

# PHYSICAL CULTURE

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

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## THE EDITOR'S VIEWPOINT

**M**RS. AMELIA BARR, in a recent interview, says that Americans carry everything to extremes and further alleges that the craze for athletics is responsible for the passing of the old-fashioned woman, the sort of woman a man wishes to marry. She declares that free indulgence in athletic sports brutalizes a woman, and robs her of the fine bloom of womanhood. Women, in Mrs. Barr's opinion were never meant to be athletic; they were meant to be mothers and home makers, "Great development of body is unnatural, and it leads to an abnormal condition of mind as well as body. The woman given up to athletic sports is not interested in womanly things. She knows nothing of housekeeping, and cares less. She has no time for children, though she may find time to caress a poodle dog.

### DO ATHLETICS ROB WOMAN OF CHARM?

She becomes a member of a mysterious third sex, neither man or woman, but a sort of conglomerate. Athletic women do not marry. By the time they are ready to give up their sport and settle down they have lost that which makes woman desirable to man," continues Mrs. Barr.

One might say that upon athletics and scientific physical training depends the future salvation of the American nation. Athletics of a proper sort cannot possibly brutalize a woman. They will make her that much more of a woman. She will be more womanly in instincts, in feelings, in appearance, and in actions. There is much said about the influence of athletics by those whose information on the subject is most meagre. What is an athlete, anyway? Being athletic simply indicates that one possesses sufficient strength to use the body easily and gracefully. One is capable of running and jumping and moving about in the manner that Nature clearly intended. Go into the wilds of the forest and you will find every animal there an athlete. The conditions of his life compel the strength and suppleness and activity which come with an athletic physique.

When a man desires to marry he first of all wants a woman. Womanhood is not created by the dress one may wear, or the knowledge that may be crowded into the human cranium. Womanhood might be termed a physical attribute. The instincts that accompany it are to a large extent physical. A powerful physique would therefore indicate the possession of more complete, more perfect womanhood. An athletic woman is a strong woman. She should possess to an extreme degree all the beauty and charm and magnetism that come with superior womanhood. Women were certainly meant to be athletic, for the simple reason that they were meant to be mothers and home makers. Great muscular development really adds to the instincts of their sex, and makes them more complete representatives of the feminine gender. A womanly woman cannot avoid loving children, and the more strength she possesses the more she will cling to those natural influences of her sex, and it is only on rare occasions

you will find a poodle dog subverting the maternal instincts in women of this character. Mrs. Barr's statement that athletic women do not marry may practically be disproven in nearly every instance. And it is worthy of note that such women retain their charm many years after the ordinary members of their sex, who have no interest in athletics, has passed into unattractive old age.

Scientific physical development, of which athletics is simply a part, is essential to the development and strength of the womanhood of the future. The woman who fails to develop her body to its fullest perfection does not really live in every sense of the word. She simply gropes through existence. She has never experienced the buoyant exhilaration that comes to those in perfect health. One might say she crawls through life, while those who develop the body in all its superb strength and health soar to heights of emotion and imagination that the ordinary dull, plodding human being never even dreams of reaching. Marry an athletic woman if you can get one, though they are usually difficult to wed even after you find them, for as a rule their matrimonial opportunities are many.

MARION HARLAND, the celebrated author, in a recent issue of the "Sunday Record-Herald," of Chicago, devotes considerable space to numerous suggestions on "How to Tempt The Invalid." A great variety of recipes were given for the special purpose of tempting the appetite of the convalescent. She dilates at considerable length upon the value of special knowledge

#### HOW NOT TO TEMPT THE INVALID

of this character in the treatment of the sick. She tells you how to make chicken broth, beef bouillon, veal and sago soup, tapioca jelly, and various other dishes that are supposed to be especially valuable in adding strength to the ailing. As I read this article I could hardly refrain from calling to mind the thousands of pain-racked bodies in which disease has been prolonged, and suffering has been increased, by these same so-called tempting dishes.

Really useful instructions on how to tempt the invalid back to health would make it necessary to practically eliminate all these so-called tempting dishes. Our graveyards are filled largely by those who have had their years of life lessened and in whom there have been prolonged the miseries that come to humankind, through the too-common policy of tempting the invalid. When an invalid really needs food there is a definite and clearly defined craving for nourishment, and when it is necessary to tempt the invalid, then no food is really craved or is needed. Tempting the invalid to eat various articles implies that he does not specially desire them. This is ample evidence that the stomach is not ready to digest food. It is only a strong and emphatic craving for food that clearly indicates that the stomach has the energy and the necessary digestive secretions. When food is eaten because of its tempting character, one simply fills the stomach with indigestible substances that in many cases are actually converted into poisons that are almost as dangerous to life and health as paris green or strychnine.

There is a mystery about human life, and the wonderful processes that are associated with the various phases of disease, that the most skilled physician knows little or nothing about. A physician stands beside a sick-bed: he sees the patient there struggling for life; he sees the vital spark fast fading away. At such a moment, if he is possessed of intelligence, he realizes his impotence, his inferiority, his inability to understand the great mysteries there before him. To be sure, there are men that know so little that they "know it all," or at least they think they do. Such men, even under such circumstances, will perhaps dare to believe that they are capable of understanding every detail that has to do with the processes of decay and death, but life is veiled in a secrecy so complex that it is as marvelous and as wonderful as death itself. Admitting these facts to be true, then why tamper with human instincts? Why not be guided by the desires that may come to the invalid, rather than by the so-called knowledge that

is often pretended by physicians who know little or nothing of scientific dietetics? The average physician, in his advice in diet, is guided almost entirely by what he may have heard here and there, and what little experience he may have had in practice, but the great world of knowledge that can be gained on this very important subject is almost a closed book to such men.

Do not tempt a reluctant appetite. Do not force the stomach to digest food for which it has no need. Thousands of sufferers have been sent to early graves through self-poisoning of this sort. When you eat without appetite you are simply poisoning yourself. You are filling the blood with all sorts of effete matter, the elimination of which often results in the appearance of serious symptoms of some disease.

I would like to place in every household a discourse on how not to tempt the invalid. I would like to impress every person with the necessity of giving the digestive organism a complete rest while suffering from acute disease. This rule must be followed if one expects to recover speedily, and without needless suffering. Disease is prolonged, the system is weakened, and death is far more liable to ensue, if this policy is not adhered to. Let the invalid wait for an appetite, let this desire for food be strong and even intense, and when he can enjoy every morsel, then, and not until then, is he really ready to assimilate food of any kind.

**F**ATHER ISADORE, whose travels as a missionary have taken him into many countries, in a sermon not long ago scathingly arraigned childless wives. "Look now," he says, "at our haughty nation; it, too, is perishing; its leadership is vanishing. The rugged men and women of foreign lands are pouring into the country, and will soon have possessed themselves of its power and wealth. Society and club

**FOREIGNERS  
WILL SOON BE  
IN THE MAJORITY  
IN THE POPULA-  
TION OF THE  
UNITED STATES**

women say that they will lose their beauty of face and form if they raise large families. Without children women are often withered hags at forty. Society folks plead that it is better to have a few children right and well trained than a lot of ignorant ignoramuses. Infamous falsehood," says Father Isadore. "Shakespeare was one child in a family of eight, Washington one of ten, Napoleon one of thirteen."

The question as to whether or not this nation is to wither away, and slowly but surely pass into the hands of the more vigorous foreigners who have emigrated to this country in such large numbers of recent years, can be answered readily and emphatically. With a birth-rate among foreigners twice as great as among native-born Americans it is only a question of time when the real American race will be extinct. It is said large families are troublesome. A large number of children interfere with social and other pleasures, but do they not more than make up for the so-called pleasures with which they may interfere? The pleasure that comes with following out one's normal instincts, the divine joy of motherhood and fatherhood, must make amends for all that may be lost in club and social life. The grandest of all human joys come from the right sort of human life. Within the home we should find the peace and happiness of an earthly heaven. To be sure, where large families are given to bickering and quarreling among themselves but little joy can be secured in home life, but the natural product of home life is children, and many of them. A home seems desolate and barren without the prattle of a childish voice, and those who decide to limit the number of blessings that may come to their home to one or two are making a mistake that they will live to seriously regret.

Large families should be encouraged; they are a blessing to the individual and to the nation, and where home life is interfered with and experimented on by so-called modern science for the purpose of restricting the progeny, the results are disastrous to the home and all concerned therein. Everywhere we find desecrated homes. The peace and content and happiness that should be found within are usually noticeable by their absence, and the effort to restrict the family that comes largely from mistaken

ideas of life unquestionably has much to do with the unhappiness that results therefrom. We cannot exalt the home too highly. The nation is built up by its homes. The crumbling of the old-time ideals of home life, and the accompanying prudery, has blighted this nation far more than words or tongue can ever tell.

**A** PLAN has been presented for a gymnasium which the members of the National House of Representatives may use in their leisure moments. I am of the opinion that a convenience of this kind will be of far more value than a saloon bar, or even a restaurant. Many, I am thoroughly aware, will hardly agree with me that exercise is as important to human life as eating, but if one desires

**A GYMNASIUM IN  
THE NATIONAL  
HOUSE OF REPRESENTATIVES**

to live in every sense of the word it is equally as important. To be sure, one can spend his life lying in bed and sitting in chairs, and still eat three meals a day, and he may even be capable of accomplishing something that may seem of value, but such men know nothing of the exhilaration which comes with the active life. Their lives are bound to be commonplace, phlegmatic. They are sure to be mentally doped, and if under such adverse conditions they are capable of unusual accomplishments, their powers would be enhanced many times through the influence of the systematic use of the entire muscular system.

Physical exercise adds to one's mental abilities. It clears the brain. It accelerates the circulation not only to every part of the body, but to the brain as well. It insures a better quality of blood. It is free from those poisons that dope the brain and often create diseases of the body. Additional physical strength means more will power, it adds to one's stability of character. One is a better and a stronger man mentally as well as physically because of the exercise habit. If every one of our statesmen who are now controlling the destinies of this nation at Washington were induced to spend from one to four hours daily in various exercises the quality of their work would change for the better to an amazing degree. I know many of our statesmen consider a cocktail or highball essential at frequent intervals in order to spur on their lagging energies, but they would find some vigorous exercise, such as found in a gymnasium, or long walks, or deep breathing, would be many times more valuable, and there would be no deleterious after-effects. The stimulation that may be secured from alcohol is only temporary in nature, and a continuance of this habit is always disastrous to mental, as well as physical and functional activity.

**C**HIEF OF POLICE STEWART, of Chicago, has declared war on the free samples of headache medicine that are thrown on the doorsteps by agents. He has ordered his policemen to gather the samples and prevent in every way possible their further distribution. This order was given out after complaint reached the chief to the effect that the health and lives of school children were endangered through the presence of headache powders which they might swallow in quantities sufficient to cause death.

**FREE HEADACHE  
MEDICINES**

One can never definitely state the effect of a drug upon the physical organism, but where one foolishly experiments with the various remedies

In order to enable those who are desirous of helping us extend the physical culture movement, we have arranged the following liberal clubbing rates: For each order for two subscriptions at the regular rate, we will present an extra subscription without charge. For each order for four subscriptions, we will present two additional subscriptions without charge. For each order for six subscriptions, we will present three additional subscriptions, and so on up to any number.

This offer of three subscriptions at the price of two, in any number, will be open for a short time only and readers are urged to take advantage of it promptly.

that are thrown about as free samples he deserves but little sympathy if the results are disastrous. For instance, Health Commissioner Evans of Chicago analyzed the remedy referred to above, and the presence of a deadly drug was disclosed. Drugs must be strong in order to be of any so-called value as a headache cure. Remember, you cannot possibly cure a headache through the use of a drug. Some strong drugs will so overpower the nervous system that you are not capable of feeling a headache, but that does not cure the headache. The disease still exists. For instance, if you are being tortured by the pains of appendicitis the morphine that you may take to bring relief does not cure the disease. It simply makes the disease more serious in character, and exactly the same can be said when headache powders are used. The drug will magnify and increase the severity and frequency of the attacks of this complaint. Drugs belong to the ignorance and mystery and superstition of the past. When you are suffering from a headache you must remember that there are distinct causes for this complaint. You are eating too much, or too fast. You are eating unwholesome foods. You are taking too little exercise. You are breathing confined, polluted air, or else you are committing some error that has produced the very painful symptoms that are associated with this ailment. In nearly all cases a headache comes from a disordered stomach, associated with constipation, and a thorough cleansing of the lower bowel through a colon flushing treatment, together with the very free use of hot water, drinking from one to two quarts, within an hour or two will frequently bring relief that is very pleasing in character. We will give some details for the treatment of this particular complaint in a future issue, but what I especially desire to impress upon my friends is that the use of drugs in this or in fact almost any complaint is needless, and in fact dangerous to life and health.

ONE of New York's most prominent bankers has recently declared that eventually war with Japan is inevitable. His reasons are almost identical with those set forth some time since in the columns of this publication. Japan has everything to gain and little to lose in a war with this country. Let us hope that there will be no war—that the peace conference will ultimately develop an influence which will forever eliminate murderous strife of this character. In the meantime, however, we are sitting quietly, and, to a certain extent, listlessly, while Japan is preparing with what might reasonably be termed eager rapidity for the strife that I believe is sure to come. If it does come, what will be the attitude of physical culturists? How about a physical culture regiment? At such a time, perhaps physical culture will be worth something even to the government.

#### THE WAR WITH JAPAN

There is also said to be a rapidly growing belief in England that the naval preparations of Germany are not directed alone against Great Britain, but will back up Germany's attempts to found colonies in South America. In other words, they have in view a violation of the Monroe Doctrine. This will naturally mean trouble with the United States. This condition is so well recognized in many of the American republics that it is said some of the business men located there are deferring business negotiations until after the arrival of the Germans. One of my contributors states that he was recently talking to an American of Spanish descent who has just returned from a long stay in Venezuela and Colombia, and he mentioned the expected German invasion.

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Who can tell? Maybe the vigor that many of our young men are developing under a physical culture regimen will be badly needed in the not far distant future to defend this country in a war that may be fierce and terrible in character.

**H**ARVARD has an infant boy prodigy. He is eleven years of age. He lectured in that institution recently on the Fourth Dimension. I do not intend to go into the details of the Fourth Dimension for the simple reason that I don't know anything about it, but I do know that the precociousness evidenced by infant prodigies has a tragic influence upon immature minds and bodies. Precociousness is one vast, pitiful mistake. It means stunted growth; weakened, poorly developed bodies. It means perversion of the entire mental and physical organism. Precocious children never amount to anything as adults. They wear out their nervous systems before their full growth has been attained. They have interfered with normal human development, and they pay the penalty for these precocious efforts either in the

#### INFANT PRODIGIES

form of early death or at least by joining the rank of human ciphers in adult life. There is nothing but pity in my heart for precocious children. They are the victims of parental ignorance so deep and vast that it is inexplicable. You might say to a certain extent that our educational methods all tend towards precociousness. If we could find some way of occupying our boys and girls with active, outdoor recreation until they are from ten to twelve years of age, instead of sending them to school, they would be far more able to cope with life's great difficulties. There is nothing to complain about in our kindergarten methods, where education is made a pleasure, where it might be termed play, but when mere children are weighted with the responsibilities that come with rigid examinations; when they are prodded by ambitious parents with various rewards with a view of hastening them through school at the fastest possible rate, they are frittering away life's greatest and most valuable physical assets. They are weakening the very foundations of their career. They are sacrificing physical health in manhood and womanhood merely for the pleasure of acquiring knowledge a few years earlier than other children that would come to them with little or no effort in after years. Naturally parents are proud when their children give evidence of possessing intelligence beyond the average, but when such characteristics appear they should never under any circumstances be encouraged. Rather should they be discouraged, for you must remember that the active use of such unusual faculties will be inclined to bring on nervous troubles that might really be termed serious in nature.

The first duty of parents is to give their children a chance to develop into strong, forcible men and women. At present this characteristic seems hardly worth considering, and yet the world is suffering to a degree beyond the power of mortal man to describe, because of the need of more real men and women. With the day of coddling and precociousness has begun to disappear, then, and not until then, will our growing boys and girls have an opportunity to develop the characteristics of real manhood and womanhood.

*Bernarr Macfadden*

The June issue of PHYSICAL CULTURE will be a special outdoor number. A particularly timely and seasonable article on camping, with full details of just how, when and where to camp out will be one of its many attractive features.

If you desire to become one of the staff of earnest workers who are aiding us to place PHYSICAL CULTURE in every home in America, it will pay you to get into touch with our Circulation Department, Flatiron Building, New York City.

# How to Develop the Upper Arms

SIMPLE EXERCISES FOR DEVELOPING THE  
MUSCLES OF THE UPPER PART OF THE ARM

By **Bernarr Macfadden**

**T**HOUGH I have had a great deal to say in various lessons given in the past on strengthening the spine, the importance of strong arms should not by any means be forgotten. A strong arm seems to add to one's confidence. One is frequently called upon to defend himself quickly and energetically, and strong arms under such circumstances are of special value. I would by all means suggest a thorough development of the muscles of the upper arm, not only for the additional strength, which will be found of great importance, but for the purpose of giving the arms a proper size and symmetry. Weak arms, it should be remembered, as a rule indicate a similar condition of the chest, and all the various movements that are essential for developing the arm at the same time exercise the muscles of the chest and shoulder, thereby insuring a well developed chest. In the various illustrations you will note that I have books in my hands, though dumb bells, ordinary irons used for laundry purposes, or in fact any object of from one to five pounds weight that you can conveniently hold in the hands, will be just as satisfactory. Should your strength be very inferior at the start, the exercises might be taken without any weights in the hands.

It will be found that the muscles of the arms will respond readily to properly directed efforts which may be made to develop their symmetry and strength. Those who will perform the exercises illustrated in this lesson in an energetic and persistent manner, for a reasonable length of time, will be rewarded by most gratifying results.

It must be remembered that not only will an improvement in the development of the upper arms bring strength and power to these members of the body alone, but that by improving the power and shapeliness of the upper arms a great step is taken toward securing the

breadth of shoulders and the depth of chest which constitute such important factors in the make-up of a really healthy man or woman.

The deltoid muscle, which overlies the shoulder, is triangular in shape, and derives its name from its resemblance to the form of the Greek letter delta. It is capable of being developed to a marked degree, as is exemplified in the broad and beautifully rounded shoulders of many athletes. The last two exercises of the current series will be found a particularly effective means of developing this muscle.

Directly above the biceps of the arm—of which more will be said later—is the triceps muscle, so-called because of its having three heads. This muscle is a most important factor in the strength and activity of the human arm, and although, despite regular exercise, it may exhibit less apparent development than other muscles of the upper arm, it will nevertheless be found that its strength and power aid in making the arm the powerful and useful member of the body which it normally should be. The first two exercises illustrated in the supplement accompanying this issue will be found most useful for developing this muscle.

The biceps muscle, the top of which directly underlies the triceps, and which, like the latter muscle receives its title from the number of its heads, is unquestionably better known by its technical name than any other muscle of the body. Indeed, it is not a far-fetched statement to declare that the knowledge of the possibilities of muscular development existing in the minds of some benighted folk is confined to their acquaintance with the biceps muscle. While it is absurd to concentrate efforts toward muscular development solely to the improvement of the biceps, it cannot be denied that this is a most important muscle, and its part in giving strength

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and symmetry to the upper arm is a most important one.

A notable point regarding exercises for developing the arm is that, in order to perform them properly, it is necessary to make vigorous use of most of the muscles of the upper body. Nearly all of the muscles of the upper arm are directly or indirectly connected with the pectoral muscles, which overlie the chest, and the exercises illustrated in this lesson, if persistently performed, will not only improve the strength and symmetry of the arms, but will also go far toward assisting to deepen and broaden the chest.

It is hardly necessary to direct attention to the necessity for deep and regular breathing while performing the exercises described below. By their very nature, the movements here outlined will promote deep and normal breathing, and the beneficial results attainable will thus be greatly augmented.

EXERCISE "A" is shown very clearly in photograph Number One. This exercise is very similar to boxing. Grasp the books, or whatever you may use for weights in the hand, very tightly, strike out with the left arm, reaching as far as you can, then, while bringing the left arm back, strike out with the right arm. Alternate in this striking exercise, and continue the movement until the muscles that are used are thoroughly fatigued. This is especially a splendid exercise for enforcing deep breathing, for if it is taken vigorously the lungs will soon be exerted to their fullest power and capacity in order to supply the oxygen required for such a strenuous exercise.

EXERCISE "B" is partially indicated in photograph Number Two. With the arms stretched out away from the sides, as shown in the illustration, bend the elbows, bringing the books as near as

possible to the shoulders. Return to the first position, and repeat the exercise until there is a distinct feeling of fatigue in the biceps of the upper arm, which is the particular muscle actively used in this movement.

EXERCISE "C" is illustrated in photographs Numbers Three and Five. Begin the movement with the arms in the position shown in photograph Number Five, and bring the books upward to position shown in Number Three. Repeat the exercise until there is a distinct feeling of fatigue in the biceps muscle and upper arm. A variation of this exercise can be taken by changing the position of the hands, though of course the biceps are acted upon in almost the same manner.

EXERCISE "D" is shown in photograph Number Four. Holding the weights you may have in your hand on top of the head, as shown in the illustration, extend the arms out at the sides on a level with the shoulders. Now bring them in quickly and vigorously, assuming the position in illustration, and continuing until there is a distinct feeling of fatigue.

EXERCISE "E" is illustrated in photograph Number Six. Bring the weights in the hand back of the head, as shown in illustration, then straighten arms, reaching as high overhead as possible. Continue the exercise until there is a distinct feeling of fatigue. This exercise vigorously uses the triceps on the back of the upper arm.

EXERCISE "F" is illustrated in photograph Number Seven. Hold the books or weights as shown in illustration, then strike high overhead quickly and vigorously. Return to former position, and repeat until the muscles are thoroughly tired. A variation of this exercise can be taken by bringing the arms close to the body as they descend.

## A Useful Hint

### TO THE EDITOR:

Realizing the good that can be done through your journal, I will mention a mighty good thing myself and friends have tried. Now spring time is again with us—the season when so many suffer with hot tired feet. The cause is evidently due to the fact that the feet are covered with a dead skin, and will not let the pores throw off the poisons and also keep up a moisture, which the feet

needs to keep them from getting hot and dry. I used to suffer severely for months every spring time.

Some few years ago, a good Samaritan, in the person of a woman, who did not like to see others suffer, a woman who had time for a good word, called my attention to the use of a soap containing some hard, gritty substance. I used it and became a missionary and booster for the manufacturers. JOS. A. SHIRES



# Secrets of Health and Beauty

By Pearl Sebolt

OHIO'S MOST BEAUTIFUL WOMAN TELLS OF THE WINNING OF HEALTH AND BEAUTY ON A FARM—THE ESTHETICS OF THE WASHTUB

The author of this article was recently adjudged the most beautiful woman in the State of Ohio. There were thousands of contestants for this honor. Miss Sebolt is a splendid example of natural physical culture methods. Getting back to Nature is the secret of her radiant health and beauty, and she enjoys the additional advantage of never having strayed from Nature. The last time she wrote an article under her own name she received a bushel of letters. There were innumerable requests for her regimen and even a few proposals of marriage. She is unable to answer such a vast quantity of mail, and prefers that communications of this kind be sent to the editor. My manifold duties, however, will not, by any means, permit me to assume such a responsibility. These comments have been made so that those who may feel impelled to write Miss Sebolt may understand the difficulties of replying to a voluminous correspondence.—Bernarr Macfadden.

THOSE who are looking for "beauty hints" of the conventional sort will doubtless be disappointed, as such "beauty secrets" do not enter into this article at all. Rather is it the short and simple story of health and beauty gained without recourse to artificial methods, and in unmysterious ways.

Consider the pacing tiger; the poetry of motion and all the beauty of poise are embodied in it. Anyone who has watched the marvelously graceful movements of wild squirrels must have been fascinated by their manifestation of intense energy—as in a tensely coiled spring. Both the tiger and the squirrel obtain strength and beauty from natural methods of living. No one who is strong and well can be quite unbeautiful. Rich,



Miss Sebolt is fond of out door life and flower gathering.

bounding blood will illumine the most commonplace features, strength and energy will clothe the body with natural grace and poise. So it is plain for you to see that mine has been the life of a healthy young animal, properly nour-

ished and comfortably clothed. Whatever beauty may be attributed to me is but the expression, I am sure, of the exuberant health which I have always enjoyed. And this is how I maintain it.

My whole life has been lived on my father's farm, near Lake Erie. Through my study window, even now, I can see big handsome maples laden with frost and ice, the snow is deep on the pasture lands and there's a spanking breeze blowing off the lake. When this story is finished, I'll call my dogs, "Buster" and



A striking photograph of Miss Pearl Sebott.

"Sport" and we will go out into it; and I wish that any pale or nervous girl who reads this might join us in our frolic with the wind and the snow. A walk against an ozone-laden breeze when every step is a victory won, will bring the flush of health mantling to her cheek, and return her radiant as a rose in the snow would seem.

Don't stay in and embrace the stove on exhilarating winter days, or any other days. Winter comfort, winter health and freedom from colds is just a matter of *dressing appropriately*—don't forget or underestimate the importance of that point. Don't go walking in the snow with ordinary shoes and rubbers; get a pair of high laced mountain boots instead. Wear heavy gloves or mittens, and with feet and hands warm and dry the storm may rage in vain.

A little later in the season comes to the northern farmer one of the chief and sweetest events of the year—maple syrup time. Every spring, when the ground thaws, my father taps a thousand maple trees—in the vernacular it is called a "sap-bush." Of course I help. My work is driving a low sled bearing a tank from tree to tree and gathering the fresh sap. In the silent forest—silent to those whose ears are not attuned to the murmurous stirring, to the low awakening and whispering of the sleeping things that prove that spring is at hand—it is easy to imagine the woods enchanted—some trees are possessed of sweet and generous spirits such always await my coming with pails overflowing with richest offerings, other maples are haunted by malicious wood sprites that give sparingly of not over-sweet sap.

Back at the evaporating station the newly-gathered sap is fed into a series of boilers, under which a great fire is kept burning furiously. The evaporated steam envelopes every thing and rises in slow columns above the tree tops. It is the vernal signal, the first harbinger of springtime to the countryside.

The sap-bush becomes a feature in local society. There is a tradition of pioneer times that every nocturnal visitor to a sap-bush must bring a chicken extracted from a neighboring roost. Old settlers assure me that a "stolen chicken cooked in sap is too good for any but a very honest man." However, I am sure such things do not happen now-a-days.

In the summertime Northern Ohio is the garden-spot of the world—warm weather, a big cool lake and fresh air continually lure one out of doors. There are onions to weed, potatoes to plant or pick up, and Monday washings galore. I have done all these things and still managed by extra care to keep my hands soft and white and my nails as perfect and shining as the manicured girl in the city.

