terrible to see.

They moved about over the mattresses in such a tangle of bodies, legs and arms that it was difficult for the unaccustomed lawyer always to follow them. Sometimes one was in the air, sometimes the other; for Harry, unable to break the hold, yet had guards against it. That the contest was in earnest the onlooker never doubted.

It seemed to him uncanny that a boy like Harry should possess the attributes of mind and muscle which his father's theories had procured for him; and he heartily wished to see the German triumph. And it seemed to him, too, that he could now understand for the first time in his life what the feelings of the old Greeks and Romans had been as they looked down into the arena on the mighty combats going on there.

He moved about the two wrestlers with bated breath, crouching as they crouched, swaying as they swayed, crying out in a low, hoarse tone when one or the other seemed to gain a temporary advantage. Then a sudden gasp of utter amazement broke from his lips, and he started back.

Harry had squirmed at last out of the grasp of the big fellow, had turned in some marvelous way, and the next mo-

ment the Herculean body of the German was thrown into the air, his head crushed into Harry's shoulder. In two minutes more, despite his furious struggles, Rudolf's shoulders were pressed fairly to the mattress.

"Now," said Harry, a few moments later, as panting and flushed he approached the lawyer, "I'll put on my clothes. I'll do no more to-day, Rudolf. Thank you. Be here to-morrow at the same time."

"Oh!" said the lawyer, "just one question, Harry, before I forget it. Your father told me about Elizabeth"—he watched the young man's face for a look of consciousness—"does she wrestle like this?"

"Yes, indeed; and she's a marvel. I have more trouble with her than with Rudolf."

"Hm! And you are going to marry her?"

"Yes. You see, she is the most perfect woman we know; and her uncle and dad think we shall make the best parents——"

"For Heaven's sake, Harry! And doesn't love enter into the account at all? Are you going to marry without love?"

"Love!" laughed Harry, merrily. "It seems so funny to hear you speak of it as a factor of importance in such a matter as parenthood. But, of course," he added seriously, "I like her very much; no one could help it. She is magnificent. I have a nude of her in my room, which I would like to show you, though it doesn't do her anything like justice. Ah! if she had lived in classical times Phidias or Praxiteles would never have wasted his time on Venuses, but would have done Dianas from her."

"A nude of her!" cried the startled lawyer. "I fancy you'd better get her permission for that."

"She doesn't mind. Why should she?"

"Well, I think I won't try to argue that matter with you, Harry, particularly as I have only a little more time before my train goes, and I have some things yet to say to your father. Harry, if you have any influence with him, persuade him to sell out to the trust. I am afraid his theories won't work as well with that as they seem to have done with you."

"You mean to sell out at fifty thou-

sand?" asked Harry, betraying his knowledge of his father's affairs.

"Yes."

"I can't do that, sir," answered Harry, his face lighting up in the same fierce, set way that his father's had done; thereby drawing the lawyer's attention to the fact that his jaw was cut in the same rigid lines as his father's. "That would be cowardly. No, sir! we'll fight them to the death."

"Well, good-bye!" sighed the lawyer; "I'll not see you again, perhaps, until trouble comes. Remember that you can rely on me for disagreeable advice always."

### CHAPTER III.

William Christy, the hard-headed lawyer, who yet believed in love as a factor in the world's work, and who was shocked instead of pleased with Harry as a product of his father's theories, would surely have been unable to withhold his admiration if he had seen him for the first time as he strode over the lonely roads that afternoon in the district back of the little manufacturing town where the Thornes lived.

He was the sort to catch and hold the eye of man or woman; and few of either sex ever saw him without wishing to take a second look. As for Harry, himself, he never took a second look at anyone unless there was some especial reason for it. Perhaps Elizabeth filled his thoughts, even if the lawyer had failed to find a look of consciousness on his face when she was suddenly spoken of.

He strode along this afternoon, filled with the joy of the soft spring air and thinking mirthfully of the old-fashioned notions of his father's friend. Certainly, from the little he had read of it, love was a very foolish sort of sickness; and he could not help being glad he had none of its germs in him. He was quite content to think of the magnificent Elizabeth as the mother of his children. "Germless Elizabeth," he said to himself, and laughed gaily.

But he checked his laugh at the sight of four dirty, evil-looking fellows who lounged about a fire a short distance within the woods. The balmy weather had brought the tramps out.

But tramps represented dirt and disease to him, and he therefore put them out of his thoughts as soon as possible. Nor did he look back at them. He had seen enough in one glance.

Half a mile further on he saw a girl coming, a lunch basket in her hand, her manner of walking indicating that she was weary. He thought at once of the different way Elizabeth would have come toward him; how free and elastic her stride would have been; and he pitied this girl who had not been properly brought up.

The girl proved to be a somewhat undersized—as compared with Elizabeth— young woman, who looked shyly at him, bent her head, and hurried past. She was plainly a teacher in the district school, where she wickedly filled the heads of her pupils with facts. Harry had a sense of humor, so he laughed as his father's phrase came into his head, though he believed it, too.

He did not look back at her as she passed. Why should he? She did not make him think of Diana, nor even of Venus. She was, on the contrary, a very evidently weak girl, who taught school because she had to earn a living somehow, and not because she had any especial fitness for it. So Harry dismissed her from his mind and strode on.

Ruth Warner looked furtively back at him, however; and, seeing that he went steadily on, stopped fairly and watched him, her pale face flushing and her big blue eyes shining with admiration.

She knew him perfectly well; knew who he was; had seen him a great many times. She had been brought up on fairy stories, and had read a vast number of novels and romances. Harry Thorne was her secret hero, and the sight of him always set her blood almost jumping in her veins. And the blood was inclined to great soberness in her veins, usually.

Harry turned a corner in the road, and Ruth went on. There was no law against dreaming of him, so she dreamed. There was none, on the other hand, to compel him to think of her, so he forgot her within two minutes.

He strode on, head up, filling his lungs with air. It was a mighty good thing just to be alive; a mighty good thing. How could any human being, with bodily and

with moral cleanliness possible to him, take the life of those tramps?

Those tramps! Harry stopped short in his tracks. That girl must be going that way. A poor, weak little creature, who could neither fight nor run. If it had been Elizabeth, it would have been worth while going back to see what would happen to the tramps.

But it wasn't Elizabeth; it was that weakling. He hurried back to the turn in the road, already some distance away, for he had walked rapidly. The school teacher had disappeared over the top of a rise in the road.

He ran to that. She was further away than he had supposed. Those who walk in opposite directions do put a great deal of distance between them in a very short time.

He ran to the turn in the road around which she must have disappeared. He had quite forgotten there was a turn there. Now he could see her. She was opposite the place where he had seen the tramps; she was past it. No doubt she was safe.

No! She had broken into a run. Two men came out of the woods and went after her; two came out ahead of her. Her wild screams for help smote Harry's ears.

But he had not waited for that; he was already flying toward her at such a pace as carried him nearer in a marvelously short time.

The men saw him, hesitated, looked again, noticed that he carried no weapon in his hand, not even a cane, and each of them had a club. Two turned to him, the others held the girl and smothered her cries in a dirty coat.

The tramps broke into hideous oaths as they rushed at Harry with upraised clubs; the other two urged them on with oaths.

Harry ignored the clubs, apparently; executed a right and left with his fists, and the two men went down like a couple of insecurely set-up ninepins. The remaining two, not understanding this, and having faith in themselves in such a matter, left Ruth and ran at Harry, but more warily, looking for a chance to hit him with their clubs.

It availed them this, that he took the

club away from one of them—the fellow never understood how—hit him over the crown with it, which prevented him thinking the matter over then, and then beat down the other fellow's club and the fellow at the same time.

It was so cleverly done that it was a pity there was no appreciative eye to see it. Even Ruth, who would have been only too glad to appreciate the prowess of her hero, got the dirty coat off her head too late to see any more than that her assailants lay on the road, and that her hero was approaching her without any signs of excitement on his very handsome face.

"Oh! Are you hurt?" she cried. "Oh, let us run!"

It was impossible for him not to laugh at the idea of running from the men who were prostrate. So he laughed softly, with a sub-consciousness that there was something in the face of the badly brought up girl that was very interesting.

"I don't think we need to run," he said; "but we might as well go on. I don't know, though, but I ought to take these fellows to jail, instead of going with you."

"Oh, come with me, please!" she cried fervently; then blushed deeply and stammered some incoherent foolishness.

"Yes," said Harry, judicially, "I'll go with you. You are nervous and frightened, though there is no need."

"Really, there is no need, sir," she stammered, painfully.

"Tut!" said Harry, in his father's decided way, "I'll be the judge of that. Come!"

He took her arm in his strong hand, and she looked up at him, trembling and more frightened, if the truth be told, than when the tramps assaulted her. He smiled into her timid face, and she thought it was the divinest smile the earth had ever seen.

And Harry was amazed to find that there really was something pleasureable in protecting a weak girl.

"Just as you please, sir," she said meekly.

And Harry thought there was something positively winsome in her humility.

(To be continued.)

## CAUSE AND CURE OF COUGHS

By *Bernarr Macfadden*

A COUGH in itself can hardly be called a disease. It is accompanied usually by other diseases, and is merely one of the symptoms. For instance, a cough is usually present in catarrh of the larynx, in nervous dyspepsia, in bronchitis, consumption, pleurisy, intercostal neuralgia, pneumonia and pharyngitis.

A cough is an exceedingly troublesome complaint. Frequently it induces serious loss of sleep, and is a constant source of irritation. There are various kinds of coughs. They are divided and described in the following terms by some physicians: Stomach, nervous, hacking or tickling, heavy or hollow, dry or tight, hoarse, barking and chin coughs.

## GENERAL CAUSES.

There are almost innumerable causes that induce this trouble. As has been stated previously, a cough is the usual accompaniment of one or another serious disease. It is nature's method of riding the lungs, the larynx or the throat of obstructions, and under such circumstances it is beneficial to have a cough. Frequently, if it were not for the cough, the larynx would fill up with phlegm and suffocation would ensue.

In addition to being caused by various diseases of the lungs, larynx and stomach, a cough is induced often by an irritation of the throat, usually brought on by an abnormal condition of the nervous system. Coughs of this kind often become chronic. Many people acquire a *habit* of coughing when the slightest irritation occurs in the throat, and the cough itself finally becomes a habit that it is difficult to eradicate. A cold or congestion of the affected parts is a very important cause.