I am often asked whether I get lonesome on the farm? Sometimes I do, of course, but so does the city girl tire of her environment. There is less entertainment here than in the city, but there is the compensation of more time in which to read. Besides I'm not entirely dependent upon rural advantages. If I wish to engage in intellectual pursuits, the "Green Line" cars will transport me, in about twenty minutes to the foot of the Solons of Oberlin. I attend the oratorios and an occasional lecture there. As I live

only two and one-half hours from Cleveland, that accommodating "Green Line" enables me to frequently gratify my delight in the stage. I must confess to being an inveterate theatre goer; it is my only dissipation and although I've been told I'll outgrow it, I secretly hope I will not.

Then I have my dogs. They are not puny Pomeranians, or silky-haired lap-dogs, but big splendid fellows, swift enough to overtake a hare and strong enough to pull down a deer. I don't object to the lace doggies at all, only they seem so exotic and altogether useless, besides, father does not approve of them. I notice that men who live next the soil acquire a pragmatic instinct for sifting out the useful qualities in animals and things, and Dad would say lady's Pomeranian "ain't worth the powder to blow it up."

It follows that any one who loves the out-of-doors, loves horses, and horse-back riding is one of my favorite recreations; there is magic in the motion—health in every breath. One feels so free so untrammelled; annoyances and perplexities vanish and I return from a canter without a care in the world.

I've told you nearly all about myself save that I have a perfectly un-lady-like appetite most of the time, and so good a digestion that a breakfast of cream cookies or mince pie before going to bed would not disturb my dreams. Owing to my active indoor and outdoor life I eat anything that I wish and all that I want, but am very careful not to overeat. The only times I'm ever tempted to break this rule is upon my return home after a few day's sojourn at the big hotels in New York,



Miss Sebolt and two of her outdoor companions.

Pittsburg or Chicago. The man who said "farmers are the poorest-fed class on earth" was certainly unacquainted with the Northern Ohio specimen. The choicest product of orchard, field and garden is kept for home consumption.

Neither have I any hard and fast rules governing my hours of sleep. Usually, however, I am preparing for bed about the time my city cousin begins dressing for the ball, and I rise in the morning about the time she seeks repose. I seldom lose my "beauty sleep." Thanks to my good mother I have learned how to do a few culinary stunts.

I sleep in a big airy room ventilated with *wide open* windows in winter and summer. Like most farm houses the heat is confined to the first floor, consequently my sleeping room, with its open windows, is about the temperature of the great outdoors. My slumber song is sung by the wind through the lofty pine trees fronting my room. Possibly when you were a boy or a girl you heard the wind in the pines—its note is soft and crooning. "*Suadent sidera somnes*"—like Virgil's stars, it invites slumber. I usually retire at nine o'clock to be awakened by the chanson of chanticleer, or by father's pigs voicing the stern necessities of nature as exemplified by their matutinal appetites—in either case it is far more agreeable than the jangle of iron-shod street cars, the hawking of "uxters" by newsboys, or the weird gamut of the milkman's bottles. Beyond walking, driving or riding I take no physical exercise. As a daughter I assist my mother in the various duties of the home. Being of a practical nature it seems more sensible while exercising to do something useful and I feel a very primitive desire to use my energy in overcoming something, if its only a victory over dirt, therefore I exercise my muscles to some purpose by wielding a broom, running a lawn mower during its

season and assisting at the inevitable Monday's wash. I am aware that my perfectly healthful, but unæsthetic regimen will never become popular with beauty seekers. However, I'm not writing a fairy tale, I am telling you what I do to secure perfect health and refreshing sleep, a model figure, graceful carriage and a roseleaf complexion that won't wash off.

There are doubtless unfortunates, warped in body and dulled in mind, besides those semi-unfortunates who owing to their environment and social duties are prevented from living naturally, both these classes would doubtless be greatly benefitted by special exercises. Both have my sympathy, for I too am a victim of the conventional. I have so far lacked the moral courage to don divided skirts, lest the villagers with shocked faces and in horrified tones say, "Did you see Pearl Sebolt riding through town *astride*." Nevertheless, some day I feel I shall rise superior to my environment and discard the side saddle.

I am strong in the belief that any woman can gain health and its consequent beauty, in the ordinary activities of life. However, this does entail the hardest of all exercises—keeping the body erect, the chest at a high altitude and the spine straight, not part of the time, but all the time, while sitting, standing or walking. Correct breathing follows as a matter of course. Those who have not the best of health, and who find it difficult to maintain a correct bodily carriage constantly, will find in special physical exercises a remedy for their ills.

Beware of any particular cult. It is absolutely impossible to reconcile Fletcherism, Metchnikoffianism, Haigism, Chittendenism and all the other "isms." Many good things are to be found in each but in the main points they are hopelessly at variance.

No, I'm not going to propose a new "ism."

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### Olive Oil for the Hair.

Through your magazine, I have learned that olive oil is as much needed, as soap or fire. I find after many valuable uses, it makes the finest shampoo I ever knew. It cuts the dirt, dandruff and superfluous hair oil out of the hair. I find it easy to use with no reaction by

leaving the hair dead and dry as do some things. To use it, first wet the hair with warm water, so the oil will strike through quick, rub thoroughly, wash it out with good soap, then soft water.

JOS. A. SHINK.

## Boxing with the Feet

By Herbert M. Lome

A FAMOUS SOCIETY ATHLETE DESCRIBES AND ILLUSTRATES "LA SAVATE," THE FRENCH METHOD OF BOXING

Mr. A. J. Drexel Biddle has again favored us in a manner which our readers will doubtless appreciate. This enthusiastic advocate of athletics has closely studied the French form of boxing—"la savate," and he is so much interested in the friends of this publication that he has posed for the various photographs that we are reproducing herewith. Boxing is one of the most valuable of all exercises. It not only builds a powerful physique but gives one self-confidence at all times when it is most needed, and makes one cool and collected in emergencies. The French might possibly contend that boxing with the feet is simply a sort of complement to the American or British forms of boxing.—Bernarr Macfadden.

SPORT, like war, exemplifies the temperaments of the nations who engage in it. The gymnasiums and duelling clubs of the Germans; the showy riding feats of the upper classes of the Italians; the bull-fights of the Spanish; the boxing clubs and the football fields of the British and the United States; the skeeing of the Norwegians and Swedes, and that eminently French institution "*la savate*" will, on analysis, be found to rest on a foundation of the characteristic traits of the inhabitants of each of the countries named. Stated in brief, it may be said in this connection that the athletic recreations of the Anglo-Saxon races are those that call for endurance and bull-dog pluck; while those of the Latin peoples are marked by agility, showiness, and—in some cases—a tricky quality that does not meet with the entire approval of we in America, or our cousins on the other side of the Atlantic.

*La savate*, the art of attack and de-

fence with the feet, is one of the sports that somehow or other, is not in accord with our ideas of fair play, or true manliness. It may be that we are so accustomed to use our fists for fun, or self-protection, that we cannot understand why men should employ their feet for the same purposes. The average citizen of this country has a distinct contempt for the man who will kick an adversary except under stress of most pressing need. And his views of the matter do not suffer much change when the kick is delivered in the name of sport instead of necessity.

Yet in France, *la savate* enjoys a vogue that hasn't been greatly hindered by the recent popularizing within its borders of boxing *à l'Anglaise*, or the use of the gloves in the manner to which we are accustomed.

Mr. A. J. Drexel Biddle, the well known society athlete and amateur boxer of Philadelphia, has



Backward body kick with the right foot, guarded with the right hand. Counter with the left hand. Mr. Biddle on the right.



Left lead of leg to the stomach; guard with both hands accompanied by left leg lead to inside of opponent's right knee. This is one of the spectacular situations in *la savate*.

much facility as the fists. He rejoices in the unexpected things that the sport brings about in the way of gestures and happenings. And I must confess that if you once can overcome your prejudice against the man who attacks another with a kick, *la savate* is laugh-provoking, not to say interesting—to the spectator."

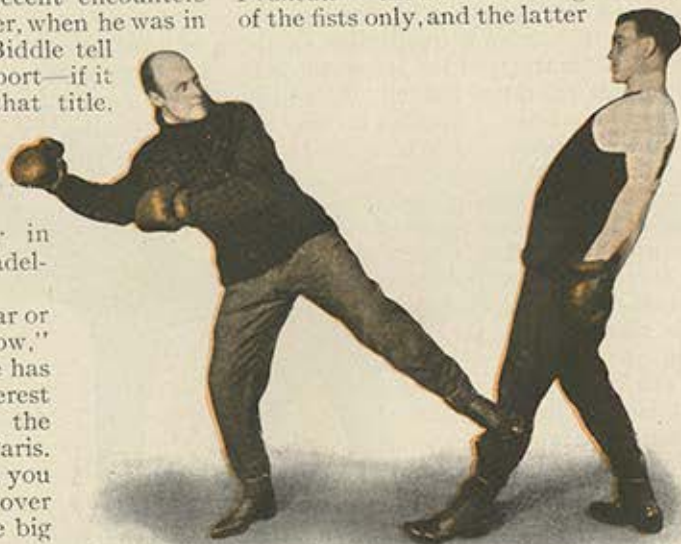
"French boxing contests are now conducted under

the rules '*la boxe Anglaise*' or '*la boxe Francais*'—the former calling for the use of the fists only, and the latter

studied *la savate* in the land in which it flourishes. His most recent encounters with it were last summer, when he was in Paris. But let Mr. Biddle tell his own story of the sport—if it may be dignified by that title. The recital as here set down, took place in the boxing room at the rear of the palatial home of the narrator in Walnut Street, Philadelphia.

"Within the past year or so, as you probably know," said Mr. Biddle, "there has been a tremendous interest taken in boxing by the French, especially in Paris. So that at the present, you find boxing clubs all over Paris and other of the big communities.

"But in spite of all this, the Frenchman has not lost his love for *la savate*. He delights in seeing the feet used with pretty nearly as



This is the "knockout" blow of *la savate*. It is delivered on the inside or outside of the knee in the manner shown in the picture. Properly planted, the contest comes to an immediate end by the dropping of the victim to the floor.



A lead for the kidneys with backward "stamp." Opponent counters on the inside of the right knee.

allowing of *la savate* being resorted to whenever the combatants feel called upon to do so. The two systems divide honors in the public estimation, but as I have intimated, *la boxe Anglaise* is showing an increasing popularity.

"*La savate*, like unto our boxing, has a regular system of attacks, defences, feints and so forth. It calls for some physical qualities that are not needed by the fist fighter. Thus, the *la savate* expert must be a high kicker; he must have a perfect power of poise whether he be on one or two feet, and he should be as clever with his lower extremities as a dancing master. Also, he must have learned the art of being a four-handed fighter, for as I have said, the feet and the fists are often brought into action in a sort of simultaneous fashion.

"Whatever may be its defects from our point of view, the sport demands quick decision either for attack or defence. This is the more so, when it is remembered that *la savate* is

full of the unexpected. To the novice, it is bewildering; to the expert, it is often puzzling. Of course when one gets to know the tricks of the sport, he is not often caught off his guard. But to get the hang of these tricks calls for a lot of practice and a multitude of kicks received and endured.

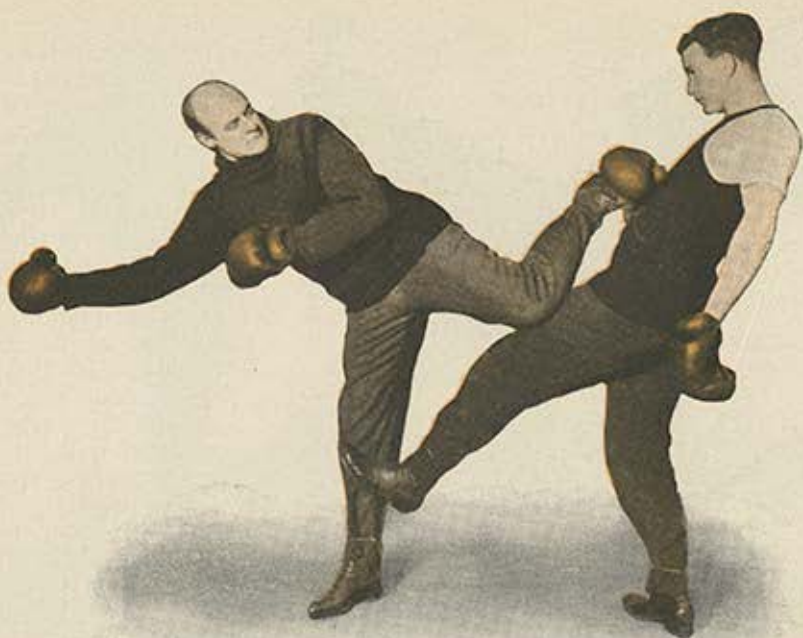
"One of the conventional dodges that the *la savate* expert is apt to play on the novice, is to suddenly quit fist-boxing and apparently run away. This is usually done when the other man has been worked up to fighting pitch. The first impulse

of the latter is, naturally enough, to follow his retreating antagonist. This is precisely what is desired by he who flees. There is a sudden halt on his part, his leg shoots out in a backward kick and the unlucky pursuer feels as if he had run into the business end of a Kentucky mule in hornet time.

"If you are on to the wily one and if—when you see him turn tail, you



Another phase of the deadly kidney blow. Mr. Biddle leads backward with right leg and the other man tries to counter on the neck with his left glove.



Mr. Biddle leads with his left leg backward for the "wind," but is blocked by the right hand of his opponent, who simultaneously delivers the knee kick on the outside of the other man's leg.

stop still—which is the proper thing to do under the circumstances—he will turn and come at you with a queer galloping pace. This is for the purpose of getting into his kicking stride, so to speak. When he is within striking distance, he will let fly at you with right or left foot—as his interest in your welfare may happen to dictate, aiming at a point that seems to be the most vulnerable. This 'gallop' is most disconcerting to the unaccustomed one, let me tell you, but after a time, you get to know what it presages and guard or get away as your discretion prompts.

"Contrary to general belief, the *la savate* man doesn't kick. He stamps. That is to say, he hits with the heel and not with the toes. Even when the blow is delivered upward, it is of the 'stamp' order. There is good reason for this. In the first place, the sport calls for a certain kind of shoes, with soft leather as far as the uppers are concerned and having soles of raw-hide. Now a blow delivered with toes that are encased in such shoes would, in all probability, inflict as

much punishment on the giver as the receiver. If when in the dark, you have ever stubbed your toes against an article of furniture or a door you will realize what I mean. If the rules of *la savate* allowed of heavy shoes being worn, it would be different. Perhaps for the sake of the mortality rate, it is as well that soft foot-wear prevails.

"Also, much more force can be put into a 'stamp' than in the foot blow direct. A very little consideration will show you why. The 'stamp' has the whole weight of the body behind it. The toe-kick has the impetus of the swing of the leg only. The intention of *la savate* is to disable a man, mainly by certain kicks on the legs. Also, some of the body kicks are effective in the same direction. It is manifest that these kicks would be of little service were they of the toe type.

"The 'knockout' kick is that which is delivered on the outside or inside of the leg joint below the knee, generally when the victim's leg is stretched forward. If this kick is deftly given, the victim at once



retires, or rather is assisted to retire from the scene of the contest. For it not only seems to demoralize his nervous system, but it lames him so thoroughly that he is physically incapable of continuing the combat, and going to his dressing room without the aid of attendants. Practically all the *la savate* knockouts—if they may be called such—that I have witnessed, have been brought about by this blow or kick. I have, it is true, seen some of such contests that have been brought to a sudden termination by a well-directed kidney or chin kick, but such occurrences were of a rare sort.

"Like the other kicks, that directed at the leg just below the knee has its series of guards, and it is astonishing to see with what dexterity two veterans at the game will protect their lower limbs from the repeated attacks that are made upon them.

"The kidney-kick is another effective form of attack. If it is vigorously and accurately delivered, it will put a man out of business in short order. As its name implies, it is a 'stamp' that has for its mark the region of the organs named. Usually, it is used as a counter attack to the backward kick. And here let me say that countering is as an important part of *la savate* as it is of boxing. There is this difference, however, that in the French sport the counter is made with fists or feet, just as the situation demands. The same remark stands good of guarding. In a great many instances the gloves take and divert the threatened blow from the foot."

Mr. Biddle was asked if a clever boxer of the American sort could get the best of a French *la savate* expert.

"Undoubtedly," he replied without a moment's hesitation, "provided that the American took the precaution to infight. The *la savate* man is lost unless he can get so far away from his adversary that he can swing for the kicks. These were the tactics that I adopted after an experience or two with Parisian feet, and they worked like a charm. Close infighting and rapid work at that, and the gentleman on the other side of the house soon discovers that he has cold feet or their *la savate* equivalent. I speak more particularly of the French professional boxer."

"Why?"

"Well," answered Mr. Biddle with some hesitation, "to tell the truth, I have but little respect for the Parisian professional. He doesn't fight clean in the first place, and he quickly shows the white feather in the second. There is a streak of yellow in his make-up that crops out at unexpected intervals. I am not now speaking of one or two specimens, but of the class as a whole. And I know whereof I speak, for I came in contact with a great many of these men. In these respects they compare unfavorably with our professionals at home, who, whatever may be their faults, cannot be accused of want of courage. Taken as a whole, our pugilists have that traditional bull-dog pluck that prompts them to hang on no matter what the condition.

"Let me give you one illustration of the trait of the French professional to which I have alluded. I went to one of the boxing clubs that now abound in Paris, and tried to get a friendly bout with the instructor, whose name I do not care to divulge. He dodged and hedged but finally put the gloves on with me. Now, just why or for what reason he 'fucked' I do not know; this too, in spite of the fact that I posed as more or less of a novice for the purpose of trying him out. But he cut the bout short on some pretense or the other, promising to meet me the next day. When I went to keep the appointment, the place was closed! This was about the middle of last August. Under usual conditions, the club should have closed at the end of the month. I imagine that he had learned that I knew something about the game, and didn't care to meet me in consequence.

"But the French gentlemen amateurs are totally different. They are fine, clean-cut sportsmen in the best sense of the term. As to pluck and endurance, they can hold their own with men in the same social class as themselves, the world over. While the majority of them are versed in the art of *la savate*, all of them have a good understanding of *la boxe Anglaise*. Indeed I think that I am safe in saying that most of them prefer to box in the style used by Anglo-Saxons. I have had the privilege of meeting a

good many of these gentlemen, and I can vouch for the fact that in most instances, they are as clever with the gloves as they are desirable socially.

"The boxing clubs of Paris are hardly to be duplicated in any other part of the civilized world. They are democratic institutions, all classes patronizing them.

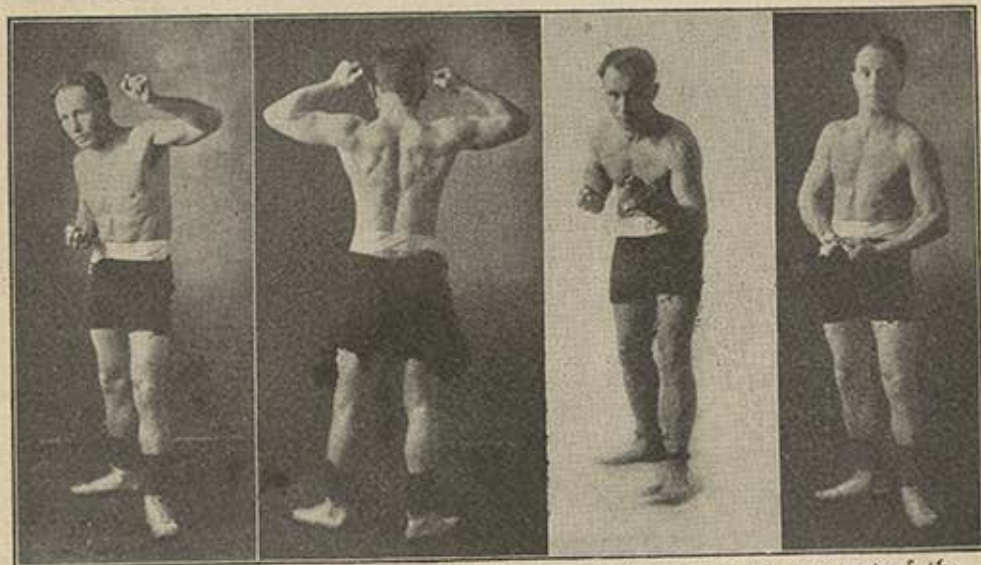
"There are about ten of such clubs. I used to attend three or four of them, that kept by Paul Maingait being my favorite. It was here that I trained, and there too, I met and boxed the champion middle-weight of Paris. Bayle's too, I attended at times, and occasionally I dropped into Caestres'. At all these

clubs one was pretty well certain of meeting many of the gentlemen amateurs to which I have alluded.

"I do not think that much good would follow an attempt to popularize *la savate* in America. The instinct of our race is to use our fists when the occasion requires. A man who has a knowledge of boxing is amply armed against attack or aggression.

"But for all that, if we look upon *la savate* as a form of exercise only and divest it of the suggestion of cowardice that attaches to kicking as a form of attack, we must admit that it is not without qualities that recommend it to our attention."

### Young Boxer Gains Great Benefit From Our Literature



Josef Ericsson, an amateur boxer of California, who is an earnest exponent of the principles we advocate.

#### TO THE EDITOR:

I herewith send my photograph as a comparison with those of two years ago. As can be noted my muscular development has increased and is more symmetrical. During this time I have been living mostly on a physical culture diet, except for some months last summer when I experienced baneful results.

For the last four weeks my diet has been as follows. (I missed a meal occasionally of my two-meals-a-day, and for three days, the only thing taken was water). My breakfast, at ten o'clock consists of fruit, assorted nuts, honey and cereal, in which I use olive oil. At five o'clock, I usually eat canned dried beans and vegetables, with plenty of olive oil.

Every morning, rain or shine, I go on the

road for five or six miles, running part of the way. From my walk I go to the gymnasium, where I punch the bag, play hand ball, never omitting the exercises described in the "Building of Vital Power," by you, and some of the exercises best fitting me from PHYSICAL CULTURE.

I have found lemon peeling the very best thing I ever tried for whitening my teeth. Nothing can ever induce me to again go back to my old way of living.

Anybody that practices strictly, can be cured, healthy and happy, and I consider you as the greatest benefactor to humanity that ever lived.

JOSEF ERICSSON.

Sacramento, California.

# Moral Life at Michigan and Other Universities

THE FIRST OF A SERIES OF ARTICLES ON THE MORAL LIFE AT AMERICAN COLLEGES. THE EFFECTS OF ATHLETICS UPON MORALITY FROM THE EXPERIENCE OF EXPERTS IN VARIOUS EDUCATIONAL INSTITUTIONS

By Prof. Frederic S. Goodrich, A. M. (U. of M.)

No one can question the great influence of college life upon the nation. Many young men secure their ideals and their ambitions and select their occupations for life at these institutions. The importance, therefore, of clean, moral standards at high schools and colleges cannot be too greatly emphasized. There seem to be no startling conditions existing at the University of Michigan, but the author has given us the views of various experts on the influence of athletics upon moral and other characteristics which will undoubtedly be of interest.—Bernarr Macfadden.

IN the language of a college student, "What's a fellow up against when he enters college?" Most prospective students leave home with roseate ideas of college life, and little experience of the world. Many come from peacefully sheltered homes, from small towns, or from the country. Such a student often looks upon the senior or junior as a personage of such importance and experience that he should be obeyed and imitated as far as possible. The new student therefore is in the proper psychological condition to receive impressions and to act upon them.

It is quite probable that the new student has never before been in a college town. Everything is new. The glamour of novelty is over all. If he is greeted by the sight of saloons on every corner, and students passing in and out, he is quite likely to think that this is a necessary and natural feature of real college life. His entrance into college life is a testing time. Many a student cannot or does not meet the test successfully.

The reason for failure sometimes lies back of him rather than before him. The moral life of our public schools needs a thorough investigation. The worst features of fraternity and athletic life have invaded many public schools. The moral standards in some schools are lamentably low. One of the best American authorities on boy life is Eugene C. Foster, City Young Men's Christian Association Secretary for Boys, Detroit. He writes: "I am satisfied beyond any

question that there is a degree of immorality in the student life of many city high schools which is appalling, but I have no means of knowing what percentage of the student body this touches. I shall find out more about this, but it may take me several years to do it."

Nor are country school houses and life free from immoral influences. In a recent book, *Rural Christendom*, the author says: "The actual moral conditions of many open country communities, allowing for some notable exceptions, are not the sweet and pure innocence which casual visitors glowingly describe." Prudery and false modesty in the homes, linked with carelessness and ignorance, and in some cases with actual moral depravity, do their deadly work upon the growing boys and girls.

These evils send some students to college already handicapped, already predisposed to accept the evil and not the good in their new environment. But what is before him? Many divergent influences and interests contend for him. For a concrete example, imagine a new student stepping from the train at Ann Arbor, planning to enter the University of Michigan. He will be impressed first by the immensity of the University. It is a great educational institution, and its alumni are proud of it. The long and remarkable administration of President Angell has made his name a household word in Michigan. He laid down the duties of the office universally beloved and admired. Ample funds have been furnished by the State for its develop-



Bowling. Score close. Every nerve on edge. A strike. And then --relaxation and Fatima Cigarettes.



The smoke that is mild and mellow.  
A blend of fine Turkish tobacco. Twenty distinctively fine cigarettes in the package.

THE AMERICAN TOBACCO CO.

This illustration, and those which accompany it, are reproduced from an Eastern college publication.

ment. Its equipment in apparatus, libraries, and buildings is unusually fine. Able faculties direct the work of the different departments. Its growth in attendance has been phenomenal. Its influence upon the educational life of Michigan has been strong. Indeed, its graduates are to be found all over the world. It is a great University community into which our supposed Freshman enters. What will he do with it, and what will it do with him? If he gives promise of athletic ability he is promptly "sized up" by the director of athletics, and invited to "get out and hustle for the team." The equipment for athletic and gymnastic work at the University is excellent. The record of the University teams has been a famous and honorable one. The physical culture of the women is not neglected. Miss Catharine L. Bigelow, director of Physical Culture for Women, states that three periods of Physical Training a week are required of first year women. The work is in the Barbour Gymnasium in the winter, and

out-of-doors on Palmer Field in the spring. There are classes in gymnastics, dancing, and basket ball open to upper class students, and swimming for all who elect it. There is also a class for weak students and individual corrective work for those needing it.

If a young man goes into athletics will it be "for better or for worse" for him? Experiences vary in different institutions. From the Illinois State Normal University one writes: "I think that athletics are demoralizing to that group of our students who take an active part in them, but on the whole they are a benefit to those who do not participate in them. It gives such an inspiration to the student to watch his team play a good game. And it may be that boys are bad before they take any part in athletics. Our student body is better morally than the average students. They are better than most any bunch of people so large in number."