Naturally a debilitating influence of any kind would assist in inducing a cough. Breathing bad air, eating beyond the digestive capacity, a life of ease and inactivity, would lessen naturally the general vital vigor, and would make one more liable to attack from the various diseases that are accompanied by coughs.

## PHYSICAL CULTURE TREATMENT.

In the treatment of a cough, if it be merely the accompaniment of some more serious disease, it is necessary, in order to effectively remedy it, to cure the disease first. If you have a cold, if your lungs or larynx are affected, first of all remedy these conditions. Only temporary relief can be secured from the cough while the cause continues to exist.

It is not at all infrequent, however, as has been stated already, for coughing to have become a sort of a habit. It may have been caused by a cold or a disease of some kind, and the cough itself has kept up an irritation that has made the trouble chronic.

For temporary relief from paroxysms of coughing, or from coughs induced by an irritation, the free use of pure honey is advised. If it will make it more pleasant to taste, lemon juice can be mixed with it. Gargling the throat with a strong solution of salt and water is frequently valuable in the way of additional treatment.

Where mucus or phlegm is raised by the cough, it should be remembered that the paroxysm serves a beneficent purpose. When the coughing is very violent, the application of very hot cloths to the throat will be productive often of beneficial results.

If the cough is caused largely by a nervous condition, the inclination to cough should be resisted. It should be remembered that habitual coughing upon the slightest evidence of an irritation will generally increase the irritation, and that a cough of this kind can often be cured by a simple exercise of the will-power. The habit of coughing on account of a slight temporary irritation of the throat causes the patient often to continue to cough when the original cause has been removed.

Hot cloths placed over the chest and neck, and changed frequently, give often very effective remedy in cases of very violent coughing—as, for instance, in whooping cough.

It should be remembered that the

presence of a trouble of this kind, even if no other evidence of disease appears, indicates usually that the general physical condition is below the standard, and constitutional treatment of all kinds that will build up the general health is advised. Care should be used not to over-eat, stimulants of all kinds should be avoided, a non-meat diet is usually preferable, and thorough mastication of food and the avoidance of excessive clothing are advised.

Do not wear heavy flannels with any idea that they will benefit you. The less clothing you are able to wear and yet maintain normal warmth, the better off you will be. Linen or cotton under-clothing should be preferred to woolen. A thorough friction bath should be taken every morning, and should be preceded by some active exercise that will bring all the muscles into vigorous use. There are two ways of taking this friction bath. One is to secure two small, soft bristle brushes and to go all over the body with them, brushing back and forth until the skin is pink from the acceleration of the circulation. Another method, and one that most persons prefer, is to use a very rough friction towel. Grasp the dry towel firmly at each end, and rub it back and forth over every part of the body

just as has been advised with the brushes. Five or ten minutes should be spent daily taking this friction bath. A thoroughly active skin is essential to the perfect working of the organisms, and nothing is as beneficial in bringing this about as is the friction bath.

It is advisable usually to follow this friction bath with a cold bath. If you cannot recuperate with a feeling of warmth after the free application of very cold water to the body, use a wet towel or sponge, afterward drying thoroughly.

Outdoor exercise of all kinds should be taken freely, although extreme fatigue must be avoided. When out-of-doors deep breathing exercises can be especially recommended.

Pure air should be had at all times. While confined in the house very free ventilation should be obtained. Attention should be given especially to this during sleep. See that the air in your sleeping room contains as much oxygen as does the outside atmosphere.

If careful attention is given to this advice, and if the will-power be used to avoid coughing merely from habit, the trouble should disappear, when temporary, within two or three days, while chronic cases should be eradicated in from one to three months.

## ONE WAY CIGARETTES INJURE A MAN

*By E. A. King*

"Harry, why do you smoke cigarettes?"

"Because I like them," he replied.

"Don't you think they injure you? Just look at your yellowed fingers and nails, look at your pale face, yellow mouth and eyes. Man, these things are ruining you! And the odor—such a smell radiates from a cigarette smoker! I wish you would quit."

I said many other things; but his reply showed how little I could hope to do for him. He said:

"Mr. King, I have been smoking ever since I was a little boy. I have chewed and smoked since I was eight years old, and for at least eight years I've smoked cigarettes. Some days I've smoked a box or two, and honestly, I don't see that they have injured me a particle."

And the young man seemed to be in earnest. There he sat on the curbstone. His shoulders were bent forward, his skin was pale and sickly, he exuded a greasy, yellow perspiration, and his fingers were as yellow as saffron. He had a far-away look in his eyes, and was never known to do any really hard work. He was proverbially lazy. As I looked upon him, I thought:

"What a deluded fellow you are. You don't know that you are a physical and moral wreck!"

This is precisely the point that I want to emphasize. An inveterate smoker of cigarettes dulls his own moral perceptions. He grows gradually blind to his best interests and easily falls a victim to vicious habits.



## DOCTORS, DRUGS AND DEVILS

OR, THE FOES OF CHRIST THE HEALER

*By the Rev. John Alexander Dowie*

I WANT to speak as I ought to speak, boldly.

I want to speak carefully; but I will say that I speak without an atom of fear of the whole fraternity of doctors, by which term I include not merely the profession of the physicians, but of the surgeons.

I want to say to-day that *doctors, as a profession, are directly inspired by the devil.*

I want to say that there are a few doctors who are men of good Christian or manly character, but that, by the way in which it is prepared for its work, the medical profession is eminently calculated to undermine every particle of virtue in the human heart.

I will not, because of Christian friends who are dear to me in the medical profession, fear to declare the counsel of God; and I venture to say to-day that new fetters are being forged, and new lies invented, and new powers of a diabolical nature brought to bear upon man in order to enslave him in a worse bondage than he has ever escaped from, and the members of the medical profession are to-day the servants of the devil in the degradation and enslavement and destruction of humanity.

There are men in that profession of high character, who are endeavoring as best they can to handle their deadly drugs and their sharp instruments; these endeavor to pray over their infernal profession. But I never knew the wife of a surgeon, or of a doctor, who did not mingle her prayers with her tears when she thought of her husband's profession. I do not say that all men are liars, but if I said that most men are liars, that would be true; and I do not say that all doctors are bad, but if I said that most doctors are bad, that would be true.

Now, first of all, I want to say that



Rev. John Alex. Dowie as He Appears To-day

the medical profession of Chicago, of the State of Illinois, of the United States of America, and of the world, are perfectly conscious that when they are speaking of medicines as being a science, they are telling a lie, and know it.

There is not an atom of foundation for science in medicine.

These poisoners-general, and surgical butchers, appeal to the Legislature to endow them with certain powers and to place the people in their hands by cruel laws, that they may inoculate them with the various poisons, with the virus of the filthy pox, and by so doing hand them over as slaves to professional destroyers.

They are wanting to go farther. They are wanting to have the Legislature, and they have done it in part, put the children into their hands to inoculate them with the antitoxin for diphtheria.

And they want to go farther. They want the Legislature to hand the people over to them to inoculate them with the lymph that shall be a preventive for tuberculosis.

They want the people to be handed over to them by law to be inoculated against rabies, so that they may not have lock-jaw; and by the time these gentlemen have got through they will have the Legislature hand the children over to them at their birth and keep the whole population in their hands from the cradle to the grave.

Then you will find that you are in the hands of monsters who hold in their hands deadly poisons, and deadly surgical knives, and in the name of the law demand that you shall lie down upon the altar of their operating tables, that they may deprive you of your consciousness, and make you a living sacrifice.

The Druidical altars where one or two maidens were now and then sacrificed were as nothing compared to the surgical altars that are erected to-day in every city, town and village.

Now, my first point is, that the allegation that doctors and surgeons are in the possession of a formula of a well-established science, is an absolute lie, and I will prove it by the doctors themselves.

I was educated in my native city, Edinburgh, Scotland, and for several years I was a visitor and kind of honorary chaplain in the Edinburgh Infirmary. I attended the clinics of such men as Sir James Simpson, of blessed memory, a mighty man of God. No greater man in gynecology has ever stood in Edinburgh University, and yet Professor Alexander Simpson, his own nephew and successor, said the other day that so completely had the whole practice of obstetrics been transformed that the best thing that could happen to the University would be to have every book on the subject that was more than ten years old burned, including, therefore, his uncle's.

I say I was in a position early to know, to see, to hear, and in a perfectly impartial position: for I was the spiritual ad-

viser and helper of large numbers of patients in the Infirmary. I stood entirely apart; I listened to diagnoses and I listened to prognoses, and I listened to the lecture when the subject lay there under chloroform, and I was at liberty to attend the operations and hear suggestions, and I saw the deadly results.

I saw death in surgery and in medicine, and I heard from the lips of every professor, in varying form, these words: "We are guessing in the dark."

One day I attended a great and remarkable meeting, a celebration, the introduction of the medical session, when the able professor, who, if I remember correctly, held the chair of Medical Jurisprudence, Prof. Douglas MacClagan, delivered the inaugural. I remember it as if it were yesterday. I remember how he was cheered by an assemblage of over a thousand students and doctors and the whole of the medical faculty, with Sir Alexander Grant, the principal of the University, and all the great, mighty men of this medical and surgical profession on the platform, all behind the speaker, who had refused to deliver the opening address of the medical school for twenty years.

He had warned them not to ask him, and when he stepped forward, and with an impatient gesture threw off his professional gown, and they cheered him, he said, "It is no use; you will hiss me in a minute."

They cheered him again, and with a smile he began his address.

As far as I can remember, these were his opening words:

"Gentlemen, I am asked to speak on 'Medicine as a Science,' and I want to tell you, and tell the members of this University, and tell the faculty, that I am an honest man, and an honest man is the noblest work of God," and again they cheered him. "You won't cheer in a minute," he said. "My first words to you are these:

"From the day of Hippocrates and Galen until now we have been stumbling in the dark, from diagnosis to diagnosis, and treatment to treatment, and we have not found the first stone that we can lay as the foundation for medicine as a science. Gentlemen, there is no such thing as the science of medicine."

They did not applaud him then. There

was an ominous stillness and a suspicion of a sybillant hiss.

I once heard Prof. John Stuart Blackie, when a faint hiss was heard in his classroom (Greek), say, "You hiss, do you? There are two creatures only that hiss: one is a serpent, and the other is a goose; take your choice as to which you belong."

But Professor MacClagan went on to say: "I tell you what I say is the truth of God. I am an old physician. I am an old professor, but I want to tell the truth. We are guessing in the dark, and there is no such thing as medical science."

I remember in the old country hearing this story told by a friend of mine.

He said: "I have a friend whose father was a very popular practitioner, and he had many people of title who were his patients. His home and practice were in the city of Edinburgh; as he grew older he left his practice largely to his son. But he was not sure of the young fellow, for he was an honest man, who had but little faith in medicine, and who would not give any unless he was obliged to.

"One day his father had gone out and there drove up to the door a lady of title. She entered the consulting room and asked for the old doctor. He was out, but the young gentleman presented himself and said, 'My lady, will I do?'

"'You are his son?' she said.

"'I am, madam.'

"'I have one of my "turns" coming on, and I wish you would give me something and prescribe for me. Your father knows just what to do.'

"He looked at her and asked about her symptoms, etc. At last he said that the case was one he thought he would not undertake; he would rather she would kindly excuse him, but the moment his father came in he would ask him at once to drive to her ladyship's house. So she went away with the promise that the old doctor was to come as soon as he returned.

"He came in a few minutes, and the young man said, 'Father, Lady So-and-so has just called.'

"'Yes.'

"'Why, father,' he said, 'I examined her, and I declare to you there is nothing in the world the matter with her.'

"'Nothing the matter, you young fool; you did not tell her that, did you?'

"'No,' he said, 'I did not.'

"'Well, I am glad you did not.

"'Order the carriage; I am going to see her; she is one of my best paying patients.'"

Now I want, with this statement, to say again that there are Christian doctors, even although they still attempt, as I think, inconsistently, to continue their profession.

One of these doctors a little while ago said: "Doctor, you have made me the happiest and the most miserable man in the world."

I said, "Explain it."

Putting his arms around me he said, "I love you, Doctor; you have made me very happy. My wife is perfectly well from that disease for the healing of which you prayed, and I am very happy, for she is a dear little woman. But I am miserable in the practice of my profession, and when I go down to my office in the city I feel that I would rather be flogged than see patients and prescribe medicine."

I said, "Why do you do it?"

"I have got to live."

"Well," I said, "look here, Doctor; rather than continue in your profession you had better live by breaking stones in the street; you had better live by doing anything that is honest."

I know that large numbers of physicians have abandoned practice and gone into commercial life.

Many of them have said to me: "Doctor, I left my profession and went into business in order to be an honest man."

I tell you this, there are large numbers of doctors, both in America and Europe, to-day, who will no longer practice medicine, and some of these are of highest standing. The Lord increase their number.

I said at the beginning that surgery as well as medicine was disgusting.

*Do I need to recall to your mind the degradation of the dissecting room? Do you know of any demoralization greater than taking the young man, fresh from school, fresh from his mother's side, pure and virtuous, and putting him into a dissecting room?*

Do you know what that means?

He is horrified the first time he sees these naked bodies of men and women, who are scarcely dead in some cases, and

in some cases they have not been dead when they began their dissection.

I could tell the story of a dissecting room where the first touch of the lancet made the supposed corpse rise from her long trance; and then, as the sight burst upon her of these butchering students, with their garments stained with blood, standing around her, all aghast with fear, holding their knives in their hands, she realized the horrible fact that she had been carried in there for dissection, and she instantly died from the shock and from the wounds inflicted by their knives.

There is no need for either vivisection or post-mortem dissection. The very best men in the profession will tell you that nineteen-twentieths of the dissections are unnecessary. But they please the devils who are preparing the doctors, and accustom the youth to the atmosphere of profanity, as they hear the filthy and unclean remarks which are made as they stand over the dead bodies and handle the sacred secrecies of humanity, and laugh with diabolical glee over the consequences of a poor woman's fall, or of a degraded youth's syphilitic body.

I tell you this, that pollution, damnation, and hell are all holding high carnival there, and a young man who escapes from that without lifelong injury is only one in a large number.

It is in the dissecting room that many form drinking habits, taking whiskey to keep their nerves up.

There they acquire power to take large quantities of deadly drugs, so that a young doctor, often concealing it from his wife, mother and friends, is a secret victim to the use of chloral, cocaine, morphine, or to other narcotic drugs, until at last their degradation bursts out into the most terrible crimes.

In this city, a young, bright fellow, only a year or two in practice as a doctor, coming from a splendid family of godly men and women, had his moral nature undermined by the dissecting room indulgences in vice, by the infernal thing called "local treatment," to which these doctors submit women.

At last he became a mean, dishonest, filthy fiend, and murdered his own mother-in-law, gave the certificate for her burial, and she was buried.

One day the grave gave up its dead

and his guilt was clear, and he went into the Cook County prison under indictment for murder. Somebody smuggled in enough of a drug to let the poor wretched fellow commit suicide in his cell.

At the time he went into that prison *there were ten doctors under indictment in this State for murder.*

*Nearly every one of the great crimes which have recently shocked this country from end to end have been the work of medical students or medical men.*

Take the Durrant case in San Francisco; a young medical student murdering two girls and stowing away their bodies in a church steeple.

Take the two medical students in Cincinnati, who, luring a girl from her home in Indiana, taking her across the Ohio River at Covington, and then murdering her, cut her head off, and left her bleeding, naked body by the roadside.

Take the case of Duestrow, who shot his wife and then took his child and dashed out its brains. He was educated for the medical profession.

Take Holmes, whose crimes have rung through this land. A druggist here at Englewood, Chicago; an adulterer, a liar, a thief, and perhaps the murderer of five or six or ten. (According to his own confession, just published, *twenty-seven.*)

Take the worst of the crimes that have been ringing through this land, and in every year that you take them you will find the medical man is at the head of the list of the professional murderers.

I know what I am talking about; and I will tell you more, that this is but little compared to what he does. I am going to charge it, if I die for it.

The murderous Herod, who massacred innocent babes in the little village of Bethlehem, was virtuous compared with hundreds of doctors; for their infernal advice, and their infernal operations, murder in America tens of thousands of unborn babes every year, and their crimes are reducing the population of the American-born to such a low average that if it was not for the introduction of the strong, virile and procreative parents and willing mothers of Europe coming into this country, for the American physician has taught American women how to be murderers of the unborn, this nation would die out

for want of population. I know what I am talking about.

Annie Schafer, from Ward 24, cot 2, when dying, was carried by those wicked doctors of Cook County Hospital in a carriage down to the Masonic Temple, and displayed in her nakedness there for fifty or sixty of them to look at, as a curiosity in disease, a case of idiopathic muscular atrophy. She was going to die, and they were going to have a nice "scientific" dissection! But some of our dear people here brought her down in a carriage to Zion Tabernacle, and Annie Schafer was healed, and has been healed for a year, and has stood upon this platform and testified that Christ is the Healer; but medical science is a failure.

I tell you here, I will never rest contented until I have done what I can to influence the public mind by setting forth the truth. I say I will never rest contented until I help the people to take away the power which you now possess to cut and carve and kill humanity as you do.

If there was no such thing as Divine Healing, the world, as Sir James Johnson declared, would be better without a single doctor or surgeon; or, as Dr. Richardson says, it would be "happier if drugs were unknown."

What have I to say about drugs?

Why, all I have to say about doctors will apply to drugs.

There are no men in existence who know better what an infamous humbug the whole business is than the druggists and chemists themselves. No one knows better than these, that patent medicines are only patent devices for the destruction of humanity.

No one knows better than they that they create the very diseases they are said to cure.

No one knows better than these men themselves that the chloride of gold cure, and things of that kind, while they will for the time being check the appetite for intoxicating drink, create a condition that is absolutely fatal to life; some acting as digitalis, giving a man what is commonly called the "dead heart," so that presently the man who has overcome the liquor habit does so at the expense of his life: for the deadly chloride destroys his heart.

Witness a man who wrote a famous

article in the *North American Review* about his emancipation from alcoholism by the Keeley Cure. The article had scarcely been written, and was not in existence ten days, when the poor fellow was picked up drunk in a gutter in New York, and he died, I think, before they got him to the hospital.

The alleged cures are not cures, and the patent poisonous drugs are shams and lies.

Where is Koch's tuberculosis lymph which was to cure that disease?

The Emperor of Germany ennobled him, and they gave him a large sum of money for his wonderful discovery.

But Professor Virchow, the greatest pathologist in Germany, dissected more than a score of bodies of persons who had died after taking Koch's lymph, and found that the effect of the lymph was that when it was injected into the human body it really drove the parasites out of the tubercles which they had formed.

But what else did it do?

It increased their number, and drove them into the healthy tissues, and quickly destroyed life.

*Professor Virchow demonstrated that Dr. Koch's lymph was a creator of tuberculosis, and not a destroyer.*

You would not find a doctor in Chicago to-day who would give a drop of it, and yet they nearly all praised it at first as a wonderful discovery.

The last I read of Professor Koch was that he had gone to Egypt and was himself dying of tuberculosis.

Prof. Sir Morell Mackenzie, one of the greatest authorities in Europe upon throat diseases, and a physician to the Queen, died a few months ago from a simple attack of bronchitis. He had many remedies for this disease, but none of them could cure his own case.

He stood over the Crown Prince of Germany with Bergmann and Virchow, and examined that cancer, which afterward killed the Crown Prince after he became Emperor of Germany.

At the same time they did that, I prayed with Delia King, of 1265 Center Street, Oakland, Cal., who had a cancer in her throat and tongue that had eaten away one tonsil and almost eaten away the root of the tongue, and *she is living now and healed.*

Divine healing kills the cancer.

Medical science kills the patient.

*The contending schools of medicine are too ridiculous for anything but contempt.*

Where is the virtue in medicine?

"Here," says the allopath. "If we have a disease to treat, our formula is *contrari, contrariis, curantur*, the contrary cures the contrary, and we put in a strong poison to knock the poison of the disease out—that is the correct thing in medicine."

"Well, Dr. Allopath, after you have knocked the poison out with this strong poison, does not the poison you put in remain?"

"Yes."

"Will it not do mischief after a while?"

"Yes."

"What do you do then?"

"Why, then the patient comes back to us with another disease, caused, perhaps, by our medicine, and we knock that fellow out with a stronger poison."

"Yes, but, Dr. Allopath, after a while this stronger poison that you put in makes another trouble, and then what do you do?"

"We just do the same thing; put in a stronger, and knock that out."

"Well, what do you do in the end?"

"Oh, well, in the end the patient is knocked out, of course." (Great laughter and applause.)

And this is allopathic science—a farce and a crime from first to last.

But here is another fellow who says, "*Similia, similibus, curantur.*"

He is Dr. Homeopath, and he thinks

he has the way to cure, and he thinks the way is if you have a thief, the way to get him out is to do it by putting in another of the same kind.