From Yale University comes this: "Athletics have a good uplifting influence both on morality and scholarship at Yale. Both morality and scholarship are high here, to which fact any Yale man will bear witness without boasting. I suppose that the strongest anti-moral influences at Yale are the few members of the University who have a tendency to be fast, but their influence is of very small extent. In regard to athletics, it is certain that they make poor stand men work harder than they otherwise might to keep up above a grade which might prevent their playing on teams, and it is certain that immoral men cannot do well in athletics and keep any bad habits at the same time."

President Vayhinger, of Taylor University says that: "athletics are not demoralizing in this institution, because not over-indulged in. No inter-collegiate games whatever are permitted."

From Vanderbilt University comes this statement: "Athletics corrupt some men, but strengthen the majority. The general moral tone of Vanderbilt University is good. The moral forces have the control. Vanderbilt requires a high standard of scholarship to get a diploma. Many drop out because of defective scholarship, but on the whole I think

the scholarship at Vanderbilt is satisfactory."

Fred E. Schortemeier, of Butler College, Indianapolis, manager of the football team and also Secretary of the Young Men's Christian Association, writes: "On the whole I am firm in the conviction that athletics are not demoralizing to character, but are rather constructive in their effect. In general the morality of the student body is very good. The greatest detriment to scholarship is college society, which demands too much of the student's time. We are fortunate in having no saloons within several miles of the campus. It is very probable that the interest in athletics is largely responsible in keeping the students from participating in undesirable activities. This is a comparatively small college, and conditions existing here I am to believe do not always exist in universities."

The General Secretary of the Young Men's Christian Association, at Purdue University expresses this opinion: "Athletics in general instead of being demoralizing to character are, I believe, quite the contrary. Of course, there are individual cases in which character is sacrificed to a certain extent for the sake of getting into the games, but such exceptions only go to prove the rule that character in general is strengthened. I consider the morality of Purdue students to be good in general. Scholarship is necessarily kept at quite a high degree of efficiency because of the hard work demanded in a technical institution such as this university. The students very soon learn that hard work is necessary, and therefore get habits of continuous application, or fall by the wayside."

An observer in the University of Tennessee writes: "Personally I think that athletics in our institution are not demoralizing to character. If a man does not conduct himself properly he is put off the teams. We have had a case or two this year in which a boy got drunk and he was put off the team for the remainder of the year. You can see that a rule of his kind would tend to

keep the players sober. There is a little betting done, but no great deal. Some few of our students are immoral, but as a rule we have a moral student body. The students here are hard worked in most cases. The scholarship is good. Of the students, fifty-five per cent. are members of the Young Men's Christian Association and fifty per cent. are doing voluntary Bible work in the Association classes."

Dartmouth College is one of the well known colleges of New England. From there comes this note: "Athletics are not demoralizing to character here at Dartmouth. Morality in general in the student body I think is much better than it is in most colleges, although of course there is a great chance for improvement. The very nature of the situation at Hanover tends to be for the best interests of the fellows morally. The town is very small and hence there are very few girls. No liquor is sold within a radius of thirty miles of the place, and the fellows don't have the means to indulge in demoralizing agencies, even if they were near at hand. Scholarship is fair. Of course, there is the class that is very good and likewise there is the class that is pretty bad, while the majority of the

The College Tavern. Happy hours.  
Splendid chaps. Old  
romances. Pleasant recol-  
lections--  
Cigarettes.



The Turkish Cigarette of distinction. A blend of mild, mellow, full-flavored tobacco exquisitely pleasing to the taste.

THE AMERICAN TOBACCO CO.



A phase of Eastern college life, as depicted in the advertisement of a firm of cigarette manufacturers.



Glee Club—sweet music.  
Pretty girls, plenty of fun  
—with time in between  
for a comforting smoke of  
Fatimas.

Fine Turkish tobacco, skilfully  
blended, aged and mellowed for  
two years.

In a neat but inexpensive foil  
package, that means ten extra  
cigarettes to you.

THE AMERICAN TOBACCO CO

The cigarette seems to be regarded as a necessary accompaniment of the recreations of University students.

fellows are content to pass with a fairly safe margin."

President A. W. Harris, of Northwestern University says this of the situation there: "I do not think athletics at Northwestern demoralizing to character, but quite the contrary. They are under the control of men of high standing and good influence, and we try to make the athletic contest an occasion for teaching fair play, honesty, and self control. Of course, there are lapses, but on the whole the results are decidedly good. We also try to conduct athletics so that they will lead the largest number of individuals to spend some time in the open air and to take virile exercise. I think this makes for moral character. The general character of the student body is unexcelled. No finer group of men and women can be found. I sometimes make lament that our boys and girls are not more scholarly and do not have more rigorous habits of study. It is true that their standard of scholarship is not the college standard of a generation ago, nevertheless, he would be very blind who thought it was lacking in serious purpose, and in appreciation of scholarly

attainments, or who supposed that students were idle or dissipated."

From the Northwestern University Medical School, Dr. Winfield S. Hall, writes: "Regarding the effect of athletics on medical students who are members of university teams, I would say that it is demoralizing to their class record, one man at least being obliged to discontinue his medical course altogether because of his membership on the university athletic team. If I were to speak of the influence of athletics on the students of the College of Liberal Arts from what I have seen, I would say that there is nothing demoralizing to character in that influence. As to the morality of the student body, I think it is about the same at Northwestern as at any other institution. Personally, I am a believer in athletics for students, and a believer in intercollegiate contests. I believe, however, that all intercollegiate contests should be under the direct supervision of the faculty and alumni and that the general supervision should be very rigid, and should not be left to the undergraduates."

The situation at the Michigan Agricultural College is stated as follows; "In my judgment, athletics at M. A. C. are not only far from being demoralizing, but are a decided help to the growth of character, thanks to the character of the director of athletics, who stands for clean sportsmanship. As for morality in general, as far as my observation goes, and taking into consideration the character of the institution, the moral tone is indifferently good. Unfavorable exceptions are perhaps not advertised publicly. There is not the striving for morality that one finds at the denominational schools. As for scholarship, I should say there was a realization on the part of the student body that it is necessary to keep plodding in order to make good. As a whole they are a hard working body of practical minded fellows."

From these and other letters, we may conclude that athletics properly directed, and indulged in reasonably, can only be a benefit. But betting, intemperate celebration of athletic victories, and overstraining of individual athletes can only be harmful, and must be eliminated.

If the Freshman at the University of Michigan gives promise of social success, the "frats" proceed to "rush" him. The fraternity life of a college has great possibilities for good or evil. Since one has to be thrown into the closest association with the members of his fraternity, it becomes of the utmost importance for a man to choose wisely. A good "frat" may make him. A bad one will ruin him. An evil tendency of some fraternities is illustrated by an excerpt from a letter written by a college professor in a Methodist Episcopal University: "It has already come to pass that a certain fraternity is unable to get good men, simply because these men cannot afford it. The fraternity is really in danger of becoming a rich man's club, and when it does, good-bye to scholarship and leadership in the college community." Such clubs are a menace to the undergraduate life of any college community where they exist.

At the University of Michigan a few Bible classes are being carried on in the fraternity houses, and many more are being planned by the Young Men's Christian Association. The faculty have forbidden the use of intoxicating liquors in the chapter houses.

The new arrival at Ann Arbor finds that while there are evil forces at work, as will inevitably be the case in so large a university community, there are also active agencies at work. Judge John H. Grant, one of the regents of the University of Michigan, thus expresses it: "In my opinion, the moral life of the undergraduates of the University is on as high a plane as any other large university in the land. Being such a large institution, there are in the aggregate a large number of students whose moral life is at a very low ebb. I am informed that by a religious census taken in the University not long ago, there appeared to be a larger number of professing Christians in our University than in any other university in the country. It is claimed by the Students' Christian As-

sociation that Michigan had the largest official delegation of any college or university at the Student Volunteer Convention, at Rochester. I think every church in Ann Arbor has a Guild, the object of which is to care for its students. Besides these Guilds there are the Y. M. C. A. and the Y. W. C. A., with an enrolled membership of over 1,000 students. These are strong activities to counteract immoral tendencies."

W. H. Tinker, Secretary of the Young Men's Christian Association, says: "Judging from the way in which the men have attended our meetings in McMillan Hall, I should say that the intellectual interest of the men in religious questions is unusually keen. We have had a most successful year of work so far. Many students have already volunteered for foreign missions, and three of the brightest men in the university have changed from other professions to enter the ministry. There are many others considering seriously the work of missions or the ministry."



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It is not easy to see just what sort of culture students gain in this manner.

One of the most honored professors in the university, who has long been associated with it says: "As regards the moral life of the students of the university, I am sure that there has been a decided improvement within the last few years. The various churches and Christian Associations have been more active and efficient than formerly, and there has been more positive and effective



"To the victor belongs the spoils."

College athletics through the eyes of a cigarette maker.

action on the part of the faculties against drinking and other misdemeanors. Thus far we have had an unusually quiet and orderly year in the university. The intellectual life of the student body has, I think, also been more satisfactory this and the preceding years, than say five years ago. The interest and strength of a large portion of our student community are unfortunately still too much absorbed by athletics, social functions, sports, and other 'college activities,' but we can note an improvement among our students as compared with the intellectual tone that prevailed a few years ago."

There is no homogeneity of sentiment here. Ann Arbor has not a distinctive spirit in reference to a spiritual standard. I judge that bestiality has its full share of devotees among the students, yet there is no flaunting of vice; public demeanor is quite in harmony with a high requirement.

An active local option campaign was waged in 1909 in Washtenaw County, in which the university and the Ypsilanti State Normal College are situated. The campaign resulted in the county's going "wet." With one exception the state institutions of Michigan are situated in wet counties. The writer asked a close student of affairs what the effect would have been upon the student body of the university if the county had gone dry. He replied: "It would have meant cur-

tailed wrong doing. The open handed drinking bouts participated in by students under a dry régime would have attracted

attention and public rebuke where they now appear as one of the common social practices of society in the University city. The disgraceful conduct manifest on the car line between Ann Arbor and Ypsilanti almost every night would have been practically wiped out

and the moral stench attendant would have been removed from the name of the two great state institutions. It would have stilled a thousand gnawing fears in parental hearts whose life hopes centered in young lives now surrounded with every device the tempter knows to ruin their expectations. It would have given moral tone to the splendid intellectual atmosphere of a secular institution, a necessity exacted by every expectation of citizenship and good government. It would have left wider the door of opportunity for those who would bring into the lives of the students the higher ideals of life and truer visions of life's opportunity. It would have sent to the ends of the earth leaders of men who would advocate clean, upright living and respect for law."

On the other hand, many students have been engaged in definite religious work. Fourteen men have been used in local church work, such as securing religious censuses, formation of student denominational clubs, assisting church Bible classes and Young People's Societies. Fifty-two men have been used in deputation work to country churches, to high schools and colleges.

Life at a large university is dynamic for good or ill. The weak, easily influenced student had better not go. The strong student, with fixed moral principles, can find much to help him.



# Where Dress Reform and Health Go Hand-in-Hand

By Lindley Furniss

As the writer of the following contribution contends, the adoption of rational and common sense garb by women unquestionably effects a marked improvement in their health and physique, in those instances where they have had the courage to spurn convention's decrees. The women whose photographs appear in connection with this article offer strong evidence to prove that the lack of strength and buoyant energy which characterizes the women of our own land is caused largely by the garments by which their activity is restricted.—Bernarr Macfadden.

**D**URING one of her Suffragette speeches in New York City, Mrs. Clarence Mackay declared that the two chief obstacles to woman's physical and political progress, were the skirt and the inability to vote. There may be some who will take exception to the latter part of the assertion, but few, and certainly no physical culturist, will disagree with the first portion. That is, as far as the conventional skirt of civilization is concerned. The common sense garments that are worn by the women of some nations, or even those sported by our own maidens and matrons at sea-side resorts are alike free from many of the objections that are attached to the trailing, cumbersome, and hygienically ridiculous female garb that custom demand shall be worn in daily life.

The writer proposes to

give some details about the woman of two districts in Europe who have revolted against the tyranny of the skirt and have taken to trousers in consequence. Now, ladies who "wear the breeches" are not altogether unknown in this country, if one may trust the testimony of police and divorce court witnesses. But in Switzerland and the

Tyrol, the donning of the bifurcated garment is literal, instead of metaphorical, as the pictures on these pages attest.

It is true that trousers are a not altogether ideal wear from the physical culture standpoint. But between them and the skirt, there is a vast difference in their favor in the way of health and convenience. Which fact has without doubt prompted their adoption by the women of the European countries named. But before we



The everyday garb of the women of the Tyrol.

speaking further about these betrousered fair ones — as many of them are—let us say a few words about the more obvious defects and dangers of the skirt.

The believers in the germ theory of disease assure us that the garment is a prime factor in the gathering and dispersing of harmful bacilli. The physiologist explains why its constriction at the waist, its weight, and its downward pull are alike responsible for some of the most persistent diseases that affect the female sex. The artist berates it because it hides and finally destroys the characteristic lines of feminine beauty. The physical culturist objects to it on the grounds of common sense and its violation of the first laws of hygiene.

Ask a woman to give you her candid opinion of the skirt, and she will tell you that it robs her of her ease, hinders her movements and makes itself a nuisance in general. Of course, there are members of the skirted sex who stand ready to defend the garment on the score that "everybody wears it." But these ladies would probably champion nose-rings and toe-bells if they happened to be the vogue. On the other hand, it is believed that the normal woman inwardly resents the fettering garb to which she has been condemned by prudery abetted by fashion.



Two Tyrolean women whose costume offers no hindrance to their grace and activity.

If you should happen to pass the Flatiron Building, in New York City in which are the metropolitan offices of PHYSICAL CULTURE, on a wet and windy day, you would get a series of striking object lessons on the disadvantages of the garment in question. The Flatiron corners are famous by reason of their knack of gathering stray winds at all times. But on a really gusty day, it blows thereabouts in a fashion that makes it difficult for pedestrians to make headway, while if

you happen to have Boreas behind you, you have to "run before it" in a literal sense. The result is an undignified scamper that is humiliating to the victim but amusing to the onlookers.

At such times, the quite unnecessary length and voluminosity of the skirt causes it to catch the wind, sail-fashion. Also, it wraps itself around the legs of its owner; it is a source of misery if it gets wet, and no umbrella yet invented will prevent it from becoming so when the rain falls.

The members of the Rainy Day Club took a step in the right direction when they shortened their nether garments; the courageous souls who, some years ago, took to bicycle bloomers for everyday wear, did even better, but it has apparently remained to our European sisters spoken of, to boldly throw off the

thraldom of the skirt in the manner that the illustrations given herewith show.

The originals of these pictures were caught by the camera on their native mountains, or in the valleys of their birth. They were not especially chosen for posing purposes, but are average specimens of the young women of their class. That they are splendidly developed is obvious, and that they are the owners of the good looks that accompany robust health is evident also. Furthermore, is it not reasonable to suppose that their manifest ease of demeanor—and even grace—are, to a very great extent, due to the absence of the awkward skirt?

The garb of the trousered women of the Tyrol is as picturesque as it is sensible. Strictly speaking, it is not trousers at all that are worn but rather knee-breeches that end above the knee. Then there is a space of skin visible for several inches and next, come stout stockings

woven by the wearers. A sort of apron or very short skirt descends to a point considerably above the knee. When the occasion arises, this apron is looped up out of the way. A bodice, tightly fitting covers a chemise with half-length sleeves. The hat is small, made of straw and generally decorated with wild flowers.

These women are the descendants of a race of stalwart heroes, and they show their ancestry in their tall and magnificent proportions. Students of history will remember how, that when Napoleon Bonaparte tried to conquer the Tyrol, the brave peasantry met and defeated the pick of the French army on three distinct occasions. In each instance, the Tyrolese were greatly outnumbered, but their patriotism and bravery made up for their numerical inferiority and lack of discipline. To-day, they are among the finest of the European communities in a physical sense, and that they are so, is without doubt, due to the fact that



The women of the Tyrol are incomparably stronger and more energetic than their sisters in more congested localities.

their women are so eminently fitted to perpetuate the race from which they sprung. Bodily weakness is looked upon as one of the greatest misfortunes that can be visited on an individual, and the village governments do all in their power to encourage the athletic spirit among their inhabitants. As hunters and farmers, the natives of the Tyrol are without peers in Europe, that is as far as limitations will permit them to be. For scientific methods of agriculture have not as yet penetrated the

lovely valleys of that region in which Austria, Italy and Switzerland meet.

A goodly share of the field labor of the Tyrol is performed by the women. This accounts for the costume that they wear. An examination of the pictures will prove that it is of a practicable sort. The touch of coquetry which the girls have managed to infuse in it is characteristic. Those who seek to improve female wear on physical culture lines would do well to study these buxom and pleasing young women. Even the prude will admit the modesty of the garb, while the hygienist and the artist will give it their unqualified approval. The only point of criticism that may be made in regard to it, is in relation to the constricting garter. For the rest it meets all or most of the demands that



The skirtless costume of the women of Geneva, Switzerland.

dress call for.

Mountaineers will tell you that an essential of the garb worn when scaling declivities is absolute freedom of the knees. This explains the bare knees of the girls. But after all, one must not look for perfection in anything human. And anyhow, both trousers and knee-breeches are infinitely to be preferred to the skirt.

The Tyrolese women, like many of their Swiss sisters, are splendid examples of the value of a simple diet and continual exercise in the open air. And the result the

dress, the diet and the exercise are made manifest in the superb development that the camera here shows.

The Swiss women who favor trousers are for the most part to be found in and around the village of Champéry, near the Lake of Geneva. Time was, and not so long ago, when they wore their trousers at home as well as on the mountain-side. But the curiosity of the increasing floods of tourists which at times became embarrassing, led husbands and sweethearts to insist on the skirt being slipped over the trousers when the women were about the village. But the moment that the prying eyes of visitors were no longer in evidence or the women were on the heights again, the skirt was removed and its owner rejoiced in the freedom of trousers.

Curiously enough, the feminine "trews" seem to have brought about a reversal of the duties of the sexes as they are usually shared. At Champéry, the men stay at home, look after the children, do the cooking, the bed-making and the chores in general, while the women hie to the mountain pastures, make hay, milk and herd the cattle and goats and attend to what gardening there is to do.

Ask one of the women why this is so, and she will reply: "The men like the house, and their pipes; we like the work in the open." And further than this she will not or cannot explain the unusual state of affairs.

It is an unwritten law of the canton in which Champéry is, that trousers are to be invisible during church hours on Sundays. So that as the time draws near for the gathering of the peasants and farmers in the tiny places of worship, one sees the women hastening down the mountain sides or out of their houses, some of them skirt in hand. When they get near the church, they stop, unroll the tyrannous garment and proceed to naively slip it on over their heads, unmindful of any amused tourists that may happen to be in the neighborhood. After church is over, the skirt is removed and the girls and women go back to their chalets or pastures with that elastic

swinging gait that nearly all of them possess.

Above the trousers is worn a short jacket, or a kind of jersey, or it may be a full fledged shirt-waist of the conventional kind. On fete days and on special occasions the garb as a whole, may be gay and appropriate. It is by no means unusual to see a bride wearing white trousers with a jacket, head-gear and flowers of the same hue. The effect is somewhat startling to the person who has been accustomed to see a bride in long train and white veil.

But the women of Champéry have not been able to entirely break with the feminine regard of the fashionably useless. Thus, although the lower parts of their bodies have been made free of silly custom, they still yield fealty to fashion as far as their heads are concerned. Observe the close-fitting caps that they

wear, each with its long, bag-like pendant in which is tucked the hair. When the women are at work, these pendants continually swing over their shoulders, hindering their arm action and getting in the way of their eyes. But they continue to wear them for all that.

An American lady who was visiting Champéry, asked one of the women why she didn't coil or braid her hair so that the bag might be dispensed with. The other looked at her in amazement.



The women of Geneva can hardly be regarded as the "weaker sex," as they do much of the locality's agricultural work.

"Madam" she answered, "All of us hereabouts wear our hair like this. We have worn it so ever since Switzerland was. Who am I that I should break the custom?"

It was the old story—fashion versus common sense and as usual, fashion won out.

But apart from all else, the Swiss women in general are out and out physical culturists in most things. Their diet consists of cows and goat's milk, sweet and sour; cheese, eggs, fruit mostly of the wild sorts; some vegetables and brown bread that they make to perfection. Flesh-food they rarely use and

when they do, it is that of kids almost exclusively. For fully six months in the year, they live in the open. Their labors are of a strenuous, but invigorating kind. The personal cleanliness of the Swiss is of a proverbial nature. In some of the cantons there is a good deal of smoking and drinking of alcoholic beverages among the men, while the women are said to be somewhat given to the use of spirits. But this condition does not obtain in Champéry. As has been intimated, these trousered women are not only of stalwart and graceful proportions, but they have a fair share of facial beauty also.

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## Raw Food and Its Strength-Building Value

By BERNARR MACFADDEN

The most valuable strength in the world comes to us in the form of endurance. The strength that gives out in a moment is not of very great value; it is endurance that represents the most valuable character of strength. Many of the long distance runners have eliminated meat from their diet. They have made this change because they are convinced that they possess more endurance when they avoid meat. I am a radical believer in what is termed the raw, or uncooked, diet. I fully realize that those who have not experimented with diet to any extent cannot understand this dietetic extreme. You might say it is a step in the unknown, the mysterious, the unbelievable. To some, the very idea of eating raw food is almost appalling! There we have hay, corn and oats. They are supposed to be for horses, and you could not think of eating them raw! I remember having an experience with a patient in a health home we started many years ago for experimental purposes. At that time I was experimenting with various grains simply cooked without grinding, in their whole state. I found that wheat, corn, rye, and barley made a splendid food when prepared in this manner. For instance,

take the ordinary corn that is fed to horses, shell it, soak it for several hours, then simmer it several hours, and you will find it is a splendid food, and it will also thoroughly nourish you. The particular patient I refer to stayed at the health home a day or two, when he left dissatisfied. He would not state to me the cause of his dissatisfaction, but he told one of the other patients that he would be "darned if he would eat that horse food!" I know if he had possessed the strength and endurance of an ordinary horse it would not have been necessary for him to come to my institution.

We are much inclined to belittle and look down on the lower animals, but if you will take a drop of blood from the average cur dog that you meet on the street, and compare it with your own, in many cases it will be better and purer. Why such a statement? Because the average cur dog is not overfed. Over-eating, overfeeding, is the bane of the world. It carries us down to weakness, sickness, disease and death. Remember each one of us gives from ten to forty years of our lives simply for the privilege of eating all we can, instead of all we need.

# Surveying—a Healthful Occupation

By J. R. Roman

While a certain degree of allowance must be made for the enthusiasm with which the writer of the following article regards the profession which has proved a congenial livelihood and a source of health to him, many of his statements are self-evident, and beyond contradiction. A life in the open, amid the natural surroundings which surveyors in the field are able to enjoy, unquestionably makes for a high degree of health and abounding strength. The photographs which illustrate this contribution are of an interesting nature, and prove that those engaged in the profession are unquestionably forced to live at a distance from settlements and cities.—Bernarr Macfadden.

**S**URVEYING, in the ordinary sense of the word, is measuring of land. As land can not be measured to any great extent without traveling on the same, and more or less of out-door work, surveying naturally suggests itself as a healthy occupation. There are, of course, many kinds of surveying. As health promoters some of them are better than others. It is the experience of the writer to know a great deal of surveying—technically—and so far as it concerns health, perhaps, all there is to know.

I shall not dwell on the technicalities of surveying, but will mention only the good points of it in promotion of health which may be of interest to readers of **PHYSICAL CULTURE**. I have drawn my conclusions from actual experience which covers numerous engagements in the various classes of surveying in the States of Washington, Oregon, Idaho, Nevada and California, and so I am in a position to know whereof I speak.

Municipal or city surveying, such as is seen in all cities and towns of any importance is best known to the public. Surveying for streets, water mains, sewers, reservoirs, parks and the like may also be included in this class. Although the work is comparatively light and the city conveniences quite tempting, the occupation is far from attractive to those who are looking for health. Practically all the

work is conducted within city limits and, therefore, necessarily in a more or less befouled and dust-laden atmosphere. Another objection from the standpoint of health is that the work is altogether too light to call for a vigorous muscular motion. It is so full of brain-work that little if anything is left for the muscles. It is suitable as a summer vacation for those who shun hard work. But in cold and wet weather when bodily warmth, which can only be properly created through vigorous exercise, is of utmost importance



Mr. J. R. Roman.



The advance guard of social and commercial progress—the surveying crew.

in health building, this occupation becomes, at least, unpleasant if not dangerous to health.

Railroad and mine surveying is from the health-standpoint similar to the above-described occupation, the principal difference being a frequent change of locality. The work is conducted mostly in the country and, therefore, in pure unadulterated air. The camp conveniences, as a rule, are fairly good. As in the case of city surveying the work is too one-sided. The proportion of muscular work is altogether too small for the amount of labor performed and the employee finds it difficult to keep himself warm in cold weather. Many times I have seen the whole crew on the "line" shiver from cold just because of lack of exercise. Generally this occupation may be considered one step better than city surveying. Still it cannot be commended as health promoter, especially in cold weather.

State and county surveying is chiefly surveying of land within a particular state or county, fixing boundaries, etc.

This occupation is more commendable for health culture than the two above mentioned. The work is conducted in fresh air all the time, and the men on the "line" work at least enough to keep themselves warm if not to their full capacity. Camp conveniences are, as a rule, the best to be had under the circumstances. There is practically no rush-work or undue hastening of affairs, but the work when once begun is steady, orderly and systematic. This occupation may be recommended to those who seek to improve their health by natural means without hardships. It is, however, becoming rarer every year.

United States Geological, Geodetic and Coast Survey belong to a class of surveying of which little is known to the average reader. As an occupation it is also almost out of his reach, the employees in these lines of surveying being necessarily qualified and picked hands. But whoever is fortunate enough to join one of these expeditions has indeed an invaluable opportunity to improve his health. The work is of necessity a long



one and is conducted mostly in mountainous and not easily accessible regions. No participant of this kind of surveying can complain of not having had his full share of pleasure, scenery and muscle-building exercise. Camp conveniences are the best to be had under the circumstances. Where the country is very rugged and without transportation facilities the main camp is made at some convenient point on the nearest road or trail. Then a smaller camp, which consists of only such things as are absolutely necessary to complete a certain amount of work is established in the vicinity of the work. This smaller camp may consist of a tent, bedding, working instruments and the grubstake and may be moved from place to place every few days. The making up of the grubstake requires especially good judgment and is, as a rule, trusted to a man of experience. The quantity of foodstuff must be sufficient to make certain number of rations while the quality of it must be such as to reduce the weight total to a minimum. This serves a double pur-

pose; lightens the burden in moving camp and avoids the necessity of taking the unused foodstuff back. The foodstuffs used consist chiefly of light eatables which can be converted into food by cooking with water, as rolled oats, beans, rice, dried fruit, etc. Where camp-moving is not a serious problem meat, fresh fruit and vegetables and other delicacies in season are indulged in.