"Well, Dr. Homeopath, that is a very peculiar proposition."

"Oh, but that is the thing."

"Now, Dr. Homeopath, how do you defend your formula, 'Like cures like?' If you have a cancer to cure, do you give another cancer? If you have to cure boils, do you give boils?"

"Oh, well, we reduce all poisons to the infinitesimal potentiality and give that."

"What is the issue to which you get?"

"We get to such a fine thing that you cannot see it."

I do not want to needlessly grieve anybody, and there are some homeopaths near me; but I think homeopathy is a great humbug.

Now, beloved friends, it is not the homeopath, nor the allopath, nor the psychopath, nor the hydropath, nor any of these medical paths that are short cuts to death, which are going to help you.

Listen, doctors and druggists; you have had a fine inning, the devil has made fine use of you; but the Lord's day is coming, and then you will be gone.

Why?

Because the Christ of God has come to His people.

He is still the same to-day as He was nineteen centuries ago in Jerusalem, in Capernaum, and in those little towns by the beautiful Sea of Galilee.



Pensacola's Future Swimming Champions

Photo of Children belonging to Mr. Chas. and Mr. Louis Bell of Pensacola, Florida  
Physical Culture Followers

## WEEKLY MENUS OF UNCOOKED FOODS

USE AND VALUE OF NATURAL FOOD AND SOME PLAIN AND PRACTICAL DIRECTIONS FOR ITS PREPARATION

By *Amelia M. Calkins*

*So many inquiries have been received for more detailed information of the uncooked diet that I have arranged for a series of weekly menus that will appear monthly during this year. As the author says, some cooked foods can be added to each meal if desired. In fact, it would no doubt be better to use some cooked food with each meal in the beginning if not accustomed to following an uncooked diet.*—BERNARR MACFADDEN.

FADS come and fads go, because they are fads, mere caprices of the restless or unsatisfied; but the habit of using food in its natural or uncooked form has come to stay, and daily grows in favor, because it has so much that appeals to the palate as well as to the judgment. Habit has such a strong hold on people in the matter of diet that unless dishes appetizing and attractive are served in "the new thought" very few are likely to make the change; so it is proposed to assist the many who are asking for suggestion by a series of menus and recipes, which, if followed with taste and care in the way of spotless linen, a centerpiece for the rose bowl or small fernery added to the beauty of the fruit always in evidence, the effect will be most satisfactory. Occasional combinations of simple cooked dishes in harmony with the season will be also given. Most delightful uncooked "spreads" are now served in various places by the aid only of an alcohol lamp, where the milk may be heated, not cooked, by the use of which various soups are concocted. When it is found to be an absolute fact that most delicious and toothsome meals can be served without the aid of the cooking stove, the servant girl question loses much of its terror. When one-half the labor and expense is eliminated from the household many things become possible that have been barred by the frying pan, the skillet necessitating the tons of coal and gas bills previously considered a necessary concomitant of living. It is "the circling of the ages" that has brought to earth again the thought of simplicity in food, as a natural rebound from the riot of living that luxury has made possible; but shattered health has led to a de-

mand for new thoughts on the subject of dietary, and as demand must create supply the answer comes, all of plant and human life being composed of cellular tissue, the uncooked, unspoiled cells of fruits, grains, and nuts rebuild the body with less difficulty, and Nature then relieved from the constant effort to digest and assimilate a mass of food robbed of much of its value can turn her attention to rebuilding and vitalizing the whole system. The writer thoroughly believes the use of natural food to be an absolute preventive of consumption, that dread disease from which now 10,000 persons die annually in New York City alone. It is not, as erroneously believed, primarily a disease of the lungs, but of the digestion, and so could be avoided by a natural diet.

It is found by those who adopt this diet that two meals per day seem to be all that are required or desired, but that matter naturally regulates itself. An orange, or glass of grape juice or milk, could be taken in the morning if desired; but 12 o'clock seems to a natural foodarian a pleasant breakfast-lunch hour, and so we give menus 1 and 2 for each day of the week:

## MONDAY.

FIRST MEAL.—GRAPE FRUIT, BANANAS.

WHEAT—Coarsely ground in coffee-mill and mixed with English walnuts and raisins. Serve with or without cream.

TRISCUIT AND DATES AND CREAM.

COCOA.

SECOND MEAL.—SOUP—1 quart milk, 2 spoonfuls Scotch or American oats, ½ cupful broken English walnuts;

butter, salt and pepper. Stir well together until very hot, not boiling, and serve.

**SALAD**—1 banana, 1 apple, 1 orange, 1 small lemon,  $\frac{1}{2}$  cup Italian pine nuts, 1 spoonful salad oil, salt and 1 teaspoonful sugar. Stir together lightly and serve on lettuce leaves. Use pulp as well as juice of lemon, carefully removing seeds.

It will be found that these foods are so nourishing and satisfying it is impossible to serve many different courses, as they cannot be eaten, but they can be added to ordinary food if so desired.

**DESSERT**—Spread slices of entire wheat bread, or Graham bread, with mashed bananas and seeded raisins, cut into.

### TUESDAY.

**FIRST MEAL.**—**HOT LEMONADE**; **WHEAT**, ground and mixed with dates and filberts.

**NOTE.**—Fruit and nuts are much more desirable for this combination if cut in small pieces rather than ground, as in the former case the food is more distinctive in its character, but can be prepared by being chopped, but even that changes its nature somewhat. If a portion is eaten dry before adding cream, the most perfect mastication and assimilation take place, and the suggestion is made that the cream be added slowly, that the mass may not be submerged.

#### ORANGES.

**EGGS**—Served like an oyster, with lemon, salt and pepper, and taken raw.

**SECOND MEAL.**—**SOUP**—Cut celery in small pieces; add milk and  $\frac{1}{2}$  cup nuts, butter, salt and pepper. Do not boil, but make hot and serve.

**SALAD**—1 grape fruit, 1 bunch grapes, 1 spoonful salad oil,  $\frac{1}{2}$  lemon, 1 spoonful sugar. Return to shells of grape fruit and serve.

Remove seeds from grapes after washing carefully.

**DESSERT**—**UNCOOKED CUSTARD**—Beat the whites of the eggs very light, and add one teaspoonful of sugar to each egg, and beat again. Remove one-quarter of same to another dish. Beat yolks thoroughly, add a teaspoonful of thick cream to each egg, and vanilla, and beat again; add to larger part of whites, beating well. Put in each custard cup one-quarter of an orange, cut in small pieces, and covered with

sugar for a half hour. Fill cup with mixture, adding last a portion of the reserved white, with piece of orange at the very top. Truly "Fit for a king."

### WEDNESDAY.

If gruel made from corn meal had not been badly made and forced upon sick people when they wanted something else, it might be more popular as a breakfast dish for children, or for any who wish to abjure coffee and may not care for cereal coffee. It is really most excellent if made as follows: To one quart of water just at the boiling point add one spoonful of best corn meal, and stir well. Let it simmer for 15 minutes; then add one teaspoonful of cream, one-half teaspoonful of sugar, and little salt. With this serve brown bread or zwieback, for Wednesday morning's breakfast-lunch.

Soak during the night one cupful of Irish oats and one-half cup best prunes, cut into pieces. After washing, cover them with milk. In the morning add cream and sugar.

#### APPLES, FIGS.

**SECOND MEAL.**—**SOUP**—Cut a small onion in pieces, to which add one quart of milk, early in the morning, and let stand. When soup is needed add a spoonful of hickory nuts, butter, salt and pepper; make very hot, and serve.

**CELERY SALAD**—Cut celery in small pieces, a cupful; slice or chip an apple (a juicy, acid greening); add one-half cup English walnuts, a spoonful of salad oil, a teaspoonful of sugar, a saltspoon of salt, a small lemon. Serve on lettuce leaves. Serve with this salad oysterette crackers spread with peanut butter, and a large raisin, or three small ones on top of each.

For dessert, chop apples and dates together, equal parts, and serve with cream.

### THURSDAY.

**FIRST MEAL.**—**COCOA, APPLES AND GRAPES.**

**WHEAT**, ground, and mixed with prunes, dates and pecans, may be served with hot milk or cream. To five pounds of ground wheat one pound of prunes, two pounds of dates and one pound of pecans. Keep in jars any length of time.



CREAM CHEESE, OLIVES, SHREDDED WHEAT BISCUIT, soaked in cream.

SECOND MEAL.—SOUP, CREAM TOMATOES.—Simmer slowly one quart can of tomatoes in a quart of water; strain. Add one cup of cream, spoonful of butter, spoonful of sugar, saltspoonful of salt. Make very hot and serve.

SALAD—STUFFED APPLES—Select medium-sized apples, half a dozen red and half a dozen yellow or white; remove the cores; carefully remove as much of the inside of apples as possible without breaking the skin; add a cup of chopped raisins, one-half teacup of grape juice, sugar, nutmeg, if liked, and return to the apples. Serve on lettuce leaves, and at Christmas add a sprig of holly to each apple.

CHEESE FONDU—Put in saucepan two spoonfuls of best cheese, small spoonful of butter, spoonful of cream; break in six or eight eggs; stir all together carefully until cooked. Serve on thin slices of bread or toast.

STUFFED OLIVES, STUFFED DATES, GRAPES, COCOA OR POSTUM.

## FRIDAY.

FIRST MEAL.—APPLES, cut in small pieces, with FORCE and CREAM.

HOT LEMONADE, OR CORN MEAL COFFEE.

BRAZILIAN NUTS AND WHEAT MEAL CRACKERS.

PINE NUTS AND RAISINS, BAKED POTATOES.

SECOND MEAL.—SOUP OF BARLEY, AND NUTS—Soak one-half cup of barley all day in milk and water. When needed, add one-half cup of hickory nuts, butter, salt and pepper. Stir while making, and serve very hot.

EGGS, BANANAS.

SALAD—Slice a juicy apple over a dish of watercress, over which pour a mayonnaise sauce.

DESSERT—SLICED ORANGES AND GRATED COCOANUT, in alternate layers, with sugar between. Let stand for two hours before serving.

## SATURDAY.

FIRST MEAL.—COCOA, APPLES, FIGS. WHEAT, ground, and mixed with raisins, pecans and dates, over which pour

olive oil in any desired quantity. May also be served with cream.

TRISCUIT.

SECOND MEAL.—SOUP, OF CELERY AND ONION—Cut celery in small pieces, one cupful; one-half cup of chopped onion. Let soak in milk and water during the day. For dinner, add butter, salt and pepper, and when quite hot add one egg, well beaten. Serve immediately with croutons, i. e., bread cut in inch square pieces, and toasted in oven.