And now to the nature of the work. A man in such occupation is first impressed with the constant traveling under load. Most of the time his load may consist of only his tools or instruments and weigh only a few pounds, but it is a load just the same. And if the carrier is not of a good physical vigor he will soon become conscious of every fraction of a pound it contains. There is no rush-work, however; ample time is allowed for everything. Weighted down just to the "steadying point," the surveyor performs his daily work which at times is indeed not far from being a hardship. Long walks through the woods and over the open country and grassy meadows,



A meal in the open, relished to the full, and made palatable by that greatest of all sauces—hunger.



Headquarters of a crew of surveyors, with the dining-room open to the four winds of heaven.

climbing the hills, crawling through the jungle, creeping over the precipitous ridge, jumping logs and other such stunts call into play almost every muscle of the body. A daily practice of such work, pure air, pure water, plain nutritious food and out-door sleeping is a combination which, I believe, can produce superior health wherever it comes in conjunction with the intelligence of a human being.

The United States Land Survey is also little known of by the average reader and is a class of surveying to which I wish to call attention of those who are willing to spend more energy and get the desired result—superior physical strength and health—in less time. This is chiefly the work of subdividing townships into sections and quarter sections.

A township is a piece of land about six miles square, containing thirty-six sections, each section being practically a square mile. Each unsurveyed township contains eighty-four lineal miles of surveying work to be done. The manner of conducting this work is similar to that of geological survey, except that the former makes and follows straight geographical lines, which are parallel to either township or range lines, while the latter traces and follows geological lines

and points of interest as established by nature.

The work is given to a deputy surveyor by contract. Such deputy surveyor is paid a stipulated amount for every mile he surveys and, consequently he aims to complete the job in the shortest possible time and with the least possible expense. For that reason this kind of surveying is practically always a rush-work.

The surveyor hires his own men, either such as he knows personally or those who can furnish the required reference as to physical ability and trustworthiness. Too careful a judgment can not be exercised in selecting men when the country is known to be rough and the work long and difficult. An expert surveyor with a good crew can survey on the average about one township in a month in a very rough country, or something like three miles per day. To survey three miles each day the men need to travel from six to ten miles per day according to distance from camp. To travel that distance through a rough country at the same time performing hard manual labor with such heavy tools as axe, pick, hammer, etc., besides carrying the instruments and accessories with which the surveyor's belt is pretty well-loaded and above all being sure of running a

correct line is indeed enough to test the physical and mental vigor of even Hercules himself.

The grub stake is made up with the utmost care. Where the country is covered with dense woods and void of trails, like some parts of the Rockies and Bitter-Root Mountains, or where it consists of sky-scraper-like cliffs and saw-toothed ridges as in the Cascade Mountains and the Sierras, camp moving is next to impossible. With that end in view every item containing a liberal percentage of water is omitted from the grocery list. Cooking utensils consist of a set of aluminum pots and kettles of different sizes, which fit one into another, handles, lids and all, and a reflector (light collapsible oven). All cooking is done, of course, on open camp fire. When the headquarters or main camp is established all reserve foodstuff and clothing is stored there. On leaving main camp only sufficient provisions are taken along to last a certain number of days. When horses or burros cannot be employed on account of "roughness" the whole load is distributed among the men and carried on their shoulders. The men strip off all clothing that is not absolutely necessary at work and leave it at the main camp. There is not even a tent at the temporary camp if advantage

can be taken of natural shelter such as trees, caves, etc. The bedding of the men generally consists of a blanket or two and a piece of canvas. The purpose of canvas is to protect the sleeper from dirt and dampness of the ground and also from rain. Still more economical are the so-called sleeping bags, which consist of a canvas bag with a woolen blanket bag inside. I have seen some of them large enough to accommodate as many as four persons. They are especially desirable in cold and frosty weather or in high altitudes, where midsummer snows abound. I remember well an instance where four of us crawled into one of these bags in a windy Spring night about 11,000 feet above sea level, with nothing for a shelter but a bunch of small fir trees on the windward side. About midnight it began to snow and soon later a fierce blizzard was raging. In spite of the severe cold and the few inches of snow covering us, and with our shoes frozen so stiff that they had to be thawed before they could be put on the feet we did not suffer the slightest inconvenience within the bag.

Scanty as the surveyor's bedding may look, it is sometimes considered unnecessary and left at the main camp. Many a night I slept on the bare ground without a cover and, must say, felt at times even



Interior of a surveyor's outdoor home.



While at work, surveyors are usually garbed in costumes which enable them to secure the full benefit of their activity and the outdoor life which their work entails.

more refreshed than by using the bedding. Don't think of the soft green grass. We leave such luxuries to picnickers. Many times our resting place was so far from inviting that it had to be levelled with the aid of a pick.

There is no stopping or rest when it rains. When the solar instrument can not be used the magnetic needle is resorted to and the work is pushed right along. The men appear to be on friendly terms with all the natural elements and do not object to getting "damp," which means, well soaked. At night they dry out their wet clothing at the camp fire amid songs and jokes and don't seem to care if it should rain by the bucketfull. When supper is served the craving appetites are satisfied by a hearty meal, which consists chiefly of boiled or baked beans, fresh biscuits, macaroni, rice and fruit.

The men get up by daylight and partaking of a short breakfast, which consists of cooked rolled oats, fresh biscuits, fruit and coffee or cocoa, start out on the "line." The noon meal is a short lunch

consisting of a few biscuits, baked beans and fruit put up in cans. Each man carries his own lunch in a small bag tied on his back.

Where game birds and animals are abundant and the men skilled in handling guns they get practically all the fresh meat they care for. But unless it is obtained on the "line," meat is rarely if ever indulged in. "A day off," in Uncle Sam's Land Survey is a rare thing. Occasionally the "chief" finds himself with his reports and calculations too far behind the field work and must take sometime to adjust the matter. Then he gives his men a day off. One would think that they would take that day "easy," lying down in a shady place and resting in order to gain lost strength. Nothing of the kind occurs. No strength has been lost. It has been built. It is abounding in each man to such an extent that he cannot even stop to think over how to spend that day. "Where is my gun?" is the almost unanimous cry that resounds through the camp. In less time than it takes to tell it they are all



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gone—hunting, fishing, prospecting, nature studying and what not. "No rest for the wicked," is their jokular remark. But how much more wicked are most of those who entitle themselves to rest even with the best of excuse for it!

It has been my experience to see men of athletic training join a surveying party with the intention to stay till the end, but they would leave the camp in a few days, giving some trifling and almost always fictitious excuse for a reason. The true reason, however, is—physical inability.

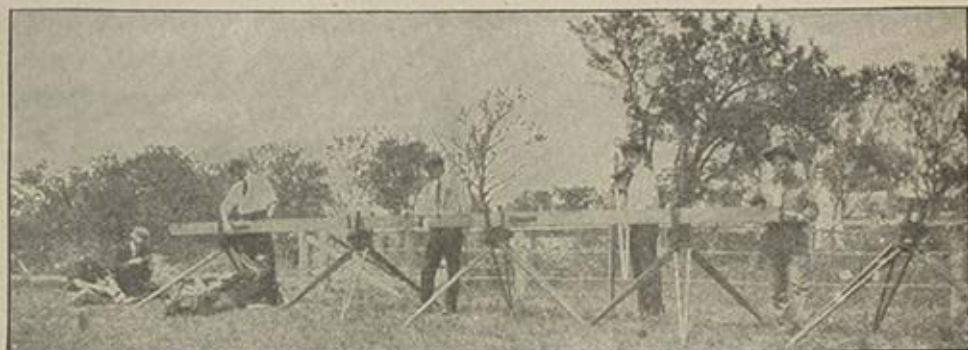
The surveyor lives as nearly as possible according to Nature and needs no lengthy instructions how to keep well. A "valuable book," on food questions contains too much "red tape," for him. No dumbbells, springs or strings for his muscles. His occupation furnishes him a plain natural exercise through which he develops a strength and endurance which compares better with that of a bear than that of the average city athlete. Where athletes of "reputation" take cold from a few hours' exposure the athletes of the woods expose themselves from sunrise to sunset and return to camp "red hot" with steam rising from the wet clothing and with their "feelings" better than ever.

Any hunter who has ever attempted to carry a big game, such as deer on his shoulders through a rough country knows how much skill it takes, besides strength to balance one's self properly, and at the same time maintain speed. This may be counted as an occasional voluntary task of the surveyor. And I do not know of a single one of them who was not equal to that task. In fact, I

know of a few lads who could carry more than their own weight of game through the "rough" for several miles.

Sometimes I have given this sort of exercise a trial and from my own experience will say that to a man with a natural strength and endurance it is less difficult than it seems to be. On one occasion I carried a whole deer weighing not less than one hundred and fifty pounds a distance of three miles, crossing one of the roughest spots known to me with the ending point of my journey about one thousand two hundred feet higher than the starting. I completed the journey in two hours and forty minutes, including four stops, and when I released myself from the weight I did not even feel exhausted, but was at once able to proceed with my other duties. Carrying a gunny-sack full of provisions weighing from fifty to one hundred and twenty pounds for from two to five miles along the "line," is of frequent occurrence; and if the hills are steep and the path well strewn with fallen timber up to five feet in diameter and at intervals filled with dense growth of brush it requires skill, strength and endurance equal, if not superior to that exhibited by a prize-fighter in the ring.

When the work comes to an end the men are, of course, glad to see their home town again, but they never regret the hardships experienced in the woods. They refer to them as some grand achievement and have indeed a good reason for doing so. For with the aid of these very hardships they have built up health and strength, which is equal to almost any kind of emergency.



Measuring a base-line—an operation requiring great care and mental application.

# How Scientific Dieting Builds Strength

PHYSICULTOPATHY FROM A DIETETIC STANDPOINT—  
BUILDING THE VITALITY THROUGH SCIENTIFIC DIET-  
ETICS AN ESSENTIAL FACTOR IN THE CURE OF DISEASE

By Bernarr Macfadden

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

IT may seem a surprising statement to some that the building of strength is one of the most important factors in the cure of chronic disease. Additional strength is necessary to secure the vitality so much needed under these circumstances. In other words, added strength is really essential in order to bring about the cure of any lingering disease. Disease itself is simply a sign of weakness, and in most cases attacks a weak body.

There are innumerable theories on the subject of diet. Many will tell you that you can eat whatever you like, provided your mental attitude is all right—if you think any particular food is good for you, you can eat it and depend upon securing beneficial results. "Tell me what you eat and I will tell you what you are" is a statement that has frequently been quoted. You might even go further, however, and say "Tell me what you eat, and I will tell you what you can be." There is a large amount of truth in this apparently extraordinary statement. Of course, some men and women have very strong digestions. From the standpoint of digestion, they belong to the ostrich family, and they would probably be able to digest even tenpenny nails, if they were compelled to. But delicate stomachs are the rule to-day, and a stomach of this kind will decidedly object to treatment of this nature, therefore to the average person scientific dietetics offers much important information.

There is nothing in human life that is more important than the knowledge of what to eat, how to eat, and when to eat. It is also well to know that knowledge of this kind is evasive. It is hard to get, and even when you are satisfied that you have it within your grasp you usually discover that you still have much to learn. I have been studying the subject for twenty-five years, and I am so impressed with its tremendous possibilities that if I were to live a hundred lives, and spend the entire period of all these lives studying the subject of dietetics, I believe I would still find something to learn. Therefore I do not think for a moment that I know all there is to know about the science of diet, and I expect to add to my knowledge on this subject every day of my life.

In reality, dietetic science is in its infancy. You might say we have simply begun to study diet. When we have an opportunity to experiment upon thousands of people, when we have been able to take large numbers of individuals and test out various diets, then, and then only, is it possible to secure some conclusions which are accurate, and which can be depended upon in every way. Most of the data that we have at the present time has been secured through experiments carried on with two or three dozen persons, and the results from these experiments have been spread broadcast. You can hardly state that the knowledge secured from such sources has already been evolved into a definite science.

I believe I am in a better position to state definite conclusions from a dietetic standpoint than any other man in the world. I am not making this statement boastfully, but because I have had a better opportunity to come in contact with vast numbers of persons, either directly or through correspondence or through my publications, who have tried various forms of diet. You might say, therefore, that I have been able to secure this most valuable data, from experimentation with two or three hundred thousand people, because counting the various readers who have written me about their experiences, and patients with whom I have come in contact directly and indirectly, the number will easily reach this large figure. I make this statement also because I have always tried at all times to be broad-minded. I am always searching for more truth, looking for new ideas, and I have realized for a great number of years that I do not know it all.

The first important feature of a diet for strength-building is to learn the important lesson of eating a proper quantity of food. The average individual eats all he can; he "fills up." Frequently he does not stop eating until he is compelled to. In other words, until he can eat no more. For instance, the average person will sit down to a course dinner. The various foods taste good, and he will eat probably all he relishes at each course. These various courses come on one after another, and perhaps not one-fourth of the food that is eaten is actually needed to nourish the body. It is eaten simply because it tastes good.

Some time ago there was published in this magazine a story of a man who invited a friend of his to dinner. This man was impolite enough to compel his friend to do all the eating, though at each course he was served with a similar portion to that which was placed before his friend. As each course was placed before the host he would remove it to another room. When the guest had finished his elaborate repast the host took him to the adjoining room and gave him a view of the contents of his stomach. In other words, the various foods contained in the courses served to

the host had been emptied into a large punch bowl, and the host proceeded to stir this mixture, in which were oysters, soup, pie, roast beef, and various other articles of food. You can imagine it was not an especially agreeable sight—coffee, pie, ice cream, meat, soup, all mixed together—were far from being a pleasing combination. Such a meal is not at all unusual. If the average meal, were to be mixed up in a punchbowl, it would not be a very pleasing mess.

I believe in developing a respect for your stomach. Such a policy will in every case yield splendid dividends. Unless you treat your stomach with respect, unless you feed it intelligently, if not scientifically, you cannot expect the blood-making process to be properly completed.

I have previously stated, in strength-building you must first learn the importance of limiting the amount of food to what you actually need. Many persons live to eat. Now one should eat to live. By following a policy of that kind you can actually increase your length of life from ten to forty years. You may consider this statement exaggerated, but if you will study the science of diet, and heed the plain conclusions that will come as a result of such study, you will be compelled to admit the accuracy of this statement. The body is fed by the blood, it is nourished from the blood. The blood-making process begins in the stomach, and when you overfeed this important organ, and continue to overfeed it, various poisons are absorbed into the system through the defective digestive process that thereby results. One might say that nearly all diseases begin in the stomach and might also say that disease continues in the stomach. It helps in the process of making impure blood, blood that contains all sorts of poisons. This vile stuff is sent coursing through the body, and under such circumstances some have the incomprehensible audacity to wonder why they are not well. In many instances they might more reasonably wonder why they are alive. The average individual is of the opinion that one must eat three meals a day in order to keep up one's strength. This is a most abominable idea. It is not



what you eat that keeps up your strength, it is what you digest and assimilate. I would like to call the attention of my friends to a dietetic custom that I am fully convinced was the means of revolutionizing my life. I do not think that I would ever have been heard from as a writer or reformer if it were not for that particular experience. I am firmly convinced that my success in life is largely due to a habit I began nearly twenty-five years ago, of eating only two meals a day. The simplicity of this statement that has apparently brought about such remarkable results may seem astounding, but I am firmly convinced of its truth. When you eat but two meals a day you have more nervous energy. Your mental capacity is increased. I had more energy to spare. Previously, I was doped with food three times a day.

I have elsewhere quoted the statement of Edison, in which he claims that, "The American people are food drunk," but it will bear reiteration. The average person goes through life dead drunk with food, and this habit of eating only two meals a day gave me additional energy that I could use for mental work, and as a result I was able to solve the problems that are presented by the physical culture propaganda to my own satisfaction at least. I am confident that the surplus energy that was required to secure the success of my life work has been furnished by the two-meal-a-day habit, as well as by attention to scientific dietetics.

When you are in the habit of eating more than you need, by simply lessening the amount of food you are consuming you will actually gain in strength. The truth of this statement can be relied upon in every instance. Simply try lessening the quantity of food you are eating by one-fourth, and then test your strength day by day, and you will find there is a perceptible increase. It will not be necessary to change your habits in any way, simply adopt this suggestion, and you will certainly be rewarded by an increase of strength if you are following the usual practice of eating three meals a day whether you need them or not. This result is produced because, when you are eating more than you need you exhaust

the surplus energies in ridding the body of this needless food. You might say you are continually overworking your digestive organs. It takes a certain amount of energy to digest the food you eat. One of the most remarkable proofs of the truth of this statement is found in the experience that comes to one while fasting. During a fast one does not need nearly so much sleep. In fact, it is sometimes difficult to secure one's usual amount of sleep while going without food. One does not use nearly so much energy when fasting, and naturally one does not need so much sleep. During sleep the powers of the body are nourished and rejuvenated; and the body stores up energy for its future needs. First of all learn the lesson, no matter what you eat, of using only what you actually need, and no more. Remember, however, that I do not maintain it is impossible to eat too little, for one can lessen his vitality by failing to properly nourish the body, though as a rule the mistake of going to the opposite extreme is made.

Mastication is a very important factor in digestion. One might say mastication, to the average individual, is a "dead letter." Go into the average restaurant, and see the human guzzlers gobble. I remember a foreigner interested in dietetics who stated that when he first visited one of our restaurants he simply sat there in amazement. He never in his life saw people gobble like Americans. They would take a mouthful of food, make two or three motions of the jaws and down it would go. They avoided choking by a swallow of tea or coffee to wash down the mixture. Now, coffee and tea are both stimulants. One of the first changes I made in my diet years ago was to eliminate both of them. One is stronger and healthier without them. If you feel that you cannot eat a meal without tea or coffee, you are in about the same condition as the man who could not go through the day without his morning cocktail.

There is a common delusion that eating is at all times necessary to keep up your strength. It is undoubtedly essential under ordinary circumstances, but there are times when it will actually take

away your energy. Frequently one has said to me, "I am very weak; I am sure I need more food; I am not eating enough." Well, if the external muscles of the body are weak you should remember that the muscles of the stomach are in a similar weak condition. The muscles of your stomach are just as weak as other portions of the body, and if you fill this organ beyond its capacity, give it more work than it can do, the same result will accrue as is you were to put an extra load upon your external muscles. To say the same result, is to put the case mildly, because when overworking the external muscles there are no ill effects beyond what comes from the overwork itself, but when you overwork the digestive organism you not only strain and weaken the muscles that are affected, but the various poisons that come from defectively digested foods are absorbed into the system, and bring about diseases that are often very serious in nature. The various sanitariums throughout the world are filled with chronic sufferers, many of whom are paying the penalty for overworking the stomach. If you could eliminate dietetic errors the business of these sanitariums would lessen by seventy-five per cent.

If one will learn to eat what he needs, is wise enough to avoid poisoning the system and avoids adding poisons to the body through the stomach, he will rarely suffer from chronic diseases. There is that big word "auto-intoxication." Big words mystify many people; they sometimes impress one with the knowledge of those who use them. But auto-intoxication simply means self-poisoning. You might say that nearly all filth diseases, nearly all diseases that come from accumulated poisons, are the result of self-poisoning or auto-intoxication. There is a vast deal of discussion as to what foods are best under certain conditions. You must remember that far above and beyond the importance of arguments of this kind comes the necessity of using at all times a proper quantity. Do not stuff yourself. Merely because you are impressed with the idea that certain foods are wholesome, do not for one moment think that you can eat any quantity of them that you may

desire. The most wholesome food in the world, if eaten beyond the needs of the body, will fill the system with impurities, and assist in causing or prolonging serious disease.

White flour products are perhaps the most harmful of all foods that are looked upon as wholesome. This incomplete food has been referred to frequently in this magazine, and it is certainly sacrilegious to call it the staff of life. It is more like the staff of death. If you were to visit any country where they are compelled to live on an extremely limited quantity of food, and where white bread, for instance, is looked upon and used as the staff of life, you will soon be convinced of the truth of this statement. As a rule, the men and women of such a community show in their strength and general appearance the result of their defective diet. White flour products, if eaten as the principle article of diet, will starve the teeth to death. Unless you possess extraordinary vitality, under the influence of a white flour diet the teeth will often become mere shells, simply because the bony elements needed to nourish the teeth are lacking. Remember, your teeth should last throughout your entire life. There is really no excuse for the decay and loss of teeth that is so frequent, and it is largely caused by the white bread and other useless foods used so freely everywhere. Remember that your food must be chewed thoroughly if you expect to secure satisfactory digestive results. Mastication is really a part of digestion. It mixes the food with the saliva. Each morsel of food should be masticated until you might say it is swallowed unconsciously. Fletcher, the mastication expert, has proved to us in an extraordinary manner the value of properly chewing one's food. Many may be of the opinion that he has gone to extremes. He says that you must chew your food until the flavor has disappeared; must continue its mastication until you are able to chew out a certain amount of fibre from almost any food that you ordinarily eat. That seems to me to be a little bit unnatural, but Mr. Fletcher claims that the result of masticating your food in this manner is that

you can live on one-half the quantity you are accustomed to eating, and secure therefrom a great deal more strength, and better health. Many will say, when told the necessity of mastication, that they have no time to perform it. It is a far greater waste of time to use up the energies of the body trying to digest and assimilate a hastily bolted meal than it would be to take the time required for proper mastication. For instance, if you were in a hurry to catch a train, if you have but a few minutes to eat, you will often gulp down a large quantity of food, and sometimes for hours thereafter you will wish that you had not eaten that meal. Never eat a meal in a hurry. If you do, you are almost sure to regret it, unless you have a stomach of the ostrich character.

Then there is the meat question. Many will tell you that meat is absolutely essential to nourish the body; that you cannot live without meat. I remember many years ago taking a friend to a vegetarian restaurant. I noticed my friend appeared to enjoy the meal, though when I met him several days thereafter he said that the meal was appetizing, but that after leaving me he had to have his beefsteak. Now what he missed was the stimulating quality of the meat. If you are accustomed to eating meat, and suddenly change your dietetic régime, an ordinary meatless meal would not satisfy you, because of the need of this stimulant. You miss it just as the drug fiend misses his capsules, though if you will continue to avoid meat this particular feeling of dissatisfaction after a meatless meal will soon disappear.

Many years ago, while engaged in the strenuous training of a professional wrestler, I found that I increased in strength and endurance on a non-meat diet. Many athletes of the present day vouch for the truth of this statement, and I believe the time is coming, at least for all endurance contests, when the best diet will be meatless in character. Men of intelligence are coming to the top in the athletic world just as they are in other spheres of human endeavor. Many will point to vegetarians who look frail, or pale, or delicate, but such examples of

this régime are in nearly all cases following an impoverished diet. They are avoiding meat, but they have not adopted the foods that are necessary to take its place, and frequently you will find such vegetarians consuming large quantities of white bread and candy, and other indigestible "stuff." You must remember that when you eliminate meat from your diet you will have to supply the need in some other way. In the various cereals, legumes, vegetables, fruits and nuts you can secure a thoroughly rounded diet. You can be sure that every muscle and nerve of the body will be thoroughly nourished.

When one sits down to a table, and things taste especially good, the inclination to overeat is frequently hard to resist, but if you want to live out your allotted time, if you desire to live long, if you desire to secure the rewards that are here for each and every one of us, you must learn to control your appetite. You must learn to control the human machine. And all this comes with self-mastery, that represents the greatest victory that man ever achieved in life, and when that victory is won all others are easy.

Remember, diet is a broad and important subject. It is advisable to do a great deal of unbiased thinking if you desire to solve these problems in accordance with your own individual needs. Do not depend too much on others. Use your own God-given reasoning power, and slowly but surely the great truth will come to you, and you will become possessed of the confidence and the power that make life worth living. Health, strength, manhood, womanhood, they are worth a thousand times more than money. I would rather be out in the forest, away from every human soul, with the power and strength of a superb man, than to shine in all the glory and fame of our supposed civilization while possessed of a weak, emaciated and sickly body, and those of you who want to secure life's greatest blessings should begin now to struggle for the knowledge that is essential to guide their lives aright through the dietetic "brambles" that you meet on all sides.



Photograph of English Lightweight championship belt, value \$1,000.00. Must be successfully defended three times, or held three years unchallenged. Presented by Lord Lonsdale to Fred Welsh.

## Fred Welsh and How He Trains

SOME DETAILS OF THE METHODS USED BY THE FAMOUS PHYSICAL CULTURE BOXER—MUCH CREDIT GIVEN TO PHYSICAL CULTURE PRINCIPLES

By John R. Coryell

Fred Welsh, who credits his remarkable success in the prize-ring to his observance of the rules of living we advocate, is a fine exemplification of the value of our methods. Though but little more than a boy (twenty-three years of age), he is already champion of England and his prospects for World-Championship honors in his class are splendid. I have always taken a great interest in Fred Welsh, because of his strict adherence to the principles that we uphold, and the story of his method of training will undoubtedly be of interest to our readers. A few more champions like him will place our dietetic and other principles beyond criticism as far as their health and vitality-building qualities are concerned.—Bernarr Macfadden.

FROM the physical culturist's point of view, nothing can be of much greater interest than the training methods of Fred Welsh, the lightweight champion of England, and whom many consider the real lightweight champion of the world. At any rate he is said by such competent judges as James J. Jeffries and James J. Corbett to be the best, the swiftest and the most enduring boxer in the world. And it has even been said of him that he outclasses any boxer of whom there is any record.

He is undoubtedly a phenomenon; although he says of himself that he is only a suggestion of what a properly born, properly reared, properly trained man can be; a mere indication of what the possibilities of physical culture are. He realizes that in a physical sense he was neither properly born nor properly reared; so that his whole extraordinary success must be laid to the door of good methods of training.

The story of Welsh's life, short as it

has been, for he is only twenty-three years old, is a veritable physical culture romance of singular interest. It cannot be told here for lack of space, but an outline of it is essential to a complete appreciation of the importance of his methods of training and their relation to his wonderful success.

When only a boy of eighteen years of age, he was a physical wreck. A life of reckless dissipation had brought him to that pass. Luckily for him he had been since his fourteenth year an interested reader of PHYSICAL CULTURE; and Bernarr Macfadden had been for him a sort of prophet. It is not easy to square the two statements with each other; that he had been so interested in physical culture and yet had wasted his strength in dissipation; but it was long ago said of a whole race of people that they had eyes, but saw not, and ears, but heard not. Moreover it is one thing to be interested in physical culture and quite another to realize its importance to one's



A recent portrait of Fred Welsh, bearing his autograph.

self. And it is a commonplace that health is usually valued only when it has been lost.