SALAD—ORANGES AND BLANCHED ALMONDS—Cut the oranges carefully in exact halves; remove the pulp, adding to three large oranges a teacupful of blanched, chopped almonds, two spoonfuls of olive oil, one teaspoonful of sugar, one half lemon, juice and pulp. Stir together and return to orange shells, to be served in a bed of watercress. Serve with slices of brown bread and butter, and Graham bread and peanut butter.

DESSERT—BRAZILIAN AND PINE NUTS, chopped, with FIGS, and served with CREAM.

## SUNDAY.

FIRST MEAL.—COFFEE AND YANKEE HON CAKES—Scald a cup of yellow meal, first adding one teaspoonful of butter, one of sugar, and salt. While it is cooling, beat white and yolk of one egg very light; add first the yolk, lastly the white, beating well, and bake on soapstone griddle, in small cakes. Serve with honey or syrup.

PEANUTS AND APPLES AND FIGS.

SECOND MEAL.—SOUP—To a quart of milk and water add a heaping spoonful of almond meal, butter, salt and pepper, and lastly an egg, well beaten, white and yolk separately, and a spoonful of cream.

SALAD—After removing outer covering from a fine apple, shred it with a fork; add one cup of blanched almonds, chopped (not too finely), a cupful of white grapes (seeded), one lemon, juice and pulp, large spoonful of olive oil, teaspoonful of sugar. Serve on lettuce leaves.

DESSERT—Soak California prunellas for two or three hours; remove the pits, and fill with raisins and filberts. (The filberts may be blanched, if desired.) Stuff dates with pecans.

GRAPE JUICE OR LEMONADE, WHEAT MEAL CRACKERS AND IMPERIAL CHEESE.

## HOW THE DUFFY MALT WHISKEY COMPANY SECURES TESTIMONIALS

FRAUDLENT METHOD OF WHISKEY MANUFACTURERS TO BOLSTER UP THEIR BUSINESS OF POISONING THE PUBLIC

*By Alexander Marshall*

*Here is a sample of the usual methods of patent medicine venders and others who are desirous of separating the public from their hard-earned dollars. Health and strength only \$1.00 a bottle! "What fools we mortals be!" It is to be hoped that the time is not far distant when the public will realize that health does not come in bottles, powders or pills—*  
BERNARR MACFADDEN.

IN the daily papers throughout the country there have frequently appeared testimonials of the wonderful effect that has followed the use of the Duffy Malt Whiskey. Centenarians and others of advanced age have apparently contributed commendatory testimonials, glowing with praise of this dope, which the company is selling at \$1.00 per bottle.

The perusal of any one of these testimonials would naturally cause almost any intelligent reader to believe that there is really some merit in this alcohol poison. When centenarians can daily use a fiery liquor of this character, and be apparently improved in health, why, people naturally infer that almost any individual would be more vigorous if this whiskey were used regularly.

On many occasions, after reading the laudatory testimonials sent forth by this Whiskey Company in their advertisements in the daily newspapers, I have wondered how they happened to secure the commendation of these old people. I did not for a moment believe that they were genuine. I felt satisfied that there was some influence used. I do not believe that any individual was ever made stronger or healthier by the use of whiskey. There is no such a thing as pure whiskey. You might just as well talk about pure poison. Anything with alcohol in it is not pure, and can never be pure.

I have taken the pains to investigate one of these lying testimonials which has been sent broadcast through the daily press by the Duffy Malt Whiskey Company. Mr. Wolf Weisman, of Hoboken, N. J., now 103 years of age, is credited

with having written and sent this testimonial. His words ring in praise of Duffy's Malt Whiskey. He states in his testimonial that he has used it for years, that it tones up his system, enriches his blood. That is, these are the words that the Duffy Malt Whiskey Company has credited to this finely preserved centenarian.

But now let us turn to the actual truth. It is time that these disreputable methods of imposing upon the public were exposed. When large business houses take it upon themselves to use the name and reputation of another as they may choose, they must indeed be in a pitiable condition. After reading Mr. Wolf Weisman's testimonial I was convinced that he had never written it. I took it upon myself to ascertain whether or not he had written it. Mr. Weisman does not speak the English language, and you can well understand his amazement when the testimonial used by the Duffy Malt Whiskey Company had been interpreted to him. He had never written it, had never seen it, had never even heard of it. He denied in the most emphatic terms that he had been drinking Duffy's Malt Whiskey for several years, and stated that he had never heard of that brand of whiskey until about the first of October. About that time, he states, a case of Duffy's Malt Whiskey was delivered to him without explanation of any kind and without charges. He did not know where it came from, and knew no reason why it should have been sent to him. Neither at that time, nor at any time since, has any one asked him his opinion in refer-

ence to its merits, nor has he expressed any opinion in relation to it.

Some time previous, at a celebration on a Jewish holiday, his age was rather prominently commented upon. Some newspaper reporters heard of him and, after an interview, an article appeared in one of the dailies in reference to him. A little while after this article appeared he was interviewed by what he supposed were more newspaper reporters, and it was a short time after this that a case of Duffy's Malt Whiskey was sent to him, in care of one of his sons, without explanation of any kind.

The entire testimonial, which praises Duffy's Malt Whiskey in such exalted terms, is false from beginning to end, and it was published without his knowledge or consent. When Mr. Weisman was asked if he wished to make a public denial in reference to the assertion made in testimonial that he had drank Duffy's Malt Whiskey for years, and that he attributed his good health to it, he especially requested that such denial be made.

He felt very much offended that his name had been used in such a manner.

The old gentleman, now 103 years of age, is still "hale and hearty," and

climbs three flights of stairs back and forth every day, to and from his residence. His eyesight is good, his mind is clear and his face shows intelligence and great self-possession. He is of a studious nature and spends much of his time at the tabernacle in reading and study. Mr. Weisman speaks German and Jewish and is unable to speak or understand English, and cannot read or write it; but his daughter-in-law, a bright, intelligent woman, speaks English perfectly and interpreted her father's emphatic denial of writing any such trash. Mr. Weisman attributes his good health and long life to his good habits of taking care of himself, stating that he has always had

good, healthy food, normal, healthy work, and that through all his life he has lived pretty much out-of-doors. He has been a merchant, and did a great deal of driving around in his business.

**HALE and HEARTY at 103**

**THANKS TO DUFFY'S PURE MALT WHISKEY.**

WOLF WEISMAN, OF HOBOKEN, N. J., NOW IN HIS 103TH YEAR AND POSSESSED OF ALL HIS FACULTIES, SAYS, "DUFFY'S PURE MALT WHISKEY KEEPS MY MIND CLEAR AND BODY STRONG AND WELL. IT HAS PROLONGED MY LIFE MANY YEARS." MR. WEISMAN IS JUST AS KEEN AND BRIGHT AS HE WAS 20 YEARS AGO. HE SAYS:-

"I take great pleasure in writing you that I have already celebrated my 103rd birthday. I feel as strong and vigorous at this ripe old age as I did twenty-five years ago. I arise at four o'clock in the morning and walk for two hours daily in the open air; spend much of my time in the synagogue reading and praying; retire at seven o'clock and sleep like a baby.

"I was born in Russia in 1800 and have lived a happy, natural life. My habits have always been temperate; I eat very little meat and have never eaten pork. I had four new teeth when I was 101.

"I have used DUFFY'S PURE MALT WHISKEY FOR YEARS. It tones up the system, enriches the blood, stimulates the circulation, takes away that tired feeling and keeps my mind clear and body strong and well. It has undoubtedly prolonged my life many years. I am very thankful for having heard of Duffy's Pure Malt Whiskey and would not be without it."—WOLF WEISMAN, No. 119 Adams st.

Duffy's Pure Malt Whiskey is the most effective tonic and stimulant known to medicine, and is prescribed by over 7,000 doctors and used in 2,000 hospitals as the one sure and permanent cure and preventive of disease.

**DUFFY'S PURE MALT WHISKEY**

**KEEPS THE OLD YOUNG—THE YOUNG STRONG.**

It brings into action all the vital forces, makes digestion perfect and enables you to get from food all the nourishment it contains. It enriches the blood, stimulates circulation, builds up nerve tissue, tones up the heart, gives power to the brain and strength and elasticity to the muscles. It strengthens and invigorates overworked, run down men; tired out, nervous, delicate women and sickly children.

Duffy's Pure Malt Whiskey cures and prevents coughs, colds, grip, bronchitis, asthma, catarrh, pneumonia, pleurisy, consumption and all diseases of throat and lungs; dyspepsia, indigestion and every form of stomach trouble, nervousness, malaria and all low fevers. It is invaluable in all weakened, wasting, diseased conditions, no matter from what cause.

**CAUTION.—WHEN YOU ASK FOR DUFFY'S PURE MALT WHISKEY BE SURE YOU GET THE GENUINE. UNSCRUPULOUS DEALERS, MINDFUL OF THE EXCELLENCE OF THIS PREPARATION, WILL TRY TO SELL YOU CHEAP IMITATIONS AND MALT WHISKEY SUBSTITUTES, WHICH ARE PUT ON THE MARKET FOR PROFIT ONLY, AND WHICH, FAR FROM RELIEVING THE SICK, ARE POSITIVELY HARMFUL. DEMAND "DUFFY'S" AND BE SURE YOU GET IT. IT IS THE ONLY ABSOLUTELY PURE MALT WHISKEY WHICH CONTAINS MEDICINAL, HEALTH GIVING QUALITIES. DUFFY'S PURE MALT WHISKEY IS SOLD IN SEALED BOTTLES ONLY; NEVER IN FLASK OR BULK. LOOK FOR THE TRADE-MARK, THE "OLD CHEMIST," ON THE LABEL, AND BE CERTAIN THE SEAL OVER THE CORK IS UNBROKEN. BEWARE OF RE-FILLED BOTTLES.**

Sold by all Druggists and grocers, or direct, \$1.00 a bottle. Medical booklet free. DUFFY MALT WHISKEY CO., Rochester, N. Y.



Facsimile of the Advertisement Containing a Recommendation of Duffy's Malt Whiskey, Purporting to Have Been Written by Mr. Wolf Weisman, But of Which Mr. Weisman Denies All Knowledge

Judging from Mr. Weisman's present splendid health and vigor, there is no doubt that he will live a great many years more, inasmuch as his carriage is erect and he shows none of the enfeebled characteristics of most old people.