Given up by his physician and by his friends, he turned to the new gospel of health and life and determined to see what physical culture in its largest aspect meant for him. He left his home in Wales and went to America with the intention of living an open air life until restored to health. He gave up cigarettes and stimulants of all kinds, including tea and coffee. Also he became a strict vegetarian.

For six months, or more, he tramped over the United States, going as far west as the Dakotas. He slept on the bosom of kindly Mother Earth, with the bright stars for his only lamps, and with the deep blue of the heavens for his only roof. And fortunate wight that he was, his health came back to him.

I saw him when he was nineteen. He was a picture then, with a pink skin that any sixteen-year-old girl might envy; and with eyes as clear and bright as a

baby's. I was then organizing the Bernarr Macfadden Institute; and Fred Hall Thomas, which is Welsh's real name, came to obtain the position of boxing instructor. The fresh-faced boy seemed absurdly unfit for the position, but I liked his square jaw and his supreme confidence in himself, so I put him to a severe test. The result was that the first class in the new institute had the honor, which I am afraid they did not sufficiently appreciate, of being taught boxing by a future champion.

Welsh—he called himself Welsh when he became a professional boxer because of his extravagant love for his native land—Welsh had been so impressed with the marvel of his own recovered health that he was bent on acquiring sufficient knowledge to become an apostle of the new gospel of health, and to carry the glad tidings to all who had need to hear them.

At first it was his intention to teach physical culture in some school or gymnasium; but later it came to him that if

he could acquire fame and prominence as a boxer, he would be in a position to demonstrate the theories and possibilities of physical culture better than any mere teacher. And anyone who has noticed the columns and columns of space that the newspapers have given to his vegetarian methods of living will realize how well and justly he reasoned.

Fred Welsh is always very glad to say that whatever he knows of diet or special exercises he learned from Bernarr Macfadden. There will, therefore, be nothing new to any careful reader of *PHYSICAL CULTURE* in the methods employed by Welsh in preparation for a boxing contest; but a description of these methods will nevertheless have a great value as testimony to their efficacy.

There are several facts in relation to Welsh, which it will be well for any reader of this article to know and bear in mind: He is notable for his endurance and speed. He boxes the first round of a contest at such speed that men "who know" always declare that he cannot last. But in spite of them he boxes each succeeding round with equal or greater speed; and often goes the twentieth round more swiftly than any other. No man has ever boxed with him without being utterly exhausted. He has never been seen at the end of a contest when he was not fresh and ready to go the whole distance over again. He has never had a "black" eye; he has never been knocked-out; he has never been beaten, though once he had an un-

just decision rendered against him. His knowledge of food values is such that without loss of strength or conditions he can enter the ring at any given weight, within, of course, certain limits.

Every boxer of experience and judgment varies his training somewhat to suit the peculiarities of his opponent. When Welsh fought Abe Attell, the clever featherweight champion, he trained with a special view to speed and cleverness; with the result that he made the famous little Hebrew look like a novice. When he fought Johnny Summers, last November, for the championship of England, he was as ready for that strong, robust and hard-hitting fellow as he had been for the cleverer, shifter and swifter Attell. And it excited the amazement of all who saw the championship contest to discover that Welsh was even stronger than Summers, whose prime quality was supposed to be his strength. Summers finished weak and worn out, and Welsh was as fresh and smiling as if the combat had just begun.

The contest with Summers was of such importance to Welsh, being as it was the visible stepping-stone to the championship of the world, that he entered upon his training for it with peculiar care. He chose for the scene of his preliminary operations the Macfadden Health Home in Buckinghamshire, a few miles out of London, but several hundred feet nearer to heaven than the low-lying, foggy, murky Metropolis. There he could get fresh breezes and sunshine while the big city was wrapped



Fred Welsh donning his championship belt.

in its dark mantle of wet fog. The food there, too, was to his liking; and it meant not a little that he had the sympathetic interest of the broad-minded manager, Mr. Horace Church.

Welsh begins his work at about nine o'clock in the morning. It may be said that he begins the day by drinking a glassful of the purest water obtainable into which has been squeezed the juice of a lemon. Fruit juices and fruit are important factors in Welsh's dietary. Indeed he believes that he obtains the

best results from a diet which consists mainly if not wholly of fruits and nuts; but the difficulty of obtaining a good assortment of fruits and nuts at all times and places prevents him from making of them an exclusive diet. Moreover he is such a firm believer in thorough mastication, or fletcherism as it is so commonly called, that he has come to trust his appetite to indicate what he shall eat.

As to his exercises, or work, however; he begins at nine o'clock and uses the weights and pulleys apparatus for about twenty minutes, going through all the combinations that will affect the arm and body muscles. But it is to be noted that in this as in all his exercises, he is scrupulously careful to relax in almost exact proportion to the tensing of any muscle or set of muscles. It is of the utmost importance to him to maintain his muscles in an elastic condition.

After the weights and pulleys ap-

paratus he goes for a six or eight mile run. The run is a series of jog trots and sharp sprints; and is interspersed with a

certain number of deep-breathing exercises, in which the air is slowly drawn into the lungs through the nostrils and suddenly and almost violently expelled through the mouth. Returning from the run in a profuse perspiration, his trainer gives him a warm shower and an all-over shampoo; then a thorough and painstaking massage. His trainer is a Welshman of his own town,

and is a great, powerful fellow who puts all his strength into his work, being especially careful to give the spinal column a treatment in which his knuckles and thumbs play an important part. This particular bit of treatment is a part of a general scheme to bring the spinal column into a state of the highest efficiency; and was adopted by Welsh from Bernarr Macfadden after the latter had shown him the vital importance of it.

It is usually nearly noon before the athlete's clothes are on again, and the first division of his exercises is over. Then he takes his first meal, which consists usually of a salad made up of lettuce tomatoes and pignolia nuts, dressed with an abundance of the best olive oil obtainable, with lemon juice and salt. With this there will be good whole wheat bread and butter; and after it a dish of some cooked vegetable or perhaps macaroni and cheese.



From right to left Mrs. Thomas, Fred Welsh's mother, Fred Welsh, Kate Welsh, Horace Church.

From this time to three or four o'clock in the afternoon, Welsh enjoys himself with a facility for relaxation that is marvelous, but which is a part of his general system. Then he goes to the gymnasium, which he insists shall be a well-aired room. His first exercise is a repetition of the morning's; that is the weights and pulleys for twenty minutes. Then he lies on the floor on his back and lifts his feet and carries them back over his head until they touch the floor behind him. Having done this a given number of times, he reverses the operation and raises his body from the floor while he reaches as far beyond his toes as he can stretch. After that he lies on first one side and then the other lifting his body a certain number of times while he rests on his shoulder and sides of his feet. It is so obvious what muscles these exercises affect that it is needless to particularize. After this he does an exercise, or series of exercises, for which he blesses Bernarr Macfadden; so import-

ant and useful does he consider them. He places his head on the rug, which is spread on the floor, his feet wide apart and his hands behind him, thus bringing his full weight on the top of his head. In this position he moves his body backward and forward, bringing the muscles of the neck into play. He then places his hands on the floor and moves on his head with a side to side movement. To spectators of these exercises it looks as if he would surely do himself an injury; but in fact he has developed a neck of perfect symmetry and of such combined strength and plasticity as to serve him well in the exigencies of the fistic arena.

He now resorts to another of Bernarr Macfadden's suggestions—an inclined board. On this he lies with his legs held by a strap and his head on the lower slope. Lying in this way he brings his body up, first in a direct line and then twisted first to one side and then to the other. All of these movements are repeated many times, of course. He then



Fred Welsh's training quarters in England. The editor's Health Home, about twenty-five miles from London. Fred Welsh sitting between his mother and sister at left, Mr. Horace G. Church sitting at extreme right.



reverses his position, his head being now at the upward slope, though now the end of the board rests just above his hips, so that he can bend his body back into space and then rise to a sitting position. The movement of his body is straight up and down and then first bent to one side and then to the other.

After this he stands on the floor with grip dumbbells in his hands and bends in all directions, forward and sidewise, touching the floor with the dumb-bells to insure the utmost possible strength.

Next he clasps his hands behind him and standing in front of an open window inhales until his lungs are filled to the lowest cells, when he bends forward and brings his arms up behind him as far as his clasped hands will permit, the arms remaining rigidly outstretched all the while.

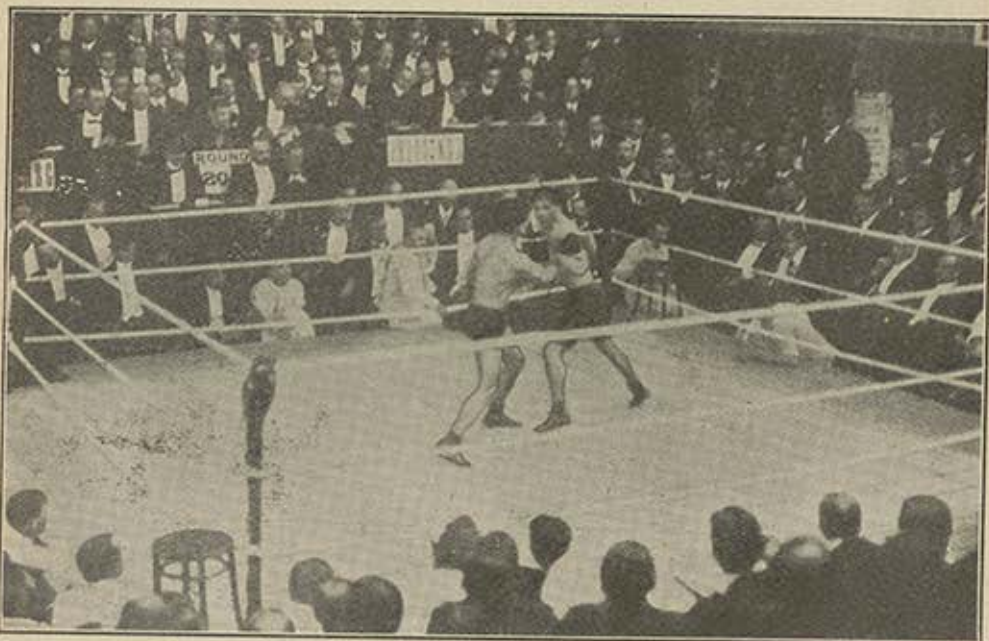
After a sufficient period of this—and Welsh is no niggard of work—he takes a turn at bag-punching, practicing blow after blow until he has done each one a given number of times. After the bag-punching comes shadow boxing, which he does with small weights in his hands. His shadow boxing is unlike any other I

have ever seen. He dances about a very little; and does his work in a plodding sort of way. The fact is he is practicing every blow he thinks he is likely to use; and does each one a given number of times—a wearisome number of times it seems to the spectator.

Finally comes the boxing with an antagonist. Sometimes he has four men in waiting, ready to take their turns so as to come at him in all their freshness. It is not often that he does more than ten rounds of boxing; though there have been occasions when he has done twenty rounds day after day.

After this comes the bath and then a massage as thorough as that of the morning; and then he is ready for the second and last meal of the day. This meal may consist of three soft-boiled eggs, boiled potatoes or cabbage, a rice pudding and brown bread and butter. Nuts, honey and cream are almost invariably on his table for use if the desire takes him; also dates, figs and raisins.

Detailed description and photographic illustrations of the exercises referred to in this article will appear in one of our future issues.



Twentieth round of championship fight with Summers.—Welsh as strong and swift as in first round.

# Fashion's Decrees Destroy Womanhood

By Bernarr Macfadden

HOW SLAVES TO "STYLES" IN DRESS WHICH CONSTRICT THE VITAL ORGANS AND MALFORM THE BODY, FORFEIT THEIR WOMANHOOD FOR THEIR FOLLY— WITH PHOTOGRAPHS OF CELEBRATED ACTRESSES IN CORSETLESS COSTUMES

PART TWO.

**B**ETWEEN man and woman there is a vast difference. There are the instinctive yearnings that mark the difference in sex. Each sex has certain characteristics which differentiate it from the other sex, and the more perfect you are as a woman or as a man, the stronger are these instincts. If you do anything to lessen the power of the organs that control the instincts of sex you lessen your womanhood, you lessen the acuteness and strength of these instincts. You interfere with emotions that are a part of womanhood and that is the reason why we have so many childless homes to-day.

The very strongest indictment that we have against the corset, is that it literally affects the individual nature of womankind. It effects those organs identified with womanhood that give to woman her individual instincts. A woman can actually lace so

tightly as to destroy absolutely her womanly nature. She can make herself a sexless creature, a member of the neuter gender; in other words, neither man nor woman. She can absolutely obliterate sex. This is actually done in some instances. There are some women who are so fond of fashions, frills and flounces that they go mad about style and follow in this particular direction until they lose their individuality and their womanhood. They become nothing but fashion plates, dressed up figures. She might as well be a wooden image or a stone statue so far as womanhood is concerned.

In many communities it has ceased to be fashionable to have children, and some women, especially fashionable women, consider children inconvenient. If one wears a corset long enough and tight enough it will entirely obliterate the motherly instinct. The pres-



A comely English actress in a corsetless gown.

sure of the corset will absolutely destroy this divine characteristic of womankind. There must be a proper amount of space in this part of the body for the various organs to rightly perform their offices and when one crowds and interferes with their activity one is endangering sex, destroying womanhood.

A tightly laced corset presses inward at the waist line and downward on the important pelvic organs that have to do with the instincts of womankind. It often brings about misplacement of these organs. It often interferes seriously with the blood supply that is necessary to their nourishment and thus many women have the audacity to wonder why they have female complaints. If they are

compelled to endure all kinds of suffering they somehow imagine that it is the natural lot of all womankind. It is not so. There is no necessity for a woman to suffer simply because she is a woman. When she suffers from ills peculiar to her sex she has brought on these ills through her own mistakes, her own folly, and it can be truthfully stated that it is to the corset as much as to any other influence that many women are compelled to endure this dreadful suffering. No corsets, no female complaints. Tight corsets, and female complaints in plenty, with all the train of misery that accompany these dreadful ailments.



Miss Olga Nethersole in an unrestricted costume that is artistic and comfortable, though hardly of use outside of the stage.

Many may be desirous of discarding this device. You need not find it specially difficult if you will at the same time develop the strength of the support that Nature gave you, that is, the muscles and framework about the chest and waist line. You can develop these by proper exercise. Of course, one who has been accustomed to wearing a corset throughout her entire life may find it difficult, if not impossible, to immediately avoid its use. In such cases, you can simply loosen the corset strings and slowly but surely develop the strength of the waist line. After a while you will have developed a natural waist line, a natural corset, and you will have more strength, more buoyancy. For those who are fleshy it will fre-

quently take considerable time before they can think of giving up the corset, but when you are able to throw it aside, when you are able to secure the mental and physical freedom that comes from discarding this device you will never go back to the mental and physical slavery that comes from its use.

Some women say, "If I did not wear a corset I would fall to pieces." That indicates very emphatically the harm that comes from it. It shows how much the muscles of the waist line have become weakened and those who have feelings of this kind, together with pains in the back, when they attempt to go without

a corset they are more seriously in need of avoiding this contrivance because of these symptoms.

If you will simply develop the muscles with various exercises that are easy to learn—this "falling to pieces" when you are endeavoring to go without your usual support, will entirely disappear, and you will soon have a feeling of lightness that will be indeed pleasing in every way. Of course, many who do not lace very tightly or who are not specially fleshy can throw aside the corset without discomfort and even friends and acquaintances may not notice the difference in form, although it is very easy to tell the difference between a corseted and an uncorseted figure.

I would say to our men readers to learn all they can about the corset and to discuss the subject with their sisters and mothers and wives and sweethearts. It may cause a little

trouble in the beginning, but you may rest assured that in the end it will be of

very great benefit, because no woman will reason on this subject can avoid loosening the corset strings or eliminating the corset altogether. If a woman wants to enjoy life, to be full of vim and action, desires to enjoy all the superb powers that are easily within her reach then the corset must not become a part of her wearing apparel.

Many women will, of course, say that this device is necessary in order to conform to the conventional style of dressing. It is unquestionably true of fashionable dresses that all of the various bands are made in such a manner that a corset is really essential, but a little planning will enable one to find some method to avoid its stricture if one is earnestly desirous of being freed from this conventional slavery to the whim of Dame Fashion.



Miss Edith Blanche, as "Lady Brudenell,"  
in "The Dairymaids."

### Indigestion Banished

TO THE EDITOR:

Before I read *PHYSICAL CULTURE*, I had indigestion and constipation in the worst form, sleep was not possible and I was greatly emaciated.

I had been under a local physician's treatment for more than a month without any improvement in my condition. I was almost ready to abandon all hope, but after reading your magazine, I became greatly interested and decided to try your methods. This is

what I did: Quit tobacco, to which I had been a slave for twenty-nine years; discarded tea, coffee and white bread; adopted the no-breakfast plan. I also take a friction bath on arising in the morning, followed by cold sponge bath, and sleep with doors and windows open.

I am now well on the road to recovery. I have regained my normal weight, and all traces of indigestion and constipation have disappeared.

Colbert, Okla.

JAS. B. GIBSON.

## Old People of Many Lands

By Felix J. Koch

HOW MEN AND WOMEN ENDURE SEVERE HARDSHIP AND STILL REACH A RIPE AGE—THE VALUE OF ACTIVITY AND OUTDOOR LIVING

The contribution which follows, while confined to a description of the conditions in evidence among the aged in many countries, is not without its lesson. Between the lines we can plainly read the moral that he who desires his days to be long in the land, must live wisely and well. True, there are rare instances in which it seems that men have attained ripe age in spite of their transgressing the laws of Nature, but examples of this sort are conspicuous because of their rarity, and are merely the exceptions that prove the rule. To paraphrase Franklin, the greatest of American sages, whose knowledge of the value of abstinence was proven by the sobriquet of "the American water drinker," gained by him in London: "Dost thou love life? Then do not squander health, for that's the stuff life is made of."—Bernarr Macfadden.

ONE of the important indications from which to determine the degree of enlightenment existing in any nation is the condition of the old people of that country. Where the aged are well cared for, there is generally intelligent concern for the welfare of the children. Besides, the attitude toward life is largely humanitarian to a noteworthy extent. Unkindness toward the helpless, however, either young or old, suggests narrowness and selfishness and tends to produce degeneracy. Of course, too, social, industrial, and political conditions of an oppressive nature are particularly deplorable in their effects upon childhood and old age. No one feels so keenly either the blessing of

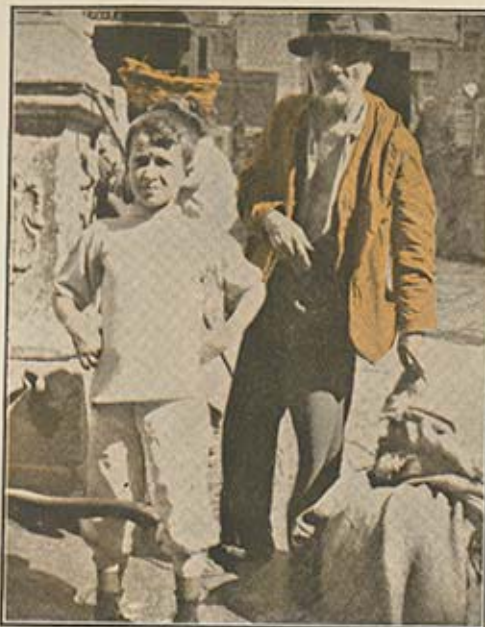
kindness or the curse of cruelty as he who is dependent, helpless, unable to meet the terrific demands of the "struggle for existence."



An old Trappist monk. A splendid example of the effects of a regular life. This man is almost seventy. Would you believe it?

The health in which we find a very old person suggests a number of things—his manner of living, his treatment by society at large, and other subjects of interest. Usually, too, all of these items are closely related to the general tendencies of the country in which he lives. To be sure, there are exceptions; as a rule, however, individuals influence nations, and nations influence individuals.

Whatever Dr. Osler said or did not say concerning the usefulness of a man beyond the age of sixty years, the world has re-



Italians in youth and old age. This man is only in the fifties. Naples, however, is notable for its poverty, the direst in the world; and the Neapolitans know want from birth to grave.

ceived, and is still receiving, most worthy service from both men and women far older than this. Of course, regardless of the truth of this report of Dr. Osler's views, the newspapers had their sensation; and the newspapers would have to have their sensations or else fall funeral victims of the dread sleeping sickness. The only thing for which the average newspaper has greater concern than it has for sensationalism is cash. At any rate, there are not any accurate statistics available showing to what extent this absurd theory has caused useful men and women to begin pining away in the first hour of their sixtieth birthday all because they realized that they were doomed henceforth to worthlessness.

Especially familiar to physical culturists are the names of Edward Payson Weston, the world's walking wonder, Horace Fletcher, otherwise known as the "mastication man," Sanford Bennett, twenty years younger at seventy than at fifty, and Rev. Henry S. Clubb, the eighty-two-year-old President of the Vegetarian Society of America. All

these men, whose photographs have appeared in this magazine within the recent past, are capable of doing a remarkable amount of work, both physical and mental.

Then there are many other people far advanced in years who are widely known as unusually active in their particular walks of life. One of the most interesting of these is Graham Bell, the noted inventor. He is interesting not only because of the manner in which he works, but also on account of the nature of the special branch of mechanical science to which he is now devoting his principal efforts. He is enthusiastically working upon aerial navigation, which is now receiving such remarkable attention in all parts of the world.

Mr. Bell does not follow strictly physical culture hours in respect to working, sleeping, etc.; but he gets things done. It is his habit to rise about the noon hour, and then to work until late at night, enjoying the evening meal with his family.

Among a number of other prominent people beyond the age of sixty, we think at once of Thomas A. Edison, James J. Hill, and John D. Rockefeller, all of



These old Hungarian women, sixty and seventy years of age, are city folks, and drag out an existence of poverty.

whom are frequently before the public in some way. Without making any direct reference to politics, Wall Street, cigars, or insurgents, it might be in order to mention that Joseph G. Cannon is considerably more than fifty-nine. For several months, this much-speaking Speaker has received enough first-page popularity to justify the conclusion that he is at least fairly active. All who are not mentioned here, but who might be, will kindly show some of the wisdom appropriate to their years by not imagining that they are intentionally slighted.

In fact, it is not the purpose of this article to deal to any great extent with people of prominence. Rather is it the intention to present some of the interesting things concerning the lives of just very common folk, whose chief feature of distinction is their old age. We all know many such men and women in our own several communities. Perhaps we shall enjoy adding to our acquaintance with



A New England seaman, who is hale and hearty, although in the seventies. This contradicts the theory that a life of exposure and constant peril "tells in the end."

the Albanians, the customs are such that the old people are largely looked upon as useless, denied a fair chance to be useful, and treated as burdens upon those who have a better right to live. The Albanian is a warrior and a rover. He lives in one valley until his goats have browsed it clean, provided the next clan over the mountains do not drive him from it too soon. When he moves, either by desire or necessity, he seeks the nearest favorable valley. Finding someone else in possession of this choice spot, he drives

out the possessor if he can, and then in turn holds the place until he is forced to leave.

This fighting among individuals, families, and clans, is also carried into the relations among the villages. So, in this perpetual wandering and warfare, the aged are not treated with very great consideration. If they are not able to bear up under the conditions produced by this mode of life,



Many Newfoundlanders live to great age; none of those here shown are under sixty-five. All are seafarers still, and will continue to "go down to the sea in boats," to the end of their days.

these a few items of knowledge about the aged in other lands.

Throughout lower Europe, and in our own land, in Kentucky, we meet Trappist Monks, who frequently deceive strangers concerning their age. Some of them appear much older than they really are, while others look far younger. In general, however, their regular habits, simple living, freedom from worry, etc., tend to help them to reach a good old age.

Away off over the seas, among

they are allowed to perish and are buried by the way-side.

Still, in spite of all their hardships, men and women in this rough region grow very old. Their ability to withstand the demands of the cruel customs of their country is doubtless due almost entirely to the beneficial influences of their active outdoor life. Their roving and fighting habits tend to develop strong, sinewy physiques. They live among their goats, from their goats, and a great deal as their goats. When a man reaches such age that he becomes infirm, however, he realizes the end is near and helplessly stares death in the face.

Very similar is the life of the gypsy of the Hungarian plains. A picturesque old fellow, seated on some boulder wall, smoking his pipe and ruminating upon the morrow. Long before Wagner or anyone else of modern times preached to us the "simple life," or outdoor blessedness, these gypsies led such an existence of freedom from complexity.

The old among the gypsies are interesting particularly in the light of their native folklore. It is to them that the gypsy invariably refers the seeker into the records of the tribe. "Only the elders," he tells you, "know whence our origin." Then you



A fisherman of Labrador. Another splendid type, well preserved, despite years of toil and hardship.

will hear a very entertaining story of a long series of wanderings from one place to another, beginning as far back as traditions go.

Although very much like the Albanians in the matter of constant roving, these gypsies are far different in leaving war out of their program. Thus their manner of living is not nearly so hard on the aged members of their tribes. Further, as already suggested, they find the hoary-headed "elder" valuable for entertaining visitors with cherished

folklore. Then, too, they assign to him other duties which he is well able to perform. So, among the gypsies, the old people have a fairly good chance to feel that they are not only not burdensome to the younger members of family or tribe, but even really useful. They ride along in the wagons, occasionally lend-



In Albanian Austria. The man at the left is a great-grandfather and just a little over sixty. He shows his age, for his life has been one of toil for seven days of every week since boyhood.



ing a hand at driving, gather fuel, build fires, take care of camp while the rest are at work in the fields or on a search for stray chickens, and receive a goodly portion of all necessities and luxuries, especially tobacco. Still, notwithstanding their use of tobacco, and the effects of changes of climate and other unhealthful things in their unique life, these people attain a very great age, frequently so great that they themselves cannot count their years.

Over on the east shore of the Adriatic, folks live the "simple life" in a rather "strenuous" fashion. The men fish, while their wives stay at home tending farms and worrying lest their husbands be slain by the wicked waves. Life to them is a somewhat cruel proposition; almost as cruel as it is to honest people in this country who are working for heartless money-makers possessing neither sympathy nor sense, but having sufficient financial power to enable them to grind into cash the health and happiness of those so unfortunate as to be in their employ. The diet of these simple folk is largely vegetarian, being made up to a great extent of the vegetables and cereals they raise by hard toil.

Getting back nearer home, we find hardy old men among the fishermen of Newfoundland and New England. These old fellows, although very rough in some respects, are generally smiling and kind-

hearted. They often live to a great age, and keep up their work till the last.

With advancing years in Turkey, the Mohammedan shows himself to be a sturdy fellow, despite his coffee tipping and other habits of dissipation. Old men are often found in dervish convents.

Then there are the Neapolitans of the poorer class, whose lives are made up chiefly of severe labor, hardship, and poverty. Life is hard among the poor of Italy, so hard that old age comes on early. Like the Jewesses, the young women are remarkably beautiful. Such are the effects of wearisome struggle, however, that they are wrinkled and ugly long before the age at which people in many parts of the world are considered actually old.

Happy, on the other hand, is the life of the old in the German Empire. Out in the garden, on summer afternoons, the entire family gathers. The old man has his long, porcelain-bowled pipe; the old lady, her knitting. Daughters, themselves past middle age, work on the sampler, while sons come in

from the field and indulge in a short rest. So, at home and abroad, we find many interesting things in the lives of old people. By studying them, we can see what things are really worth while in life; and we should also be led to having a greater concern for making life pleasant for both old and young.



An old Dervish. This man is in the eighties, and though he has been a confirmed coffee and cigarette toper since earliest boyhood, he can still undergo physical contortions that would bill others of more tender years.

# Getting Down to Real Food Values

By Milo Hastings

In the article which follows we have striking evidence of the wastefulness of meat as a food. Not only do animal foods fall far short of the qualities usually attributed to them from the aspect of nutrition, but they are open to much criticism from the standpoint of economy.—Bernarr Macfadden.

IF we were to find a man firing the furnace of his house with the furniture or with timbers torn from the walls of the building, we would not waste much sympathy upon him if he complained of the high cost of such fuel.

The American meat-eater of 1910 is in a position quite analogous to the foolish fireman, for he attempts to fire the furnace of his body with the working parts of another body, similar in its chemistry and mechanism to his own physiological machine.

In this article I wish to leave the more commonly discussed phases of the meat question to others, including the ratio of the final selling price that goes to the farmer, packer, wholesaler and retailer, and consider the fundamental thing we are trying to do when we raise corn to feed a steer and kill the steer to feed a man.

As I am looking at this from the man's—not the steer's—viewpoint, I want to first call your attention to why we eat at all. A man when he comes into this world inherits about eight pounds of live weight, and a capacity for growth. In about twenty years time he adds to the original installment about one hundred and fifty pounds. Of this weight nearly seventy per cent. is water. All told there is about fifty pounds of dry, or water free substance, for the origin of which we must look to his food during the growing period. To supply this increase in weight will require an average addition during youth of about one tenth of an ounce a day—a little girl's thimble full.

So much for growth. Happily for the farmer and grocer there are other needs for food, but some of these needs, like the premature report of Mark Twain's death, have been grossly exaggerated.

This thimblefull of growing food which the youth daily adds to his avoirdupois is the representative of the type of real constructive material, the stuff that bones, brain and muscle are made of. Those of us who absorbed our vocabulary

from a college professor call it protein or proteids, and measure it by determining the amount of element of nitrogen that is present, and multiplying the figure by six, for protein, though composed of many distinct chemical compounds, has a constant nitrogen content of about sixteen or seventeen per cent.

Besides its use for growth during youth the body requires protein to replace the substance which actually wears out or rubs off. Dandruff is protein; so is the hair, a few milligrams of which a man carefully removes from his face every morning. The enzymes or ferments of the digestive juices are protein, and there is a small but constant consumption in this manner. In the internal mechanism of the body tissue, the consumption of protein is slight. It increases with irregular habits, as when a "soft" man performs violent exercise, with disease, and with sudden fluctuation in body weight.

All told the proteid requirements of adult body amount to about five or six grains of nitrogen, or about one ounce of proteid matter. If the consumption of protein runs below this figure, the body loses protein faster than it is supplied, and "nitrogen starvation" occurs. If consumed in excess of this amount, the surplus is converted into glucose, or blood sugar, and urea in about the proportions of three to two—and the latter is excreted through the kidneys.

In practice, with a diet of either animal or vegetable origin, if composed of several articles, and selected to appeal to the natural instincts of taste, we invariably get more than enough protein. It is well that we have a reasonable surplus, for the proteids differ among themselves, and as we are wholly ignorant of the exact details of proteid metabolism, we would not do well to rely wholly upon a single wheat or peanut proteid, as we can safely do in case of oil or starch, the chemistry of which we understand.

In practice the amount of proteid con-

sumed per day by those who study their diet most carefully, is about twice the body's minimum requirements, or about two ounces a day. This would be furnished in a diet of two eggs, a pint of milk, a half pound of cereal, and an ounce of nuts. Fruits, sugar and oils in addition would supply further fuel food needed, and make a well rounded diet. Now to add flesh to such a diet for the sake of gaining proteid, is a false economy, for the excess is not needed, and can only be utilized to form glucose and the waste product urea.

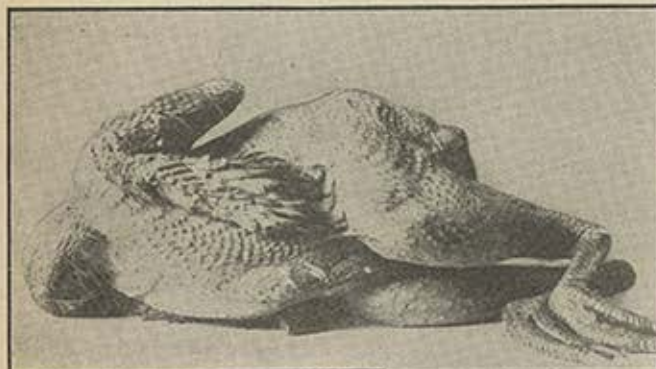
When proteid, the most expensive of food elements, is thus used to form

foods oxidize or burns completely within the body, forming water and carbon dioxide. They do not and cannot form any part of the body itself, except the fat, which is merely a reserve lunch basket scheme, which Dame Nature provided in a day when the whereabouts of the next meal was far less certain than now.

The method of starch or oil production by the plant is combination of carbon dioxide and water by the aid of the sun's energy. This process of securing energy from the sun is one in which the animal has no power, and upon which he is wholly dependent upon plant life. As for the proteid or constructive material,

the animal secures that also from the plants which build up protein by uniting the nitrates of the soils with the carbohydrate substance created by the energy of the sunlight.

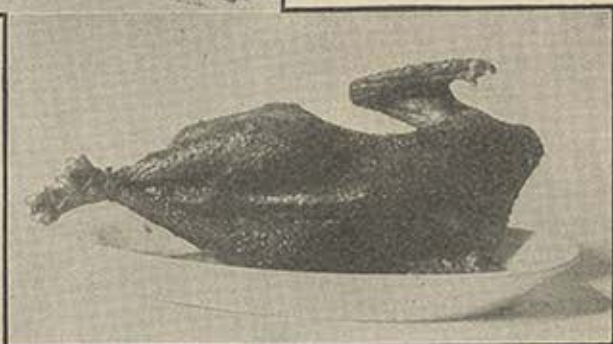
Men, as well as most other animals, in selecting their food from the plant world, choose such portions as are stored with accumulated food for the next season's



Chicken as purchased—weight sixty-four ounces—cost per pound twenty-four cents.

glucose or blood fuel, the economy represented is like that of knocking the legs off a piano to make kindling. Another helpful and very true analogy that illustrates the folly of excessive proteid consumption, is that of comparing the wastefulness of body proteids with the repair of a machine—the better the machine, and the better it is cared for, the less material will it require for its repair. This is the case with the physiological machine—the better it runs the less repair material or proteid food it should require.

The fuel food substances, as most of my readers know, are starches, sugars, fats and the organic acids, gums, pentoses, etc., present in less quantities in fruits and green things. The fuel



Chicken as roasted—weight thirty-four ounces—cost per pound thirty-four and a half cents.

growth. Nuts, grains, tubers and edible roots are all of this type. They represent more than the fat does in animal life, for they furnish both energy yielding and constructive material for the next season's growth. Such portions of the plant more nearly correspond to the milk and eggs of animal life; they are provided as foods for the young plant, and are stolen by man, who adapts them to his needs.



Dish containing all edible meat secured from chicken. Weight eighteen ounces—cost per pound eighty-six and one-third cents.

From these stored plant foods man builds his body, and also stores up more or less future fuel in the form of fat, but it is generally less as compared with the stationary plant, for the animal is obliged to carry his accumulation around with him.

The carnivorous habit developed among animals, to quote the scientists' viewpoint, is not because of any fore-ordained plan, but because in every nook and corner of nature some species was able to survive by fitting into it. The third hand method of getting food

from the elements *via* plants and other animals, is fundamentally a long way around, but with an immense herd of bison cropping the grass on the plain, it was the "shortest way home," for a small proportion of animals who developed into wolves and made use of the opportunity.

Wild nature produces herbivorous animal life, in comparative meager quantities compared with the plant life consumed to support it. In like manner herbivorous animal life supports a carnivorous animal life correspondingly less in size and number. It would take a pretty good herd of antelope grazing over a considerable area to supply the larder of one family of lions.

In domestic animal production, with young animals under favorable conditions, the very best results in feeding, are one pound gain in flesh to four

pounds of grain fed. With older animals this ratio runs up to eight or ten pounds, or some times no gain at all; five pounds is a fair figure. As the animal carcass is one-third or more offal, and as two-thirds of the flesh is water, the loss of food value by the passing of the product of vegetable life through the animal, becomes very great indeed.

Men that fed upon flesh food, as savage men in cold climates were forced to do, found the natural game of the forest only sufficient to support a very sparse population. America at the time of the first European settlements had a population of less than half of one per cent. of what it now supports. As soon as the population increased, the food game was killed out.

Following the hunter came the herdsman. As long as land is cheap and abundant the cattle and sheep industries thrive, not because this method of human food production is economical,

but because land and grass and grain are so abundant as to make a wasteful method possible.

In the new country we became heavy meat eaters, and though our population doubled every generation, our land area was so vast that we kept up the practice for a century. It is only recently that



Entire edible flesh of chicken (dried). Weight, seven and one-half ounces—cost per pound, two dollars and thirty-six cents.



Refuse remaining after cleaning chicken. Weight sixteen ounces.

the demand for land for the direct production of human food has become sufficient to make any appreciable difference in the cost of meat. Now we are beginning to feel the pinch. Within the last twelve or fifteen years meat prices have doubled. Trust! the people cry, but there has been a sugar trust also, and yet the price of sugar has remained the same. The prices of other products have gone up—varying amounts due to various reasons. Some of these reasons are also at play in the meat trade, but no large group of products has uniformly increased in price to such an extent as have animal food products.

The writer of this article is not an opponent of animal industries. Milk, eggs and leather would be hard to do without, as indeed from force of habit, meat is for the great majority of our population. But realizing that the era of America as the world's great stock farm is drawing to a close, I have set forth these principles to be of help to those who like to get in line with the inevitable tendencies of the times, and incidentally to throw light upon the puzzle of the increasing butcher's bill.

In older and more densely populated countries, meat appears more rarely upon the bill of fare, and we have been taught that it was a matter of poverty, due to political reasons, or some other far removed cause. As a matter of fact,

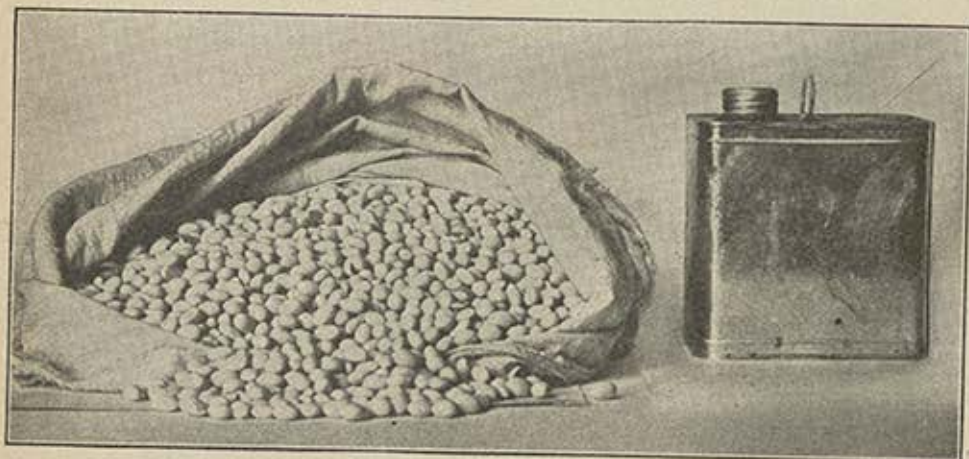
the people of Belgium or China cannot eat meat three times a day, because they cannot afford to grow it. It would take three or four acres of ground to support a man if we depended solely upon meat for the source of our energy. On the other hand, an acre of ground will easily support three or four men when growing a mixed variety of plants for human food. Agriculture of the future means the larger production of food by the direct method of production.

To give a forcible demonstration of the point of the great economic waste of passing plant food into the body of animals, and then eating the animal, I had weighings and photographs made of a chicken in different stages of the culinary manipulations.

The chicken which was purchased and dressed in the New York market, weighed four pounds, and cost twenty-four cents a pound, or ninety-six cents.

The food required to produce chicken flesh under average conditions, is about six pounds of food to one pound flesh. This chicken represents about twenty-five pounds of grain, which at prevailing prices cost forty cents. The other fifty-six cents went to pay for the farmer's expense in housing, his risk and labor, and the profits of middleman and retailer, who dressed and sold the chicken.

We now prepared the chicken for the oven in the conventional way, and



Twelve pounds of beans and one-half gallon cotton seed oil might be purchased for the cost of the chicken. These vegetable foods supply at least twenty times the nourishment provided by the chicken, and may be used as a basis for many tasty and nutritious dishes.

roasted "brown in the pan." After roasting the weight was found to be thirty-four ounces, which raises the price of the chicken to forty-five and one-half cents a pound.

We next cleaned the meat from the bones in about the same fashion that one would do it at an ordinary dinner table, and found that we have but eighteen ounces of edible meat, the flesh in the back and neck which cannot be eaten, together with the bones, forming the remaining sixteen ounces.

The original price of ninety-six cents figured upon the eighteen ounces makes the edible meat cost eighty-six and one-third cents a pound. That this figure is not overdrawn, those who are familiar with the sale of sliced chicken and turkey at the delicatessen stores, are well aware. A dollar a pound the past season was charged for the latter article, while live turkeys on the farms sold for fourteen to fifteen cents a pound.

But we need not stop with the chicken flesh on our fork tines. The average flesh of fowl according to Government analysis shows sixty-four per cent. of water, leaving of the eighteen ounces, but six and one-half ounces of water free substance, and raising the cost to two dollars and thirty-six cents a pound.

We will allow the sixteen per cent. of fat in the chicken flesh to rest at this figure, but as no one recommends the chicken as a suitable source of food fat, let us disregard the fat and, for purpose of argument, consider the chicken flesh for its protein only. In this case we would have only twenty per cent. of

the edible flesh as nutritive material. On this proportion the weight would reduce to three and three-fifths ounce, and increase our price to three dollars and ninety-nine cents a pound. If we now discard the waste of the two-fifths of the protein, that is excreted from the body as urea, the chicken proteid as a source of energy reaches a cost of six dollars and sixty-six cents a pound.

From the twenty-five pounds of grain fed the chicken we secure two and a quarter ounces of glucose and two and seven-eighth ounces of fat, which together is equivalent in nutritive value to a little more than half a pound of energy yielding material measured as glucose or blood sugar. Eaten as corn, wheat and oats the twenty-five pounds of grain would have furnished over twenty pounds of blood sugar to the human body.

The carnivorous habit shows a wastefulness of ninety-seven and one-half per cent. of the fuel food value, and a still greater financial wastefulness owing to the extra labor spent by us in wasting of the ninety-seven and one-half per cent.

The ninety-six cents spent for the chicken would have purchased eighty times the amount of nourishment in wheat or one hundred and forty times the amount in corn. These latter foods in bulk are not in a palatable condition, but neither was the chicken when we bought it. However I am not advocating the purchase of bulk wheat or corn for human food; we can pay a handsome profit to have these latter foods prepared to suit our taste, and still have the animal food mill beaten ten to one.



French lamb chops—cost ten cents each—  
cost of actual food nutrients one dollar and  
fifty-two cents per pound.

## Our Right to Sell Animals Used as Meat

TO THE EDITOR:

In a recent issue, I find this question put to you, "What right have I to sell cattle, sheep, poultry, etc., to be used by others as food if I do not consider meat as a proper article of diet?"

The question at once becomes a social problem, which would require a large volume to answer fully.

As all of us are more or less liable to an error in judgment we might answer the question by asking, "What right have I to withhold from another that which he considers useful to him, but which is of no use to myself?"

Again, why not consider meat as a poison to kill the meat eater's faith in meat?

Milford, Ind.

J. E. DOREMIRE.



Mr. F. A. Hornibrook, and some winners in a recent physical development competition held under his direction.

## The Judging of Physical Competitions

THE VIEWS OF A PHYSICAL CULTURIST FROM FAR-OFF NEW ZEALAND ON MISTAKES THAT ARE MADE IN SOME PHYSICAL DEVELOPMENT COMPETITIONS

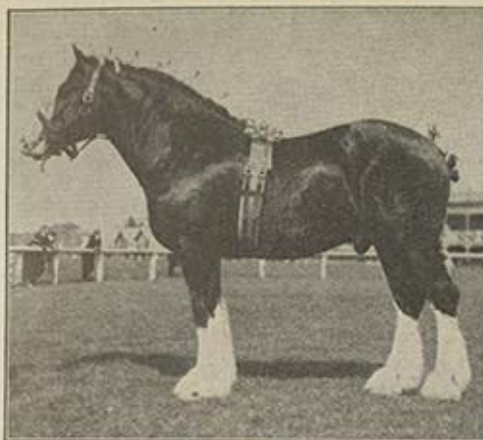
By F. A. Hornibrook

The contribution which follows will give our readers a few hints on the errors that are frequently made in physical development competitions. Professor Hornibrook has been an indefatigable worker in the interest of physical development in his country. He has apparently been able to produce specimens of physical development that are hard to equal anywhere in the world, and his views are therefore worthy of close attention.—Bernarr Macfadden.

THE great Herbert Spencer once said: "The inhabitants of this country take an interest in the rearing of the offspring of all animals except themselves." And since then writers on physical culture generally have deplored the fact that so much more attention is given to the rearing, judging and classification of live stock than is given to the physical development of human beings. But, in order to develop and stimulate this attention, we really need a re-organization of the whole of the present system of judging

development competitions. The system—or want of system—at present is absurd. To realize this we have only to compare the judging in human development competitions and in agricultural shows of livestock. The allocation of points in both cases is somewhat similar—symmetry, bearing, and general evenness of frame.

Now, the point I am raising has never been touched on, so far as I am aware, by any teacher of physical training; but I am sure that many readers of this magazine will agree with me after I have



Photograph B. 'Clydesdale horse of great weight, exhibiting heavy muscular development.



Photograph A. Hack horse of lighter muscular build, possessing less strength, but much speed and stamina.

stated my case, and they have studied the photographs with which this article is illustrated.

At the present time, in the different physical development competitions which have been held in England and America, men of all ages, sizes, weights, heights, and so on, are pitted against one another, and the type of physique which appeals to certain judges is chosen as being the "best developed man" in that competition. Now, I hold that to compete a man of five feet, three inches, weighing one hundred and twenty pounds, against a man of five feet, ten inches, weighing one hundred and eighty-two pounds, is

just as ridiculous as competing a Shetland pony against a Clydesdale horse. We have amongst human beings the Apollo and the Hercules type; and although, of course, the ideal type is the one which brings about the nearest combination to the two, at the same time there are certain physical standards of measurements which must be gauged by the weight and build of the individual. Thus, for example, a man of five feet, three inches, with a forty-three inch chest, is simply out of all proportion; whereas a man of six feet, with a forty-five-inch chest, is not out of proportion, provided, of course, that his weight is in keeping with his height.



Photograph F. St. Bernard dog, weight 102 pounds.

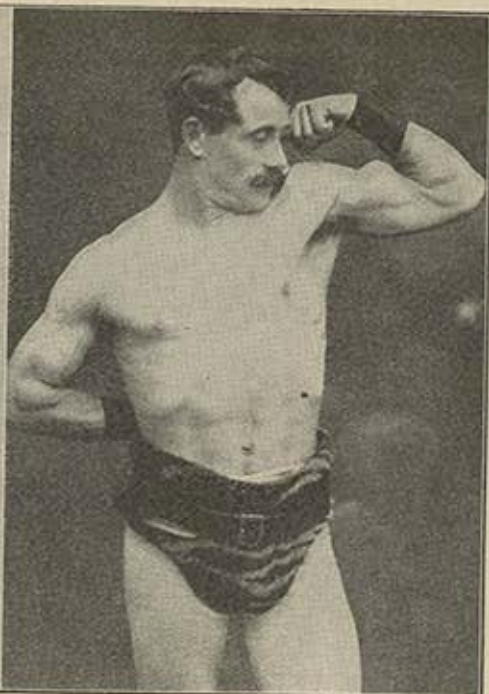


Photograph E. Scotch collie, weight 50 pounds.





Class A. Light type of development. Height 5 feet, 8½ inches, weight 137 pounds. Not heavily-muscled, but capable of great activity and strength.



Class B. Heavy type of development. Height 5 feet, 8½ inches, weight 168 pounds. A weight lifter, with short, heavy muscles.

Now take Photograph A. Here we see a light hack horse, good to hunt, with a fair turn of speed, and powers of endurance strongly marked—in fact, a “stayer,” combining speed and strength. In Photograph B we see a heavy Clydesdale. Here is an animal obviously and plainly intended for heavy work and for strong work. To compete these two animals in a horse show would be absurd, and no breeder of horses would dream of doing so. Yet, in the present development competitions for men, we compete the two men in the photographs marked A and B, although the contrast is just as great as in the case of the horses.

The class A man whose photograph appears on this page is essentially a sprinter, perhaps better developed about the body than the average run of sprinters, but still the whole physical make-up of this man denotes speed. In fact, he possesses a record for the one hundred yards of ten seconds, flat, which he has accomplished on several

occasions. This man's weight is one hundred and thirty-seven pounds, and his height, five feet, eight and one-half inches; chest, thirty-seven and one-half inches.

The Class B photograph is that of a man of the same height, five feet, eight and one-half inches, but his weight is one hundred and sixty-eight pounds, and his chest measurement forty-four inches. This man has essentially a slow type of muscle. He is a man who can lift weights well, but at any test requiring quickness he would fail signally in competition with the Class A man.

The build of these two men is absolutely distinct. Class A shows a willowy, sinewy, long-muscled type of man. There is a good deal of power manifested but the power is not, as it were, on the surface, but in more hidden, ready to be called on in cases of sudden emergency. Class B, however, represents a short-muscled, rather gnarled type of development. Now, I hold that it is absolutely

impossible for any judge to place these men fairly in the same competition. All one could do would be to find out which man is the best type of development in his own class. In the competitions which I have held during the last ten years in connection with my Physical Culture Institute, I have always differentiated as much as possible between the weights of the men; and although on several occasions a light man has succeeded in winning the event open to all, this was really because, as a small man, he was in an exceptional class by himself. In fact, broadly speaking, other things being equal, one factor which must and ought to count in all competitions for development in height. Speaking generally, the man of five feet, eight inches usually has better command of his muscles in any muscle-test than a short man. The

history of athletics in nearly all its different branches has clearly proved this; and although occasionally one meets little men who are champions, still the average proves that the man of middle height or above middle height is much more likely to be a champion.

Now, we take another series of photographs, which I shall class as C and D. Photograph C represents a man of five feet, three and one-half inches, weight, one hundred and sixteen pounds. Photograph D represents a man of six feet, one inch; weight, one hundred and ninety pounds. As two distinct types of development, these two men are among the best I have ever seen; but in competing them against each other in the development competition, a judge would find practically no point in common. Photograph E represents a collie, weight fifty



Class C. Light type of development. Height 5 feet, 3½ inches, weight 116 pounds. A small, but well developed youth.



Class D. Heavy type of development. Height 6 feet, 1 inch, weight 190 pounds. A symmetrical example of manhood.

pounds. Photograph F represents a St. Bernard dog, weight one hundred and forty-two pounds. Although in this particular illustration the difference in weight between the dogs is greater than the difference in weight between the men, still the basic principle remains the same—both are dogs, and both are men. It is true that the dogs are of different breeds; but the men are so distinct in their physical characteristics as to be practically of different breeds, just as much as the dwarf pigmies of Darkest Africa and the giant Patagonians of South America. These are both men, but from a physical standpoint they are absolutely distinct.

What I think is needed in the physical development competitions instituted throughout America (for which the editor of *PHYSICAL CULTURE* has done

such magnificent work in educating the American public), is that the classes should be more distinctly differentiated. This would impart not only an enormous additional stimulus to them, but an enormously enhanced value to the results of the judging.

In conclusion, I might just note one point that should receive much more careful attention than it does at present, and that is the feet of the men. Even amongst well developed men, my experience is, as a physical culture teacher, that there is a tremendous percentage of the men flatfooted. No matter what physical powers a man may possess, if his feet are not well formed and well developed, he is (particularly as a soldier and defender of his country), of very little service indeed.

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### Raising Animals for Sale as Meat

TO THE EDITOR:

I think the solution of the problem in regard to the raising and selling of cattle, sheep, poultry, etc., as proposed by Mr. Stanley L. Chamberlain, in a recent number, is by no means as difficult as it would seem at first sight.

Meat is a food, though far from being an ideal one; it is, furthermore, a foodstuff that derives considerable importance from its being used almost universally at the present time. Now if the use of flesh-foods were discontinued, it is plain that some sort of plant food must take the place of the meat that is now being consumed. Besides, the substituted vegetable food must be considerably better from a hygienic viewpoint than the eliminated meat to make the exchange profitable. But at many places the conditions are yet such that most people could not get this better substitute even if they tried. Many persons are yet bound, whether they like it or not, to a diet that consists chiefly of white-flour products, whose other constituents are, on the whole, not much better, and into the make-up of which good fruits, unspoiled cereals, and well-prepared vegetable dishes enter perhaps not oftener than once every other day. Under such circumstances meat, if sensibly prepared, is not to be despised, however poor it be compared with good plant foods; and as long as such circumstances are as prevalent as they unfortunately still are, I think the packing house and the butcher shop are in no wise to be compared to the brewery, distillery, or saloon, and the selling of stock and poultry not to be considered wrong.

But provided it were possible for every human being to procure, cost out of considera-

tion, the diet originally intended for man by God (Gen. 1, 29.), and therefore most desirable, even then I should judge it not wrong, but even a duty for the average farmer to raise and sell some meat. Farming without any meat-producing animals whatever could not but be wasteful to a certain extent. Some of the products of agriculture could not be turned to any use except by being changed into meat. Much land there is that can be utilized only as pasture-ground. Superfluous corn-fodder and straw make some meat almost without work and without any noticeable decrease of their fertilizing value, about the only value they would have otherwise. The wastes of the kitchen often feed quite a number of fowls. There are but few ordinary farms where a small flock of sheep could not thrive almost without any extra expense or labor. On farms with large orchards, or with woods of oak, nut, and mulberry trees it would even seem justified to keep a few hogs, in order to save the dropping fruits, nuts, and acorns. Considering these facts, it becomes apparent that it is wrong *not* to raise at least a few domestic animals for their meat, even if they do require some extra feeding, and all the more as they would at the same time furnish other useful products, as milk, eggs, hides, wool, etc.