This is a sample of the fake methods that are used by many so-called honorable concerns in the business world today. They indicate a condition that is indeed to be deplored, and when the names and reputation of well-known men can be taken and used for a whiskey advertisement and can be bandied here and there at the will of these greedy whiskey manufacturers, it is time that some laws were made that will bring to justice the responsible offenders.

Mr. Weisman has lived to a good old age. His long life, as he says, is undoubtedly due to temperate habits in eating and drinking and to the observance of the ordinary laws of nature. But now comes along a whiskey manufacturer who wishes to take upon himself all the honor of having brought this man to this remarkable age, and without even

taking the trouble to ask him, he publishes a most laudatory testimonial, making this honorable old man commend his alcohol dope, which never has benefited and never will benefit a single human being, except to lend a bloom to the nose of some weary, way-worn tramp. Then it is a conspicuous red light—nature's danger signal to every intelligent man and woman.

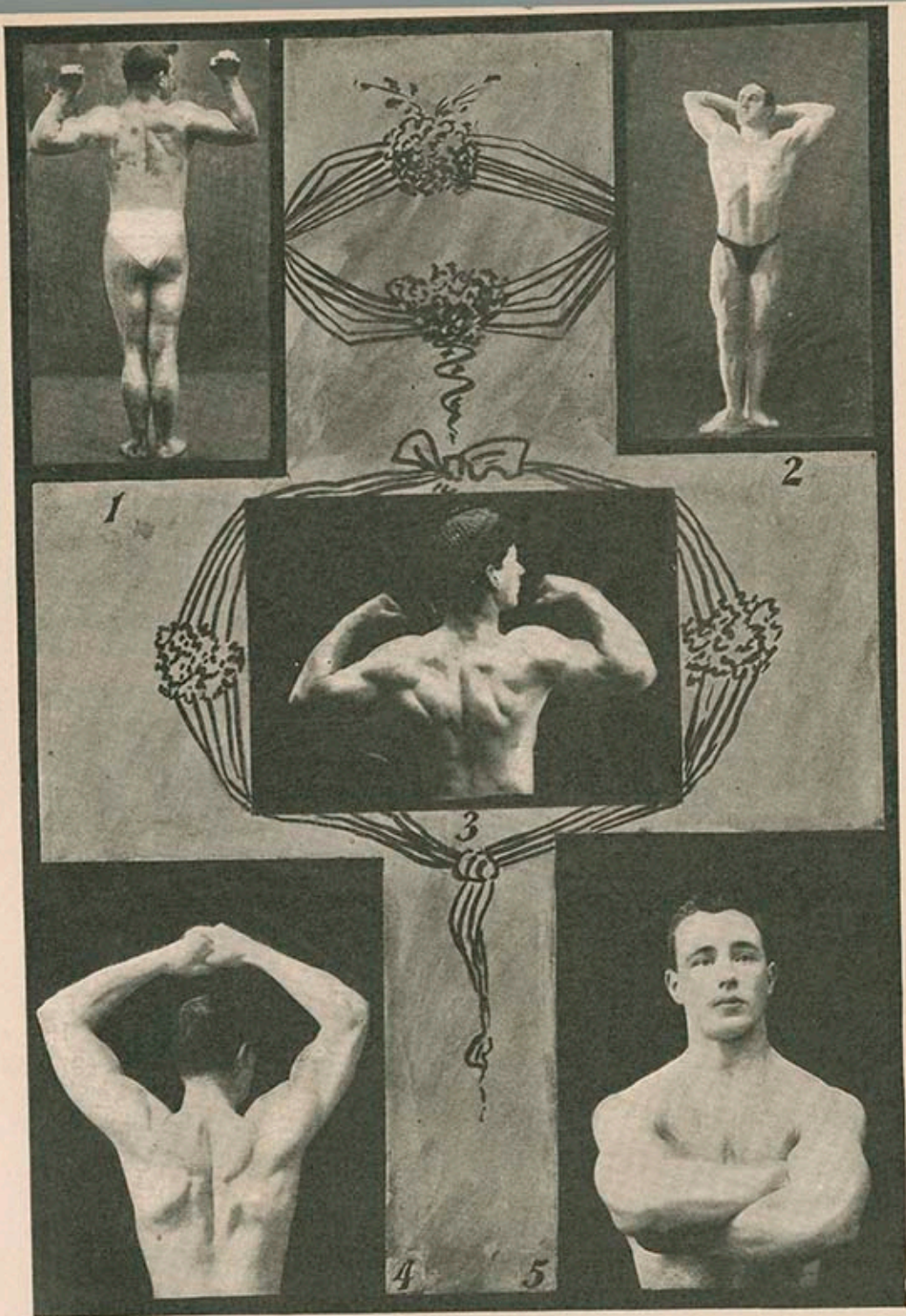
Do not pay any attention to alleged testimonials. In many cases they amount to nothing. There is a saying that every man has his price, and I state with very much regret that the price of many of them is very cheap. Evidently they valued Mr. Weisman very cheaply. They will find, to their sorrow, that in this instance they made a very serious mistake. The next time they publish a testimonial of this character they will probably be more sure of their man.

In future issues I expect to say something about some other so-called respectable concerns who are adopting similar methods to foist their poisonous compounds upon the public.



An Eight Months Old Baby  
Erica Nell Starzinger, of Cairo, Ill.

This rugged little girl began life with a cold bath and has since received, and is yet receiving and will receive, a cold bath every morning. As a consequence the child is strong, hardy and full of life and fun, and has never had an ailment since the happy day of its birth. If some doting mothers would try a cold bath on their own bodies and find the exhilarating effects it produces, they would not hesitate to impart the blessing to their own little ones.



1 GEO. JOS. DAY, Liverpool  
4 ALFRED HAYES, So. Shields

3 J. MEAD,  
Sheffield

2 G. SANGLAND, Leeds  
5 ALBERT G. BUOLEY, Bristol

Some of the Winners of the Preliminaries in England for the \$1,000 Prize World's Contest for the Most Perfectly Developed Man

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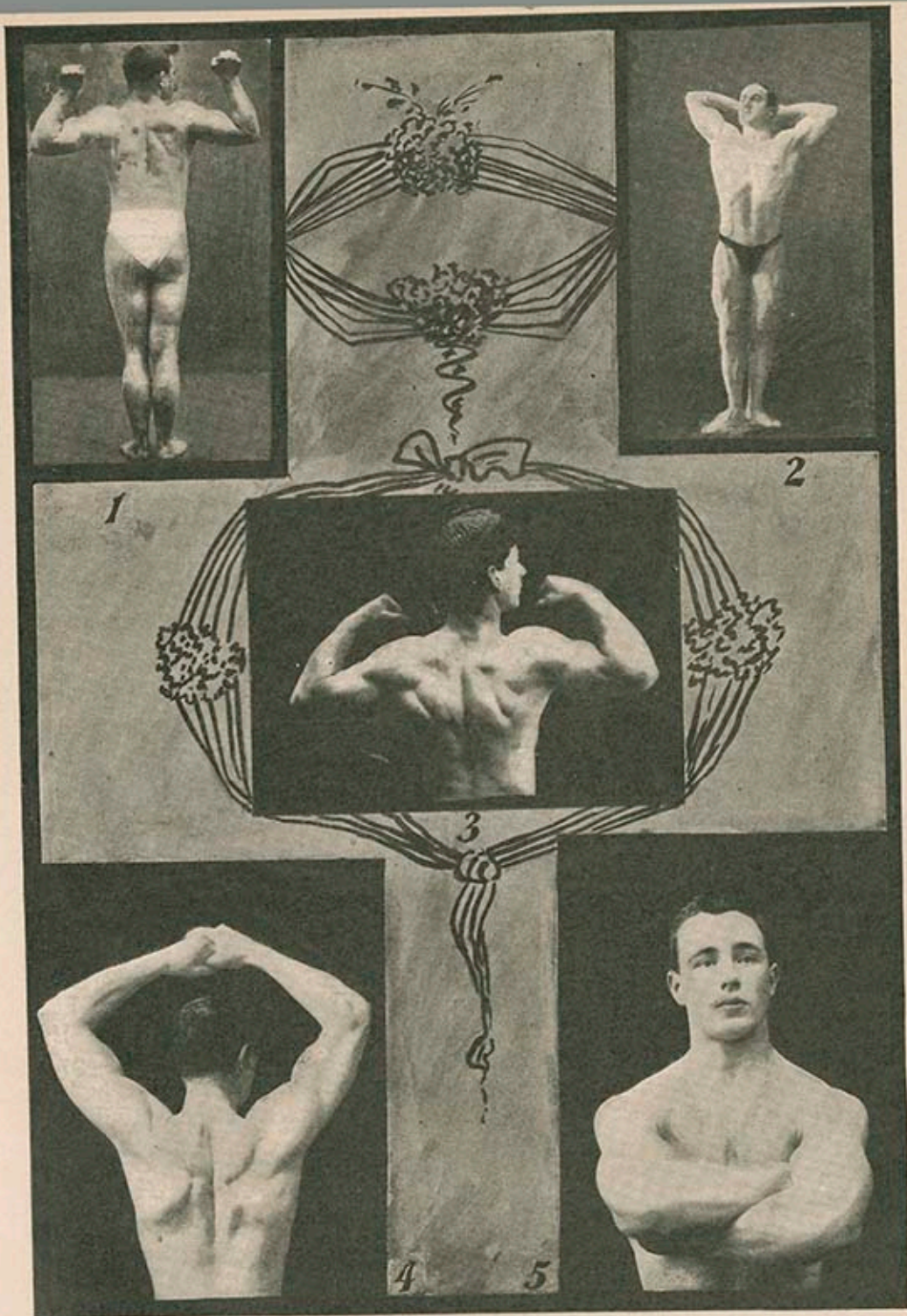
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**T**HIS is an athletic age. Men are continually striving for the energies and the powers which are needed in these strenuous times. As a result, the athlete is envied by all. Realizing this fact, the quack medical companies are giving special prominence to testimonials, lauding their remedies, from well-known athletes. It is to be regretted that many athletes have apparently fallen easy prey to their scheming. Athletes of all kinds are recommending well-

*Some Athletes  
Are Cheap*

advertised tonics and rejuvenators. In nearly every instance a little investigation will show that they have never used the so-called remedies which they recommend. There is a saying that every man has his price, and such athletes must indeed be cheap when they use their reputation to assist in foisting upon a susceptible public the obnoxious and often injurious concoctions of medical quacks.