I myself should be very glad to see meats, and above all others, pork, reduced to their proper place among victuals, but I think if the raising of cattle, sheep, etc., is carried on for the reasons mentioned and to an extent warranted by them it is an act, not of harm to mankind, but of economy.

Concordia, Mo.

A. LEHENBAUER.

# Beautifying the Complexion

By Madame Teru

Much interesting and useful information is embodied in this contribution by Madame Teru, whose wide experience as a beauty specialist particularly qualifies her to describe the most efficient methods for beautifying the skin. The measures she prescribes, used in conjunction with proper means for constitutional upbuilding, cannot fail to produce a most gratifying effect, if they are performed with thoroughness and persistence.—Bernarr Macfadden.

*Breathes there a woman with soul so dead  
Who never to herself hath said,  
"How I wish I were beautiful!"*

AND how can one be beautiful without a good complexion? Beautiful eyes, a well shaped nose, a pretty mouth—of what avail if they have not their proper setting—a clear complexion?

To appear well is the desire of all normal human beings. Among savages, this desire for beauty has taken many strange forms of expression. Both savage and civilized people have even subjected themselves to torture to attain this end; as is illustrated by the lip ring and nose bone of the savage, and the face skinning undergone by fashionable ladies of today.

It is true that we are actuated in our desire to appear well by vanity, but, as vanity is a motive force that enters into nearly all human actions, we may disregard those who sneer at beauty for this reason; declaring it to be but "skin deep" or a "womanly weakness," and who are always at pains to

"show off" the fact that *they* never take the trouble to appear well.

Beauty is of more than "skin deep" in importance; to the fair sex it seems to be of almost vital moment and instead of woman's weakness, it may be woman's strength. It is unfortunate that beauty should be regarded only as a means of aiding woman in her conquests. If we would but look about us, we should discover it an influence in other aspects of

life. Who has not seen the success of the pretty kindergartner, even if she be not possessed of so much "theory," and had not spent so much of her time in "child study?" How the children flock around the fresh-faced, soft-haired teacher, ready to do anything she bids! On the other hand, notice the listless actions of children superintended by the woman with a "professory" air, sallow complexion, and hair pulled tight back from the face into a hard knot in back. I know a healthy



A thorough washing of the face in tepid soft water is the proper preliminary measure to other steps toward beautifying the complexion.

young specimen who, while the charge of such a teacher, became possessed of an overpowering desire to flick just such a knot with his fingers, "just to see how awful hard it was." He derived no benefit from weeks of her instruction, but when transferred he became a good pupil, because, as he said, "teacher smiled at you so lovely when your sums got done right."

While we may conceal imperfections of almost any other part of the body, it is impossible to do this with the face. For this reason, special care of the face is indispensable.

Although constitutional treatment is of the greatest importance, and must be frequently resorted to reach the source of the trouble, local treatment, if wisely chosen will surely effect a marked degree of improvement.

It will be best here to make clear to the reader that by "local treatment" I do not mean attempted concealment of facial defects by coating the face with paint and powder, but scientific treatment which is the result of careful study and experiment and the *modus operandi* of which consists of massage, hot and cold application, and carefully prepared skin foods.

As in everything appertaining to health and beauty, cleanliness is the first essential. The face should be washed every night before retiring, and whenever possible, rain water should be used. Famous French beauties would use no other; the lovely Ninon de l'Enclos used to get sealed jars of rain water from her chemist daily. Hard water contains mineral salts which, when combined with soap, are injurious to the complexion, as the lime in the water and the fatty acids of the soap form a stearate of lime which fills the pores, causing them to become enlarged and cracking the skin. Rain water, being free from earthy matter, is consequently the best cleanser for the skin.

The temperature of the water used for the face should be made to suit the individual case. Those having oily skins can use hot water with benefit, as there is no danger of too much of the natural oil being washed away. On the other hand, if the skin is naturally dry, hot

water will aggravate the trouble and cause it to become rough and harsh.

Tepid water is best for general use.

The skin of most people's faces is not rich enough in natural oils to permit of the frequent use of soap. Instead, almond meal, which besides thoroughly cleansing the skin, nourishes it, should be used. However, if the skin is oily, a pure vegetable soap may be used with advantage.

Keeping in mind these few hints regarding the proper water and soap to be used, the reader should seek to establish the habit of nightly washing the face. If there is to be no further treatment, the face should always be rinsed in cold water to close the pores and the face then gently dried with a soft linen towel.

The professional beauty never retires without first applying a soothing and nourishing cream to offset any ill results of the day's exposure of the skin. This nightly application enables the skin to retain its soft, velvety texture. One of the best creams to use for this purpose is compounded of one ounce of white wax; four ounces of rose water; four ounces almond oil and one ounce spermaceti. This should be rubbed into the skin with a gentle, yet firm, movement of the finger tips, and if properly done, the cream will be absorbed by the skin and the face not left in a greasy state.

Next to right living, massage is the most invaluable factor in the development and preservation of beauty. It stimulates the tiny muscles and fibres under the skin, which if not strengthened in this way, become flabby and sag with the advancing years. But it must be done properly, or harm will result by the skin being stretched. The fingers should not simply slide around the face, they should hold the skin firmly while the tissues are being exercised. Always begin with a round or rotary movement, except on the forehead, where the lines may have already formed, in which case, the movement should be in a direction contrary to that in which the wrinkle is forming. After having gone over the face with the rotary movement, the skin should be gently pinched and kneaded, and lastly treated with the tapping

movement, which, at the risk of repetition, I would liken to the patter of rain drops.

One should begin all these movements at the forehead, and should then manipulate the cheeks, and finally the chin. Never touch the delicate skin under the eyes, as that part of the face should not be treated except by very skilled fingers. The "crow's feet," which women dread so much, must be massaged very gently, rubbing in the opposite direction to the forming lines. The nose is "smoothed" out (or rather down) with the thumb and forefinger. Never massage toward the mouth, always work away from the mouth and nose, stroking in an oblique line parallel with the jaw bone.

Massage, to be effective, should not be given without having previously bathed the face with hot water so as to open the pores and soften the skin; in which state it readily receives the nutriment contained in the cream or oil with which it is massaged. A good cleansing, massage cream is made of three ounces of oil of sweet almonds; two drams balsam of tolu; two drams benzoin; ten drams of oil of bitter almonds; two drops of essence of lemon; two drops of essence of cajeput.

After a thorough massage, the flesh is, of course, softened, and an astringent is necessary to close the pores and give firmness to the skin. This prevents the

formation of surface wrinkles. I am, however, opposed to the use of arsenic and other strong lotions. Cold water is a good tonic and should be used plentifully. Among other astringents are camphor water, white wine and tincture of benzoin, ten or twelve drops of which are enough for a basin of water. Another good astringent lotion is made by pouring one-half pint of white wine vinegar over one ounce of dried rose-leaves; let

this stand for a week, then strain, and add one-half pint of rose water; apply it by dipping a soft cloth into the lotion and wiping the face with it, or add one tablespoonful of the lotion to a glass of rain water and wash the face.

In order to keep the complexion clear and beautiful, the nightly wash and massage treatment, at least twice weekly, is necessary.

There are several affections of the skin which mar the beauty of the complexion. Enlarged pores are an annoyance caused

by improper diet and the promiscuous use of powders. While the powder in itself is often innocuous; the danger lies in its not being removed at night. I have elsewhere emphasized the importance of the free transpiration of the skin, and it can, therefore, be easily understood that the presence of the powder in the pores clogs them, and causes them to dilate in their effort to breathe. When the diet contains more fatty substances



The wrinkles so prone to evidence themselves about the corners of the mouth, even in early life, should be treated in the manner here shown to prevent their becoming deep and unsightly.



By holding the skin firmly with one hand, and by massaging the tissues with the fingers of the other hand across the section to be treated, the lines which form at the corners of the eye may have their progress arrested.

than the stomach can readily assimilate, the body disposes of it through the medium of enlarged pores. While the remedial treatment is slow in its action, still, if persevered in, it will, in time, improve the texture of the skin. The only natural means of effecting a cure consists in a nightly wash with the aid of a soft camel's hair complexion brush—which will remove any foreign accumulations of the day from the pores more efficaciously than the hands or wash rag—and an astringent to contract the pores. Tincture of benzoin is much used for this purpose, and so small a quantity is necessary that its use is quite inexpensive—a few drops in the rinsing water (enough to make the water milky), being sufficient.

Where the general health is good, the presence of pimples and blackheads are very often the result of superficial cleansing of the skin. The system seeks to rid the body of impurities through any avenue open to it; and since the beneficial action of water and air on the face

renders it a more accessible avenue of escape, eruptions naturally appear on the face more than on any other part of the body. The surprisingly clear complexion of those in the early stages of consumption may be accounted for in a like manner; the lungs in this case being the outlet for the impurities. Frequent bathing of the entire body therefore is not only necessary in the care of the general health, but also in that of the complexion.

The local treatment for the eradication of pimples consists in steaming the face. The simplest way of doing this at home is to boil some water until a volume of steam issues from the kettle. Have ready a cloth, sufficiently large to completely envelop the head and kettle. When the water has reached the state indicated, remove to a convenient place, and hold the face over the rising vapor, arranging the cloth so as to prevent the escape of the steam. The face should be held high enough from the kettle to avoid scalding. The steaming should

continue from five to seven minutes. The face, which will be perspiring freely, should then be wiped with a soft old cloth which has been wrung out in hot water to wash away the morbid matter exuded by the open pores. The face is now in a proper state for the application of a healing cream. The following cream has been used for this purpose with very beneficial results: five drams of white wax; five drams of spermaceti; one dram of oil of bitter almonds; three ounces almond oil; three ounces elderflower water; one ounce of witch hazel. This cream should be worked well into the skin; the rotary movement being the best for this purpose. Any superfluous cream not absorbed by the skin should be wiped off with a soft cloth and the face patted with rose water. This steaming is best done immediately before retiring, so that there will be no danger of chill from subsequent exposure. If done three times a week for five or six weeks it will effect gratifying results.

An unpleasant affection of the cuticle, usually resulting from general debility of the health and constipation, is greasy skin. General hygiene is necessary and fruits and salads should be introduced into the diet. For local treatment I should advise astringent washes. An excellent astringent to use is the one made of white wine vinegar, dried rose leaves and rose water, mentioned in an earlier part of this article.

The best way to "cure" wrinkles is to prevent them from forming by so living as to keep the body in a youthful state; and no proprietary lotion, however much may be claimed for its powers, will remove wrinkles that have become deeply set. It is a characteristic of human nature to miss the water only after the well has run dry; so we do not awaken to the necessity of caring for the face till it has become seamed with wrinkles.

The wrinkling of the skin is caused by the absorption of the subcutaneous fat of the face, which, so long as it remains, gives the face the rounded contour of youth. With the absorption of this fat, the outer cuticle becomes too large a covering for the underlying tissues, and so falls into folds and wrinkles. It is obvious then from what has thus far been said that the treatment must begin before these wrinkles have obtained too great a foothold.

In general, massage and the use of astringents are the best means to employ to remedy corrugations of the skin. Lest the reader accuse me of considering massage a modern cure-all, I might mention that among the ancient Greeks and Romans, and even as far back as the Egyptians, massage has been in use as a treatment for bodily ailments. It has stood the test of time, and the benefits derived from its intelligent application are beyond dispute. Its effect is to fill out the tissues and strengthen the muscles, so that they retain their shape—an important consideration in the treatment of wrinkles. Astring-

ents tighten the skin—another important consideration.

In the case of newly formed wrinkles, the following application has been found effective: Strips of soft linen are dipped into the white of an egg, and after having smoothed out, are placed directly over the wrinkle and allowed to remain all night. A rather strong astringent that will draw together the loose skin will be found in the following: Rosewater, six ounces; elderflower water, two ounces; tannic acid, ten grains; tincture of benzoin, one half ounce. When using benzoin to beautify the skin, do not use compound tincture, which contains other ingredients which are unsuitable for the purpose. Ask for simple tincture of benzoin. Vinegar and alcohol are also generally employed as astringents, but I am opposed to their too frequent use, as they dry the skin and impair its nutrition.

The approach of the summer months will make a little discussion of freckles timely. Freckles are of two varieties: summer freckles and cold freckles; the former resulting from the action of the sun and heat upon the complexion—especially on the fair complexion—the



This illustrates the best method of treating the vertical furrows which often extend upward between the eyebrows. The skin should be held firmly, and the flesh massaged across the lines with the fingers of the other hand.



latter occurring at all times of the year and affecting all complexions, are due to the derangement of the general health, and must be treated constitutionally. For the first mentioned class mild bleaches are of assistance in their removal. Good results have been obtained from the following applied to the spots daily: Equal parts of rose water, glycerine and lactic acid. The juice of lemons is a well-known bleach, and lemon juice and rose water (equal parts of each), have been used to advantage. An infusion of horseradish in milk is a good freckle eradicator. A cucumber cream rubbed into the face will also remove pale freckles. It is composed of the following ingredients: two ounces of almond oil; one-half ounce of white wax; one-half ounce of spermaceti; and one ounce of cucumber juice. Lastly there is the old standby—buttermilk.



After the face has been massaged, and a suitable preparation has been applied, the cheeks should be gently patted in order to accelerate the circulation and renew the waste tissues destroyed by the massage and rubbing.

The use of preparations (depilatories as they are called), for the removal of superfluous hair is a practice I am opposed to. The instruction given with these preparations stating that the utmost care must be exercised in their application, should be sufficient in itself to warn the reader of the inadvisability of their use. Nearly all depilatories have as their chief ingredients quicklime and orpiment. The latter element is an exceedingly undesirable one, as there is danger of injury to the skin in its use. Strong alkaline lyes also enter into the composition of the preparations. Many of these preparations depend upon their causticity for their results, and the effect upon the skin is frequently to leave it hard and unpleasant. When the hair in question is of the soft downy kind, no attempt toward its removal should be made. Let alone, it is not at all disfiguring, and is even considered by some to be pretty. The application of strong preparations often causes this down to become stiff and bristly, or, at the least, more conspicuous. If the hair was originally bristly and prominent, there is but *one* method of removal. This is by means of the electric needle, the process commonly known as electrolysis. The operation is performed by means of a galvanic current and a fine needle, which is inserted at the root of each hair, and the root thus permanently destroyed by the current. Under no circumstances should this be done by any person other than the skilled operator.

I must emphasize the danger of injury to the complexion that follows the use of most of the cosmetics ordinarily sold. These contain dangerous poisons, such as bismuth, lead, and arsenic. Bismuth, which is very commonly used in face powders, is said by some to be the least dangerous, and this has been known to cause ugly purplish pimples. It is also a measure responsible for the coarse complexion frequently seen in those who "do up." Those who persist in using rouges should at least take the precaution of having them analyzed; this precaution should be taken before applying any preparation to the face, as cheap cold creams frequently contain lead, which is not only harmful to the skin, but in the

event of there being even a tiny scratch, contact may result in a poisoned state.

The reader who may at the outset labor under great disadvantages in the form of unsightly skin need not be discouraged. One need only recall the instance of Demosthenes, who, by persistence, developed from a stammerer into a marvelous orator.

I much regret that a stenographic error crept into my contribution, in the February issue, on "Beauty Culture for the Hair." In describing the manner of compounding a dressing for dry and brittle hair, the following directions should have appeared:

Take equal parts of lanolin (oil extracted from the wool of sheep), glycerine and rose water. Warm the lanolin—which should be of the kind not mixed with water—just enough to melt it. In another vessel warm glycerine to blood heat only (as it is an explosive), then mix both and, still stirring, add the rose water drop by drop. The result must be a paste of a pleasant smell and should be applied by parting the hair and rubbing the paste directly into the scalp.



This shows the small strips of muslin which may be applied as a remedy for wrinkles. These strips should remain on the face overnight.



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**M**ANY physical culturists have requested that we provide an emblem that would enable those interested in the physical culture movement to identify each other at sight. We have had one of the leading firms of jewelers in the United States provide us with a button of appropriate design to supply this demand, and the result of their efforts is illustrated by the reproductions which appear on this page. We think that our readers will agree that the design of the emblem is most fitting, and we can assure them that a glimpse at the button itself will leave no doubt in their minds of the artistic workmanship and substantial value which it possesses. This emblem will en-

able physical culturists to immediately recognize those wearing it as interested in the movement. The button is made in sterling silver, in heavy rolled gold, and also in solid gold.

A sterling silver button will be given free with each subscription to *PHYSICAL CULTURE* at \$1.50.

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## Department of Motherhood

A MOTHER'S DUTY TO KEEP HERSELF YOUNG

By Marion Malcolm

ONE of the many defects of our modern, high-tension civilization is its terrific tendency to make people old when they ought to be still young. For that matter, we ought to be young always, no matter how many birthdays may be ours. Throughout life, we ought to keep ourselves young in activity, both physical and mental, and especially in ambition, sympathy, and interest in human progress. The spirit of the age, however, is reflected in frowns and wrinkles rather than in dimples and smiles. Such are the complexities of our present-day life, that we see in the sky of experience far more clouds of care than sunbeams of joy. Everywhere, in social, industrial, educational, and even in religious realm, there is so much of hurry and worry, sorrow and strife, that life seems to be one grand rush to the grave. To save ourselves from the suicidal influences about us, we are tempted to adopt the philosophy of William Caruthers, "It's a wise guy who takes nothing seriously."

Perhaps, too, in this entertaining epigram there is less of cynicism than of sense. Although the majority of people are thoughtless and careless concerning the most vital principles of human welfare, there is nevertheless an entirely too high degree of seriousness in general. There is such a thing as being so extremely serious as to become actually negligent in regard to the best interests of ourselves and others. Men become buried so deeply beneath business burdens (often imaginary or else created by false economy due to anxious regard for

immediate profit), that they grossly neglect their own health and the happiness of their families. Women take so seriously their social obligations that they have neither time nor strength to perform their highest duty to society, that of building a happy, useful home.

In striving to accumulate wealth to bequeath to their children (often to quarrel over or squander in dissipation), parents fail to make intelligent provision for the genuine welfare of either their children or themselves. A liberal education, wholesome pleasures, worthy ambitions, diligence, kindness, courtesy, and happy companionships in the home are far better gifts than mere money. Self-denial is a virtue that often becomes a vice. Over-ambitious persons, imagining that the world needs their services so seriously that they cannot afford to take a reasonable time to prepare for the profession they have chosen, either impatiently plunge into their work with less training than they ought to have or else try to get the prescribed course of training in so short a time that they lack thoroughness of equipment, or health to use the knowledge they possess, or even both. The writer is acquainted with a multitude of cases of impaired health, and consequent lack of efficiency, due to over-study, over-work, and over-anxiety. The trouble is, we attempt to do too much, and we inevitably accomplish less than we could accomplish by careful, conservative efforts. In studying, working, and living, as in eating, we ought to fletcherize. Taking time is saving time.

The time to begin keeping young is when we are young. Children should be taught healthful habits of life, and should be encouraged to be children, not coaxed or coerced to be old folks. They should learn the value of play, as well as the evils of dissipation, and the importance of rest as well as the necessity of work. Parents and teachers need to give more attention to practical encouragement of natural expression and intelligent direction of energy, and stop wasting time in trying to enforce Puritanical and perverted ideas of suppression. It doesn't pay to stuff up the spout of a tea-kettle in order to keep the steam from coming

out. Natural development is what every person ought to have.

Of course, it is foolish to encourage a child, or anyone else, to be frivolous. There is a great deal of good sense, however, in genuine, wholesome fun. The problem lies in gaining a proper balance of work and play, of meditation and laughter.

More than anyone else, a mother ought to keep young. She owes it to herself, her husband, her children, and to all society, to retain the cheerfulness, hopefulness, and ambition so natural in youth. She ought to maintain the spirit of play, so essential to growth. One thing she ought to take seriously is the duty of keeping herself young.

Yes, the average mother finds this duty a most difficult one to perform. The cares of home-building, the thoughtlessness, ingratitude, and often severe unkindness of husband, children, and friends, all tend to lessen the joy she ought to get out of life, labor, and love. Still, she is expected always to be cheerful, gentle, and kind. She must not scold or complain, or resent unkindness or neglect. She must not let anything hurt her. What a shame it is that women, and especially mothers, are so terribly misunderstood! We all need to cultivate a keen appreciation of the sensitive nature of woman. We all need to learn more and more the value of being considerate, not only for the happiness of others, but for the good of ourselves. A great deal of our condemnation of "childishness" is really more childish—or, better, more foolish—than the thing we are so harshly condemning. It is possible to avoid being unkind without going to the absurd—yes, and unkind—extreme of coddling and petting.

A mother can do much toward educating the other members of the family to try to increase the household fund of happiness. By being firmly, and yet beautifully and lovingly, herself, she can add to the respect which others have for her. By being considerate and sympathetic, she can influence her husband and children to be considerate and sympathetic. By realizing her responsibility to keep herself young, she can cause the rest of the family to recognize the im-



The Primitive Cradle.

portance of helping both her and themselves to be ever youthful and happy.

Of course, this article is not advocating the nonsensical, frivolous, face-paint-and-falsehood idea of keeping young, so fashionable among the wrinkled wrecks of dissipating society. This is not keeping young; it is pretending to be young. Like almost everything in fashionable realm, it is superficial, false, and foolish. Being young or old is not a matter of external appearance; it is a matter of actual condition of body and mind. The woman who refuses to respond to Nature's call for her to assume the blessed responsibilities of motherhood, but who strives to keep up a girlish appearance in order to "shine in society," who lies about her age when she takes a trip unaccompanied by her husband, and who goes through various other apish antics, is a monstrosity. A woman with such an impaired mentality would be committing a crime in becoming a mother.

What I wish to impress upon mothers—and everybody else, as well—is the importance of being genuinely youthful. This requires careful attention to health. It requires exercise, recreation, development. It requires work, healthful, enjoyable work. It does not require drudgery, however, or worry.

Now, how is a mother to escape drudgery? Not altogether, to be sure, by mentally converting unpleasant and excessive toil into restful diversion. Mental attitude can accomplish a great deal; but it must have help. It is extremely hard to do work which is unproductive or unappreciated. Neither is it wise to overtax one's vitality. A mother should consider her own welfare as family treasure. She should realize how

closely she is related to all the features of home-building, and should so assert herself as to lead all the other members of the family to give her due appreciation.

Another practical method of guarding against growing old is to do away with useless work. In the average home, there are a multitude of demands for wasted effort. So busy is the ordinary housewife in cooking unnecessary, and often harmful, food, in making and caring for various kinds of worthless frills, that she does not have a chance to think about anything except how much work she has to do. She ought to train herself and her family to get along without useless things, and to learn the value of simplicity.

Happily, the growing interest in Domestic Science and Domestic Art, and the increase of knowledge concerning diet, sanitation, and the general principles of hygienic living, are doing much toward making it possible for mothers to find far more of joy and satisfaction in life. Without adopting the "raw food table" entirely, many a woman is greatly lessening her culinary labor, and is making her life less of kitchen slavery and more of home-service.

Every mother ought to have time to rest, time to read, time to appreciate the beautiful things of Nature, art, and humanity, time to think for herself, and even time to learn how to take intelligent part in politics although her right to vote has not yet been legally recognized to any great extent. Above all, she ought to have an opportunity to promote family companionship. She ought to do her best to make every opportunity possible for developing herself and keeping herself young.

**Publisher's Note** We are completing arrangements to provide our readers with a wide variety of desirable articles as premiums with subscriptions to PHYSICAL CULTURE. These premiums include gymnastic apparatus and athletic goods of every sort, as well as many articles of value in the home and in outdoor life.

Those who are desirous of securing tuition at the Physical Culture Training School, or treatment by the Bernarr Macfadden Healthatorium, or by any of our advertisers, in return for soliciting subscriptions for PHYSICAL CULTURE, and those who are willing to secure subscriptions to PHYSICAL CULTURE in exchange for any proposition appearing in our advertising pages, are invited to write for details of our liberal subscription offers.

# Menus and Recipes for Three Days

## Cooked Foods

Readers will please note that all the foods embraced in these menus, as well as the products represented on our advertising pages, are given our endorsement as of first quality, and as fully complying with the Pure Food Law.—Bernarr Macfadden.

### FIRST DAY.

*Breakfast.*  
 Grape Fruit  
 Shredded Wheat with Cream  
 Graham Bread  
 Cocoa

Figs  
 Butter

*Dinner.*  
 Beet Salad with Oatmeal Wafers  
 Peas au Gratin Baked Potatoes  
 Ripe Olives  
 Milk  
 Prune Whip

### SECOND DAY.

*Breakfast.*  
 Bananas  
 Rolled Oats with Cream  
 Lentil Soup  
 Corn Bread  
 Postum  
 Honey

### *Dinner.*

Cream of Kidney Beans  
 Fruit Salad with French Dressing  
 Barley with Tomato Sauce  
 Baked Onions  
 Nut Bread  
 Sliced Oranges and Pineapples  
 Butter

### THIRD DAY.

*Breakfast.*  
 Stewed Apricots  
 Cream of Wheat  
 Whole Wheat Gems  
 Cocoa  
 Dates

### *Dinner.*

Cream of Tomato Soup  
 Vegetable Salad Creamed Turnips  
 Macaroni with Cheese  
 Prune and Fig Pudding  
 Lemonade

## RECIPES

### *Beet Salad.*

Boil beets until tender. When cold, skin and cut off a slice from the stem end, so that they will stand. Then scoop out the centers, fill with lemon juice, and let stand awhile. When ready to serve, pour out and fill the centers with chopped celery and mayonnaise dressing.

### *Peas au Gratin.*

Soak one pint of dried peas or split peas in cold water over night. Boil slowly five hours with half an onion and a little celery. Drain, put through a colander, and add one cup bread crumbs, one and one-half tablespoonfuls butter, one cup of milk, and salt to taste. Put into a baking dish, grate a little cheese over the top, and bake one hour.

### *Lentil Soup.*

Soak one pint of lentils over night. In the morning, cook slowly four or five hours in two and one-half quarts of water, adding one onion, one carrot, a little celery, and salt to taste. Strain and heat. Add one cup of milk just before serving.

### *Bread and Prune Pudding.*

Put two large slices of bread and butter in a baking dish. Beat yolks of two eggs, and add one cup cooked pitted prunes, mashed, one pint milk and two tablespoonfuls sugar. Pour this mixture over the bread, and bake in a slow oven one hour, or until the custard is set. Then beat the whites of the eggs to a stiff froth with two tablespoonfuls powdered sugar, spread over the top and brown.