**T**HE State of Massachusetts is in the hands of the Medical Trust. Vaccination has been made compulsory. Every boy or girl, man or woman living in Massachusetts must be vaccinated. Many have moved out of the State because of this monstrous law.

It is to be regretted that capital is rarely on the side of anti-vaccinationists. There is no money in such a cause. The Anti-Compulsory Vaccination Society of Massachusetts is making a valiant struggle against this medical imposition. As a means of testing the legality of the vaccination law, the society recently took up the case of the Reverend Henning Jacobson, of Cambridge, Mass. This reverend gentleman refused to be vaccinated, and he was fined in the local court. The case was carried to the Supreme Court. The Massachusetts Supreme Court refused to allow evidence to be presented in the case as to the fallibility of vaccination as a means of preventing smallpox, and as to the danger of vaccination in causing disease and death, and the case was decided against the society.

*Help Kill the  
Vaccination Monster*

This case was then carried to the United States Supreme Court. A very eminent attorney has been secured and a most vigorous fight will be made. If this case should be won, and the chances seem favorable, the influence of the decision will be widespread. Compulsory vaccination in the United States will be squelched forever. The public will no longer be terrorized by this medical tyranny and superstition.

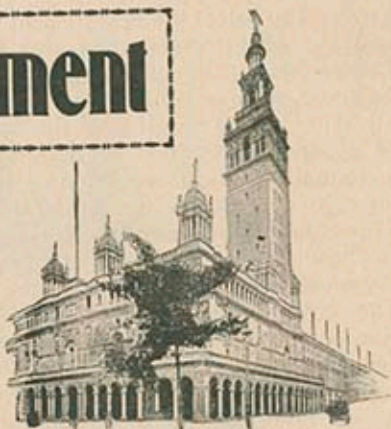
The Massachusetts Anti-Compulsory Vaccination Society has sent out an appeal for help. They claim that the cost of appealing their suit to the United States Supreme Court will be at least \$1,500, and it has been difficult for them to raise this amount. Every reader of this magazine who desires to assist in the great work of annihilating the vaccination curse should send a donation to the secretary, S. Newcomb Merrick, M.D., Secretary and Treasurer, 359 Mass. Ave., Boston.

*Bernarr Macfadden*



# Exhibition Supplement

## MAMMOTH PHYSICAL CULTURE EXHIBITION



Madison Square Garden

FÊTE DAYS OF GREECE AND ROME OUTDONE IN THE MONSTER PHYSICAL CULTURE EXPOSITION BEGINNING MONDAY, DECEMBER 28, AT MADISON SQUARE GARDEN. THOUSANDS OF ENTRIES FOR THE VARIOUS CONTESTS, IN WHICH FIVE THOUSAND DOLLARS IN MONEY AND PRIZES WILL BE GIVEN.

### WHO IS THE WORLD'S STRONGEST MAN?

At the last minute the Exposition Company has concluded to offer a valuable trophy to decide this much discussed problem as to who is the strongest man in the world. The feats of strength which are scheduled will be as follows:

Two-hand lift of a dead weight from the floor, the ordinary hand grip only being allowed.

Two-hand lift from the floor to the shoulder and high over head.

One-hand lift from the floor to the shoulder and high over head.

One-hand push up from the shoulder to high over head.

Endurance test, raising 200-pound bell from floor to shoulder and high over head, returning, touching the floor, and repeating the exercise as often as possible.

It is regretted that this contest has not been announced before, and on this account entries to this contest will be accepted at any time preceding the actual beginning of the contest.

Each contestant can bring and use his own weights—to be weighed by the judges—if he desires, and the judges will also consider two other feats of strength, not requiring complicated apparatus, that each contestant may desire to perform in addition to these regular tests, in making their decision as to who is the strongest man in the world.

A FEW days after this is in the hands of our readers, the mammoth Physical Culture Exhibition at Madison Square Garden will be opened to the public. Monday evening, December 28, the Great Show will commence. Entries in the various contests have been received from all over the world. The Olympian games of ancient Greece and the fête days of Rome will be equaled and per-

haps outdone in this gigantic Exhibition, in which strong, finely developed men and beautiful, superbly formed women will compete.

The two One-Thousand-Dollar prizes offered for the best formed man and the best formed woman excited a great deal of interest in England, and several competitions were held in different parts of that country. The final competition in

England to select the best formed woman and the best formed man was held at Leeds, one of the most central cities of England, and an enormous crowd was attracted. The result was the selection of a superb specimen of manhood and an equally superb specimen of womanhood, to represent England in the Great Thousand-Dollar Prize Contests.

These posing contests will perhaps be the most interesting events of the Show. The entire end of the Fourth Avenue side of Madison Square Garden has been converted into an immense black cabinet, with black velvet draperies as a background and for a curtain. On the inside of this cabinet will be placed fifteen pedestals. On these pedestals

five winners will be given an opportunity to pose with the winners from the various centers in America.

The American winners will be selected by vote of the audience on Tuesday, Wednesday and Thursday nights. On Friday and Saturday nights, the two English winners will pose in competition. To avoid any prejudice, the voting will always be by numbers. The audience will not know, unless acquainted with the contestants, which are the representatives from various localities or which is the representative from England or America.

The World's Champion Wrestling Contest, Physical Culture style, has attracted a great number of entries from well-



Some of the Girls Who Will Compete in the Drill and Exercises of the Turn Vereins for the \$300.00 Cup

the competing contestants will pose in various positions. The contestants posing at the same time will assume a position, and the immense curtain will roll back, exposing the contestants in full view of the audience for a few moments. The curtain will then close and another position will be assumed by the contestants and exposed to view.

Every visitor is entitled to a vote. Voting boxes will be placed all over the Garden and the contestant receiving the greatest number of votes will be declared the winner.

The first night of the Exposition will be devoted to the New York contestants. Over fifty women and a similar number of men contestants will compete on this first evening. If this first night's contest should run very close, the first four or

known wrestlers and fighters. John Piening, champion Græco-Roman wrestler of the world, is one of the principal entrants among the wrestlers; and Tom Sharkey is one of the main entrants from the fighting fraternity. When these giants of the prize ring and the wrestling mat meet in this new style of wrestling, it will undoubtedly furnish some most exciting contests. Some of the all-round strong men have also entered, as this is a contest where strength is of considerable importance, and it is the man who can stay on his feet who will win the big share of the five hundred dollars in prizes offered in this contest.

The three-day Fasting Go-as-you-please race will begin at 8.30 p. m. Monday night and will end 8.30 p. m. Thursday night. During all this period, the con-

testants will not be allowed the smallest particle of food of any kind. The water they drink will be furnished by the Physical Culture Exhibition Company, and they will be closely watched in every way to avoid any possibility of their infringing these rules. The contestants will run 11.30 p. m. Monday to 11 p. m. Tuesday, 8.30 p. m. Wednesday to 8.30 p. m. Thursday. The running time, therefore, will be 33½ hours.

A record for a race never before been made exceedingly interesting men can run in this race without a particle of food. The contestants has claimed to travel just as fast as a man would if allowed to eat. He is probably a 100% over the possibilities of fasting; but the intense doubt be surprised a man will be traveled by a race. The five hundred dollars in prizes offered for this event has attracted a large number of athletes of all kinds, and the contest will undoubtedly be close and interesting.

The contestants who will do their best to win the large share of the five hundred dollars in prizes offered for the all-round



Some of the Boys Who Are Expected to Run in the Boys' Races

will run from 8.30 p. m. to 11 a. m. Monday night; from 11 a. m. to 11 p. m. Tuesday; from 11 a. m. to 11 p. m. Wednesday, and from 11 a. m. to 11 p. m. Thursday. The actual time, therefore, for the three-day race will be 33½ hours.

For a race of this kind has never been made. It would be extremely interesting to know how far a man could run in this period of time without the aid of food. One of the contestants has claimed that he will be able to run just as far without food as he has allowed the privilege of eating. Probably a little too enthusiastic about the possibilities of traveling while running, but the interested public will not be surprised at the distance which has been traveled by the winners of this race.

The five dollars offered for the event attracted a number of applicants of all ages and the contest will undoubtedly be of great interest.

The contest will do much to win the share of the hundreds of runners in the ground



Some of the Girls Who Are Expected to Run in the Girls' Races

competition following a seven-day fast will be at the Garden during the week, and visitors can have the opportunity of conversing with them, and will thus be able to learn the effects of this peculiar method of training for an athletic contest. All the fasters will

be in charge of physicians and will be closely watched, that there may be no infringement of the rule that no food is to be allowed during the seven days. Competitors in this peculiar contest will be housed at Madison Square Garden during the entire fasting period; though they will be taken out for a walk in a squad daily.

Conclusions in reference to the necessity of food to keep up health and strength will undoubtedly be very much upset by this contest. For any one to attempt to run a mile after having fasted a period of this length would seem almost beyond belief to the average individual who thinks that three meals a day are essential to life and health. All seven-day fasters will compete in the following events: Heavy Weight Lifting; Throwing Fifty-

six-Pound Weight for Height; Fifty Yard Run; Two Hundred and Twenty Yard Run; One Mile Run. They will compete in these events one after another with but little rest. In all probability, some of the fasters will make records that will not be far from equal to what they are capable of making when



1-Miss Maud Lessing 2-Miss Miriam Hammond 3-Miss M. Bogert 4-Miss Anna Engle  
Four of the Fifty New York Women Who Have Entered for the \$1,000.00 Prize  
Given to the Most Perfectly Developed Woman

following their ordinary eating habits.

The championship for women and girls will undoubtedly bring about some very interesting events, as contests of this character are somewhat of a novelty for the fair sex. Until now, they have been confined to women's colleges; but we venture to predict that their popularity in this exhibition will induce others to follow our lead, and that they will quickly become quite popular. They will undoubtedly be a very great advantage in encouraging women to take up health and strength building sports.

The fencing championships are expected to be especially interesting. Some very vigorous, finely developed women have already entered for this, and several teachers are now training them, that they may be in the very finest possible condition for the contest.

The following events, open to women and to girls, will take place during the exhibition: Fifty Yard Run; Two Hundred and Twenty Yard Run; Eight Hundred and Eighty Yard Run; One Mile Run; Running High Jump. There will be four prizes given for each of these contests. The first prize, solid gold watch; second, gold-filled watch; third, silver watch; fourth, nickel watch. There are also four prizes offered for a race for girls under fourteen years of age. The prizes: first, solid gold watch; second, gold-filled watch; third, silver watch; fourth, nickel watch.

The race for boys has attracted quite a number of entries, and will undoubtedly be interesting. Three prizes are offered for the boys' race. First, gold watch; second, silver watch; third, nickel watch.

The handicap amateur athletic events have brought out some of the best amateur athletes in the country, and will undoubtedly prove very interesting. These events are as follows: Fifty Yard Run; Two Hundred and Twenty Yard Run; Four Hundred and Forty Yard Run; Eight Hundred and Eighty Yard Run; One Mile Run; Five Mile Run; Throwing Fifty-six-Pound Weight for Height. Prizes for each of these events are: First, solid gold watch; second, gold-filled watch; third, silver watch.

In addition to the various contests announced, there are also several contests

which will please those in the audience who are in search of humor. Some of the following races will be given at nearly every performance, afternoon and evening: One-legged race; wheelbarrow race (with human wheelbarrow); sack race, blindfolded; race with barrel over head; crawling race on hands and feet; race with hands and feet tied; tub race, in which the contestants are compelled to stand in a tub, catching hold of the handles and moving the tub along by jumping in the air and jerking it forward at each jump. These races are sure to supply the visitors with all the material for laughter which they may desire. Entries will be received for these humorous events up to the first day of the Exhibition.

In addition to the above various events of specially entertaining character, two very sensational features have been arranged for which will no doubt be of considerable interest to every visitor. An athletic young woman who possesses remarkably strong hair has agreed to slide down a wire from one end of the Garden to the other hanging by the hair of her head. A remarkable Japanese has agreed to slide down a fine wire from one end of the Garden to the other standing on his tip-toes. These two features will be given each afternoon and evening.

As an additional means of diversion, several of the most famous clowns have been engaged, and they will introduce a human giraffe, the human mule, and other amusing features that will add greatly to the interest of the show.

The Old Guard Band, one of New York's most famous musical attractions, has been engaged for the entire week and will play every afternoon and evening during the Exposition.

It would be impossible to give the reader details of the entire program of the exhibition as this part of the magazine goes to press; but the program which follows will be adhered to very closely. If any changes are made they will be only of minor importance.

MONDAY, DECEMBER 28TH.

NEW YORK NIGHT.

Commencement of the Three-day Fasting Go-as-you-please Race, 8.30 P. M.

World's Championship Wrestling Tournament, Physical Culture style.



Miss Annie Oxley, of Sheffield, England, Winner of the Final Preliminary in England for the \$1,000 Prize Contest to Decide Which is the Most Beautifully Formed Woman in the World. She Will Appear at the Physical Culture Show, Madison Square Garden, for the Week Beginning December 28, and Compete With the American Winners for the \$1,000 Prize

Contests to select the World's Strongest Man.  
Crawling Race on Hands and Feet—First heat.  
(Humorous.)

Women's Fencing Tournament.

Tub Race—First heat. (Humorous.)

Posing by New York men and women contestants in the Thousand-Dollar Prize Contest throughout the entire evening.

#### TUESDAY, DECEMBER 29TH.

##### MORNING ATTRACTIONS.

Lecture in Small Hall on "Methods of Developing Muscular Power and Beauty," by an Authority, 10.30 A. M.

Three-Day Fasting Go-as-you-please Race begins 11 A. M.

##### AFTERNOON PERFORMANCE, 2.30 P. M.

Three-Day Fasting Go-as-you-please Race continues all afternoon.

One-Legged Race—First heat. (Humorous.)

Drills and exercises by boys and girls of various Turn Vereins in competition for Three-Hundred Dollar Cup.

Wheelbarrow Race, with Human Wheelbarrow—First heat. (Humorous.)

##### EVENING PERFORMANCE, 8 P. M.

Three-Day Fasting Go-as-you-please Race continues throughout the entire evening.

World's Championship Wrestling Tournament, Physical Culture style—Continued.

Sack Race—First heat. (Humorous.)

Women's Fencing Tournament—Continued.

Race with Barrel Over Head—First heat. (Humorous.)

Pyramid Building and Other Exercises by various Turn Vereins for One-Hundred-and-Fifty-Dollar Cup.

Posing throughout the entire evening of the men and women winners of New York and various other American cities in the Thousand-Dollar Prize Contest, to select the American winners.

#### WEDNESDAY, DECEMBER 30TH.

##### MORNING ATTRACTIONS.

Lecture in Small Hall on "An Unprejudiced Consideration of the Diet Question," by an Authority, 10.30 A. M.

Three-Day Fasting Go-as-you-please Race begins 11.00 A. M.

##### AFTERNOON PERFORMANCE, 2.30 P. M.

Three-Day Fasting Go-as-you-please-Race continues all afternoon.

Prize Drills of Boys and Girls of the New York Turn Vereins in competition for Three-Hundred-Dollar Cup.

Race with Hands and Feet Tied—First heat. (Humorous.)

Fifty-Yard Race for Boys.

##### EVENING PERFORMANCE, 8.00 P. M.

Three-Day Fasting Go-as-you-please Race finishes for the day at 8.30 P. M.

##### SPECIAL AMATEUR ATHLETIC EVENTS.

220-Yard Run, Handicap.

Five-Mile Run, Scratch.

Throwing 56-lb. Weight for Height, Handicap.

##### REGULAR EVENTS.

World's Championship Wrestling Tournament, Physical Culture style—Continued.

Crawling Race on Hands and Feet—Second heat. (Humorous.)

Women's Fencing Tournament—Continued.

Tub Race—Second heat. (Humorous.)

Posing throughout the entire evening of the men and women winners from New York and various other American cities in the Thousand-Dollar Prize Contest to select the American winner.

#### THURSDAY, DECEMBER 31ST.

##### MORNING ATTRACTIONS.

Lecture in Small Hall on "Is Raw Food Diet Best for Man?" by an Authority, 10.30 A. M.

Three-Day Fasting Go-as-you-please Race begins 11 A. M.

##### AFTERNOON PERFORMANCE, 2.30 P. M.

Three-Day Fasting Go-as-you-please Race continues all afternoon.

One-Legged Race—Second heat. (Humorous.)

Fifty-Yard Race for Girls.

Race with Barrel Over Head—Second heat. (Humorous.)

220-Yard Run for Girls and Women.

##### EVENING PERFORMANCE, 8 P. M.

Three-Day Fasting Go-as-you-please Race finishes at 8.30 P. M.

##### SPECIAL AMATEUR ATHLETIC EVENTS.

50-Yard Dash, Handicap.

440-Yard Run, Handicap.

880-Yard Run, Handicap.

One-Mile Run, Handicap.

##### REGULAR EVENTS.

World's Championship Wrestling Tournament, Physical Culture style—Continued.

Race with Hands and Feet Tied—Second heat. (Humorous.)

Women's Fencing Tournament—Continued.

Posing throughout the entire evening of the men and women winners from New York and various other American cities in the Thousand-Dollar Prize Contest to select the American winner.

## FRIDAY, NEW YEAR'S DAY.

## MORNING ATTRACTIONS.

Lecture in Small Hall on "The Cure of Diseases by Natural Methods," by an Authority, 10.30 A. M.

## AFTERNOON PERFORMANCE, 2.30 P. M.

Rope Climbing Contest.

Wheelbarrow Race with Human Wheelbarrow—Final heat. (Humorous.)

Contest to select the World's Strongest Man—Continued.

World's Championship Wrestling Tournament, Physical Culture style—Continued.

Crawling Race on Hands and Feet—Third heat. (Humorous.)

880-Yard Run for Girls and Women.

Tub Race—Third heat. (Humorous.)

Fifty-Yard Run for Girls and Women.

## EVENING PERFORMANCE, 8 P. M.

Women's Fencing Tournament—Continued.

Sack Race—Final heat. (Humorous.)

World's Championship Wrestling Tournament, Physical Culture style—Continued.

One-Legged Race—Final heat (Humorous.)

One-Mile Run for Girls and Women.

Race with Barrel Over Head—Third heat. (Humorous.)

Miss Annie Oxley, of Sheffield, England, winner of the preliminaries throughout all England in the Thousand-Dollar Prize Contest, will pose with the American winner for the \$1000.00 prize and the honor of being declared the most perfectly formed woman in the world.

W. E. Clements, of Leicester, England, winner of the preliminaries throughout all England in the Thousand-Dollar Prize Contest, will pose with the American winner for the \$1000.00 prize and the honor of being declared the most perfectly developed man in the world.

## SATURDAY, JANUARY 2ND.

## MORNING ATTRACTIONS.

Lecture in the Small Hall on the "The Power of Mind Over Body in Curing Disease," by an Authority, 10.30 A. M.

## AFTERNOON PERFORMANCE, 2.30 P. M.

World's Championship Wrestling Tournament, Physical Culture style—Continued.

Running High Jump for Women.

Race, Hands and Feet Tied—Final heat. (Humorous.)

Contest to select the World's Strongest Man—Continued.

Women's Fencing Tournament—Continued.

Miss Annie Oxley, of Sheffield, England, winner of the preliminaries throughout all England in the Thousand-Dollar Prize Contest, will pose with the American winner for the \$1000.00 prize and the honor of being declared the most perfectly formed woman in the world.

W. E. Clements, of Leicester, England, winner of the preliminaries throughout all England in the Thousand-Dollar Prize Contest, will pose with the American winner for the \$1000.00 prize and the honor of being declared the most perfectly developed man in the world.

## EVENING PERFORMANCE, 8.00 P. M.

Finals in the World's Championship Wrestling Tournament, Physical Culture style.

Fire Drill by a Selected Class of Boys of the German-American Turn Verein. John A. Hayn, Instructor.

Crawling Race, on Hands and Feet—Final heat. (Humorous.)

Finals in contest to select the World's Strongest Man.

Race, with Barrel Over Head—Final heat. (Humorous.)

Finals in Women's Fencing Tournament.

Tub Race—Final heat. (Humorous.)

Competition of Seven-Day Fasters in the following events:

Weight Lifting.

Throwing 56-lb. Weight for Height.

50-Yard Run.

220-Yard Run.

One-Mile Run.

Miss Annie Oxley, of Sheffield, England, winner of the preliminaries throughout all England in the One-Thousand-Dollar Prize Contest, will pose with the American winner in the final competition for the \$1,000 prize and the honor of being declared the most perfectly formed woman in the world.

W. E. Clements, of Leicester, England, winner of the preliminaries throughout all England in the One-Thousand-Dollar Prize Contest, will pose with the American winner in the final competition for the \$1,000 prize and the honor of being declared the most perfectly developed man in the world.