*Barley with Tomato Sauce.*

Take one cup of pearl barley, wash thoroughly, and soak over night in four cups of boiling water. In the morning, place upon fire, bring to the boiling point, and then allow it to simmer until tender. This will require about four hours. When the barley is tender, add one and one-half pints of strained tomatoes. Tomatoes ought to be rather thick. Add one-half cup of butter, two tablespoonfuls of grated onion, and place in oven to bake for twenty-five minutes. This makes a very delicious and economical dish.

*Prune and Fig Pudding.*

To one cup of boiling water, add four tablespoonfuls of cream of wheat or any similar cereal; then cook until it thickens. Cook for five minutes, and then add one cup of chopped prunes and one cup of chopped figs. Cook for fifteen or twenty minutes longer, and serve hot, either plain or with whipped cream.

*Candied Sweet Potatoes.*

Pare sweet potatoes and cut into slices, butter a bake dish and add a layer of sweet potatoes, a little salt, butter and sugar, continue until dish is full. Pour enough water over to fill dish and bake in a moderate oven until tender.

*Apple Salad.*

Core nice red apples and slice in thin round slices; place about three slices on a lettuce leaf and place three little balls which have been made from cream cheese and nuts upon the slices. Pour a salad dressing over all, chill and serve.

*Nut Bread.*

Dissolve one-half ounce of compressed yeast in one quart of lukewarm water, adding one heaping teaspoonful of salt. Then add three-fourths of a pint of nut meats, grated very finely or ground into a meal. Add three quarts of whole-wheat flour, or enough to produce the consistency of ordinary bread dough. Mould

into loaves, put immediately into pans, and let stand about an hour and three-quarters in a warm place to raise. Then bake carefully (in a steam cooker if possible), from an hour to an hour and a half.

*Roasted Almonds.*

Blanch the almonds and put them into a warm oven until they are thoroughly dried and crisp; then increase the heat of the oven moderately, and allow them to become a delicate cream color (not brown) throughout. If heated too rapidly, the nuts will be tough, and when browned, an irritating, poisonous acid is developed. These almonds are much sweeter, besides being more easily digested, than the salted almonds.

*Nut Loaf.*

Put through the food chopper sufficient nut meats to measure one and one-half cupfuls; almonds, English walnuts, hazel and hickory nuts may be used in any proportions according to taste, also butter nuts and black walnuts, but the latter should be taken in sparing quantity because of their pronounced flavor. Add to the chopped nuts one pint of stale bread crumbs, one teaspoonful of salt. Mix well, add enough boiling water to moisten, cover closely and let stand for ten minutes. Now add another cupful of hot water and turn into a well-greased loaf pan. Bake for an hour in a moderate oven and serve hot with a brown sauce.

*Brown Betty.*

Pare and slice six apples; put a layer of bread crumbs into a baking dish, then add a layer of apples; sprinkle with a very little sugar and a little ground cinnamon; put another layer of bread crumbs and one of apples and so on until the dish is full, making the top layer of bread crumbs. Dot with bits of butter, pour one cup of water over it, and bake three-quarters of an hour. Eat hot, with a simple sauce.

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# Menus and Recipes for Three Days

## Uncooked Foods

### FIRST DAY.

#### Breakfast.

Cream of Cereal with Fruit  
Lettuce Hearts  
Cottage Cheese                      Dates  
Cocoanut and Apple Snow  
Egg Cream

#### Dinner.

Onion Butter Sandwiches  
Cabbage and Filbert Salad with  
Apple Dressing  
Mixed Nuts                      Bananas  
Nut and Fruit Marmalade  
Orange Cream

### SECOND DAY.

#### Breakfast.

Whole Wheat  
Celery and Apple Salad with  
Banana Dressing  
Oranges                      Pulled Figs  
Nuttled Prune Whip  
Butter Milk

#### Dinner.

Banana Sandwiches  
Cabbage and Nut Salad with  
Hygeia Dressing  
American Cheese                      Apples  
Evaporated Pear Sauce  
Fruit Trifle

### THIRD DAY.

#### Breakfast.

Cream of Oats  
Lettuce and Pineapple Salad  
Pignolias                      Raisins  
Breakfast Delicacy  
Sumik

#### Dinner.

Olive and Nut Sandwiches  
Tonic Salad  
Blanched Brazil Nuts                      Tamarinds  
Fruit Mousse  
Nuttled Applead

## RECIPES

### *Cream of Cereal with Fruit.*

Soak the uncooked, rolled wheat flakes over night, or at least four hours in enough milk to cover them. To one cup of this mixture add two large spoonfuls of pignolias, one-half cup grated apple, one banana mashed to a jelly and the white of one egg beaten stiffly. After stirring this very thoroughly add equal portions of milk and cream to bring it to the desired consistency.

### *Cabbage and Filbert Salad.*

Three cups of minced cabbage and one-half cup of filberts chopped quite fine. Stir together then make a dressing of one-half cup of thick, sweet cream whipped stiffly, one-half cup of grated apple and two spoonfuls of honey. Beat well together and stir in the cabbage and nuts. Serve on a lettuce leaf and garnish with ripe olives.

### *Lettuce Hearts.*

Prepare a dressing of one-half cup ground English walnuts and beat in enough orange juice to make an orange consistency. Then stir in one-half cup whipped cream and serve on the lettuce.

### *Cocoanut and Apple Snow.*

One cup of grated sweet apple, one-half cup grated or shredded cocoanut mix well with the beaten whites of two eggs. Serve in a dessert dish with whipped cream. Garnish with five nut meats, one in center and others around the outside; then sprinkle with ground nuts.

### *Egg Cream.*

Whip the white of one egg until quite stiff, then add one large spoonful of honey and two thirds of a cup of rich milk. Whip well together and serve as egg-nog, sprinkling lightly grated cocoanut.



*Onion Butter Sandwiches.*

Use thin slices of entire wheat bread well buttered. Take two large spoonfuls of peanut butter mixed to a cream with olive oil, four large spoonfuls of grated cheese and two spoonfuls of minced onions. Three spoonfuls of thick layer between the bread.

*Nut and Fruit Marmalade.*

Cover a plate with a thick layer of raisins chopped very fine. Then add another layer of about the same thickness of pecan meats. Next one of ground figs, one of Brazil nut meats and the top of raisins. Press firmly together and slice with a sharp knife. Serve with whipped cream.

*Orange Cream.*

Separate the yolk and white of an egg, whipping each until of a stiff frothy consistency. Then add the juice of one orange to the yolk and beat well. Pour in the beaten white and whip to a cream. Serve as egg-nog, using in proportion one orange to each egg.

*Whole Wheat.*

Put the desired quantity of whole wheat kernels in a deep vessel, covering with warm water. Keep in a warm place and allow it to stand until quite soft. Drain it thoroughly, then serve in a cereal bowl. Add a few raisins and any favorite kind of nut meats. Pour enough honey over it to slightly sweeten, and serve with thick cream.

*Celery and Apple Salad.*

Two cups of chopped celery, one cup of apples cut in small cubes and one-half cup of grated cocoanut. Stir well together. Make a dressing of two very ripe bananas macerated and beaten to a cream consistency with a fork, one-half cup of cocoanut milk and the stiffly beaten whites of two eggs. Beat this thoroughly then pour over the salad mixture and serve on a garnished salad dish.

*Nutted Prune Whip.*

Soak prunes in tepid water enough to cover until soft. Remove the pits and mash to a jelly. Stir in the juice in which they stood and to every two cups of this mixture add one-half cup of

whipped cream, one-half cup of ground pecans and enough honey to sweeten. Garnish with cocoanut, whipped cream and nuts.

*Banana Sandwiches.*

Prepare these merely in time to serve as the bananas darken if left standing. Choose very ripe bananas and reduce to a liquid with a fork. To each banana used add one tablespoonful of olive oil and after stirring well add one teaspoonful of peanut butter. It will be found somewhat difficult to mix the peanut butter, but by using a fork it can soon be accomplished. Beat well and spread thickly on well-buttered cakes of unfired bread or biscuit.

*Cabbage and Nut Salad with Hygeia Dressing.*

To one cup of sliced Brazil nut meats add two cups of chopped cabbage and minced onion enough to flavor. Serve on a lettuce leaf with Hygeia dressing.

*Hygeia Dressing.*

Yolks of two eggs beaten stiff, juice of one lemon, two large spoonfuls of olive oil, two-thirds cup of whipped cream and two large spoonfuls of honey. If desired a slight pinch of salt may be added.

*Evaporated Pear Sauce.*

Put one cup of dried or evaporated pears to soak in enough lukewarm water to cover nicely. Let remain until soft enough to mash with a fork. Then remove and after reducing to a jelly add the mashed pulp of two ripe bananas and enough honey to slightly sweeten. Serve in a dessert dish and drop three small spoonfuls of whipped cream on top, equally distanced and sprinkle with ground nuts. Place the half meat of an English walnut on each spoonful of cream.

*Tonic Salad.*

Equal quantities of lettuce and green onions; spread the lettuce and mince onions, tops and all. Then add one-half cup of cottage cheese and the same amount of fresh grated cocoanut. Pour over it one-half cup of cocoanut milk, two spoonfuls of lemon juice and a little honey.

# Prince Hagen

A Phantasy

By Upton Sinclair

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

**SYNOPSIS.**—While camping out in the mountains, the narrator spends a warm summer afternoon in company with the score of Wagner's "Das Rheingold," and is startled by hearing a growing volume of music, and by the onset of a number of the dwarf-like characters of the "Nibelung Ring." By these, he is conducted to the bowels of the earth, and presented to King Alberich, king of the Nibelungs. Alberich exhibits to him some of the vast hoard of gold he possesses, and offers to reward him to remain in Nibelheim, and train his grandson, Prince Hagen, who is descended from a self-willed and uncontrollable father, and who is a child of violence and crime. The author declines, but suggests that Prince Hagen accompany him to the earth, to be reformed by contact with our Christian civilization. Subsequently, Prince Hagen arrives at the author's cabin and is conducted by him to a school for young men, in charge of a clergyman. Prince Hagen proves himself an eager and apt pupil, but entirely disregards the discipline of the school, and after physically conquering every one of his schoolmates, becomes their leader. Hagen refuses to attend school longer, and goes to New York with the avowed intention of making politics his profession. He gains much prominence as a Tammany politician and as a campaign orator. Meanwhile the author receives a message from Nibelheim, announcing the death of King Alberich. Traveling to New York, he imparts the tidings to Hagen, after the latter has made a stirring campaign speech denouncing the greed and avarice of the wealthy, and the resultant suffering of the poor. Far from being affected with grief at the news of the Nibelungs, Hagen surprises the author by his hysterical joy at the prospect of gaining control of the wealth of the Nibelungs. He deserts the party whose cause he has espoused, and hastens to the National headquarters of the Republican party's Campaign Committee, where he presents a note of introduction written by himself, and accompanied by a check for \$100,000. Hagen's entry into New York's most exclusive social circles, is attended by a display of luxury and splendor that causes comment on every hand. He has many of the richest treasures of Nibelheim transported to his magnificent mansion to serve as decorations which astonish the world by their magnificence. The author meets Prince Hagen and the latter declares his intention of becoming lord and master of the whole system of society, through control of the world's finances and of the commodities of life. Coincidentally with stupendous movements and fluctuations in the stock market the announcement is made that Hagen has become engaged to the wealthiest heiress in all America.

## SIXTH INSTALLMENT.

### CHAPTER VIII.

AT last the wedding-day came. That day I was walking up Fifth avenue, without any particular purpose, and I chanced to walk by the great Hagen home; everybody stared at it as they passed, as if trying to see beyond the heavy curtains in the windows. All New York was talking about the marriage of the afternoon.

It was then early in the morning, and I chanced, as I went by, to recollect Prince Hagen's invitation to call; an irresistible impulse seized me to go in and have a look at his world-famed treasures, and to congratulate him upon his good fortune. I tried to argue myself out of the desire with the statement that it was too late; but I knew that Prince Hagen was not the one to have his equanimity ruffled, even a few hours before his marriage.

"He may not be so glad to see me," I mused, "after his marriage I am going."

And so I turned, not without a certain amount of pride at being the only one of that wondering crowd who dared ascend those imposing steps. The servant who opened the door for me stared a trifle, and made me wonder, uncomfortably, if my costume were not up to the standard; but he took my card, and I sat down.

I have already quoted a description of the entrance-hallway of the Hagen mansion; my business at present is with the owner himself. In a few minutes the servant returned and escorted me to a wondrous reception-room, glowing with jewelled gold, where I perceived its owner, clad simply in black, reclining in a golden chair. He rose with a smile to greet me. "I was wondering if you ever meant to come," he said.

"I am a little afraid of all this splendor," I answered, smiling in turn, and taking the seat offered me; "and then I feared that since your engagement you might be busy."

"Oh, no," he said, "I am always glad to see my Idealist. And how is the world treating you?"

"It seems to be treating *you* very well," I said, dodging the question; "I suppose this is a very happy day with you?"

"I suppose so," said Prince Hagen, mildly.

"And how do you like being in love?" I asked.

He gave a slight start. "Who in the devil suggested *that* to you?" he inquired.

"But you are going to be married to-day," I said.

"Ah, yes," he answered, twiddling his fingers, "that I know."

He sat for a moment watching me, and smiling. "You are *not* in love?" I asked, finally.

"Let us not talk nonsense," said he.

"But tell me why you are marrying," I demanded. "You surely do not need money."

"Oh, no," he said, "but it's the proper thing to do, and I want to establish myself. It gives me a little more prestige, you know, and also it draws attention from my financial coup. The latter is on now, by the way, as I suppose you've seen. Then, too, it gives me business connections, so that I can proceed without attracting attention; and it's a pleasant adventure, and it doesn't cost me any trouble. There are many reasons, you see."

I sat for awhile watching him in silence, he smiling; I think part of the reason he liked to talk to me was that I was the biggest fool he knew, and it amused him.

"Prince Hagen" I asked, finally, "have you told your fiancée who you are?"

"Told her?" inquired he, in surprise.

"I have told her I am Prince Hagen."

"But does she know that you are a Nibelung?" I insisted.

"No," he said, "of course not."

"Do you know," I said, in a low tone, "I have wondered if it was not my duty to tell her."

He was taking a jewelled cigar-case from his pocket. "Why don't you?" he asked, without stopping.

"You think that I could not make her believe me?" I inquired.

"I don't know," said he; "but what difference would that make?"

"You mean that she would marry you none the less?"

"Have a cigar?" said Prince Hagen; and then as I declined, he slowly lighted his. "My dear fellow," he said at last, between the puffs; "you might prove to her that I was the devil, with hoofs and horns, and with brimstone and sulphur inside of me, and still she'd marry me. I might be a French nobleman, the very bones in my body rotten with centuries of inherited lust,—a cad, and a puppy,

and a duellist beside,—and still she'd marry me! Do you not know that the family has tested all these vases?"

He paused for a moment, and drank a long draught of amusement while he watched me; then at last he continued: "You seem not to show a proper appreciation of what a supereminently desirable bridegroom I am. It is not merely that I am the most lavish entertainer and the most talked of man in New York; it is not that I am, presumably, the richest man in the world; but I am a prince as well! And I tell you there's no one in all this world to cringe to a foreign nobleman like your genuine free-born American."

Prince Hagen waited, but I did not reply. "I think," he continued, "it is because they are so vulgar they can't help knowing it. These would-be aristocrats—they are all of them fresh from killing hogs, and such things; and they all try to be proud, and can't be anything but uncomfortable. They all look down on each other, and everybody looks down on them; and so when a man of real aristocracy comes from Europe, *that* is what they are all pining for, and they lick his boots, even while he kicks them; and a woman will marry him, even if she has to buy him a suit of clothes to make him decent enough for the ceremony, and though he keeps mistresses with her money before and afterward. I learned *that* much about your American society in a very few days."

I had no reply to make, and we sat for a moment in silence, he puffing at his cigar; then he said: "Here are some of the accounts of the great event; would you like to see them?"

"I've already read to-day's papers," I informed him.

"Ah, yes," he replied. "But I mean to-morrow's."

"To-morrow's!" I echoed, in wonder.

"Yes," he said, "they all send me the proofs to read over, of course. You will see where they have left the blanks for me to fill in."

And as I gave a gasp, he handed out to me a batch of long strips of paper,—the accounts of half a dozen of the most prominent journals. I glanced over one

of them—the *Hurled*—while Prince Hagen watched me and laughed.

“PRINCE HAGEN MARRIED.

WEDDED TO MISS GOLDEN KIDD YESTERDAY. ARCHBISHOP SULLIVAN TIED THE KNOT.

“In the music-room of the bride’s palatial residence, Archbishop Sullivan presiding, Miss Golden Kidd, daughter of the late Captain Kidd, was married at two o’clock yesterday afternoon, to Prince Raffaeli Alexandrovitch Boniment de Hagen. Immediately after the ceremony the bride and groom left the Kidd residence, taking the half-past four o’clock train for the South Sea Islands. The prince was accompanied by his valets and attendants, and the princess by her maids.

“No words could be adequate to describe the scene of wonder which was presented by the gorgeous mansion. Lavish decorations of flowers made the place a scene of enchantment, while from hidden instruments music heralded the bridal procession to the guests, and a voice, famous upon two continents, sang the song of welcome. Madame Paganini, of the Italian opera, was concealed by bowers of roses and rare orchids, and festoons of smilax made dazzling by myriads of electric lamps; from this point of vantage she sang the dream song from ‘Lohengrin’ to a hushed and awe-stricken assemblage, etc., etc.

“Ere the song had closed, the guests had placed themselves in the apartment where the ceremony was to take place. As the orchestra burst forth in the strains of the Lohengrin wedding-march, the bridal party came into sight down the flower-strewn aisle. Archbishop Sullivan, attended by Fathers O’Donnelly and Rafferty, and Fathers Murphy and McGinnis, advanced to the raised dais, with its canopy of velvet and gold.

“THE BRIDAL PARTY.

“Then came the bridal party; Prince Hagen attended by—and—, who had been waiting in the reception-room, came through the suddenly opened doors and took their places behind the clergymen. Likewise the ushers, advancing through the room, led the way up the

garlanded aisle to where the archbishop and his assistants stood in solemn state. The procession which followed was led by—and—. After them came the bridesmaids—and—, dressed in black astrachan trimmed with cheese-cloth, and wearing Gainsborough hats of mousseline de soie, shirred with Nile-green peacock feathers, and each carrying a gigantic bouquet of pink and white geraniums. The bride came next, leaning upon the arm of—. Her great train, which was fully nineteen feet long, was carried by —, —, —, and —.

“The bride looked her best, but it was evident that she was nervous. The ushers took the stand upon either side of the archbishop, separating into couples. The bridesmaids did likewise, and, handing her bouquet of black-eyed Susans to her sister, the bride advanced and stood at last at her future husband’s side. At the same critical instant Madame Paganini, accompanied by trombone and bassoon, began tremblingly to sing ‘Oh, Promise Me.’ The archbishop, with his mitre raised aloft, stood solemnly facing the guests, Fathers O’Donnelly and Murphy being on his left hand with the service books, and Fathers Rafferty and McGinnis being on the right. As soon as the notes of the wonderful music had subsided, the archbishop began the service. — stepped forward and handed to Prince Hagen the Nibelung ring, which he, bending low, placed upon the trembling finger of the blushing bride.

“A NOBLE BENEDICTION.

“In his address, before pronouncing the benediction, the archbishop spoke as follows, stooping and seeming to speak only for the wedded pair. He warned them that in this world everything is arranged by an overruling and all-powerful Providence; this should be an hour of deepest humility and awe to them. With the possession of high position, of wealth, and of social prestige, went also most grave and solemn responsibility. Turning to Prince Hagen, the archbishop pointed out to him that what he had had an opportunity to see of American customs and ways should be an experience of deep effect upon all his after life. The

Almighty would assuredly not rest content with less than the full measure of beneficent effort on his part, in return for the wealth and opportunities with which he had been favored. The responses of Prince Hagen were uttered in a clear, distinct tone. The bride's voice shook, but she spoke with touching dignity, which was noted by the hearers," etc., etc., etc.

I stopped there; I did not care to peruse the three or four columns of this kind of thing that followed. Neither did I care to pursue further with my companion the subject of his marriage; for several minutes we sat in silence, he gazing in front of him meditatively. At last, when the silence was growing awkward, I brought up another subject.

"I notice things in the papers about your financial advance," I said; "the battle is apparently on."

"It is," said he, smiling suddenly. "I began a week ago, the same day that I got the last of my treasures up from Nibelheim."

"Gracious heavens!" I gasped, staring at him. "You mean that you have emptied that huge cave of gold?"

"I do," said he, calmly.

"And how much did it come to?"

Prince Hagen slowly closed one eye, but said nothing.

"And is it all invested yet?" I asked.

"Not the thousandth part of it," was his reply. "I am putting in a few millions each day," he added afterward. "There is no hurry, you know."

"You are creating tremendous excitement," I said; "the papers seem to be full of the Wall Street rumors."

"It is nothing as yet," he said; "wait awhile. Prices will be double what they are now in a few days."

"And then you'll stop and let them settle, I suppose?" I remarked.

"No," said he, "why should I?"

"Do you not care to buy as cheaply as you can?"

"Yes, of course," was the answer; "if the market gets panicky, I shall stop and wait for the air to clear. But I cannot help permanently raising prices at each move; I am constantly unloading masses of gold on the world, and its value must therefore fall. My best plan, it seems to me, is to sell quickly, before the world

catches on to the trick, so to speak—before the balance has time to adjust itself."

I gave up the argument, for I am not a political economist, and my companion smiled benignly. "I may have to quit from time to time," he went on; "the first chance I get I am going to take a trip. I was going to hunt you up and see if you wouldn't like to go with me."

"Where to?" I asked, in some wonder.

"I'm going back to Nibelheim," he replied.

He saw that I was interested. "I will tell you all about it," he said. "I believe I told you once before that I intended to civilize the place."

"You said something about it," I responded, "but pray explain."

Prince Hagen sat for a moment, smoking meditatively, his eyes fixed upon me. "Tell me," he asked at last, "suppose you were to be given an opportunity to reform Nibelheim, to teach those blind, wretched creatures to love beauty and virtue; would you like to do it?"

"It would depend," I said, "upon what was your reason for inviting me."

"My reason?" said the other. "What has that to do with it? Virtue is virtue, is it not? no matter what I think of it."

"Yes, very certainly," I said.

"And virtue is its own reward?" he queried, gravely.

"Perhaps so," I replied.

"I think myself that is why it is so scarce," said Prince Hagen. Afterward he went on in a more serious tone.

"Listen to me now," he said; "I am in dead earnest. I should not make any conditions with you, and you would not have anything to fear from me. You believe in all your idealisms, even though they smash the ship; so why not go ahead and teach them in Nibelheim? You surely must consider it a shame that those helpless creatures live there in the bowels of the earth, and know nothing better to do than to dig gold all their lives. Is it possible that you would refuse to teach them to look to things higher? Would you not like, for instance, to begin at the beginning—to clean out their homes, to teach them to love fresh air, and to build beautiful houses? Would you not like to send their children

to school, and have them taught to read? Would you not like to make them learn to love music and poetry, to introduce the study of literature there? Would you not like to have your own books published and read by the Nibelungs? Can it be that your heart would not be stirred by the possibility of inspiring a whole new race with your lofty aspirations—with being actually able to govern them, and teach them, and make them whatever you choose?"

The argument was very subtle; but I did not reply.

"Let us put the whole thing in a nutshell," said the other, suddenly. "Understand, in the first place, that I am quite serious, and that, if you do not go, I shall only have to offer the chance to some one else. Down there is a whole race of creatures who dwell like animals in a burrow; they lived a thousand years ago just as they are living now, and they will live almost certainly in the same way a thousand years to come. Their lives are absolutely without meaning or use; they care nothing about beauty; they think nothing about growth; no one of them has any thought but of his own wretched, deluded self. And yet these people have minds, they might be made to see; they have souls, they might be taught to worship; they have not only their physical strength, which might be of use, but they have vast stores of wealth which might become a power for good. You have seen all these things yourself, and you know that I speak the truth; and when I tell you that I mean to devote myself to the civilizing and developing of these people, and that I ask for your help, can you refuse to give it? Supposing that I once convinced you that my determination was real, that the civilization I wanted was real civilization, that as teacher of the moralities I would recognize your authority entirely, and give you a free hand to do just what you saw fit, would you not feel that to come with me was your solemn duty?"

"You have perhaps your own reasons for wanting this civilizing done?" I suggested.

"I am not doing any shamming," replied Prince Hagen; "obviously I have my own reasons; but what has that to do

with it? You and I hold different views as to the nature and use of virtue; but we are certainly of entirely one mind in our agreement as to its importance. And you seem to me to hold your view with perfect knowledge of the facts of the world about you; you see that the consequences of your trying to be unselfish are that you get left on all the good things of life; and still you swear by unselfishness. You cry aloud to all men that they must do right though the heavens fall. Do you mean that? Or is your preaching all a sham? are you really in your heart afraid to follow your doctrine? Let us grant for the sake of argument that the consequence of educating and elevating the Nibelungs, of teaching them to love beauty and virtue, would be that they were deprived of all the stores of wealth they have, and were forced to labor at getting more for a wicked capitalist like me, would it not still be true, according to your view of life, that it would be better the change should take place?"

"Yes," I said, "it undoubtedly would."

"Ah," said Prince Hagen, quickly, "then you will come and uplift them?"

"No," I answered, "I very certainly shall not."

"And why not?" he demanded.

"I have very weighty reasons," I responded, gravely, "for doubting the perfectibility of the Nibelungs."

The other looked at me; I chose to appear very deep, and so I did not smile. There was a long silence, so long that Prince Hagen's cigar went out; and then finally he observed, earnestly: "That is the one clever thing I have ever heard you say in my life."

Again there was a pause; I did not choose to risk my reputation by a second venture. But after my host had relighted his cigar and recovered his ease, I said:

"Count me out of your scheme, Prince Hagen, for I have too many other plans. But tell me something about it; what do you mean to do?"

"I've been thinking it over," he answered, "and I think the best way that I can manage what I want is to take a few priests down to Nibelheim, and introduce the Catholic religion. Catholicism goes best with monarchy, you know;

if you only let the priests have the souls, you may do whatever you like with the bodies."

"Pray, how do you know so much about it?" I asked, smiling slightly.

"I?" echoed the other. "Did you not know I am a Catholic?"

"For Heaven's sake, no!" I exclaimed; "I was wondering about your wedding arrangements. Since when is this?"

"Since I joined Tammany Hall, was the answer. "I never do things half-way. And I had a good father explain the system to me. He said that I would get immortality if I believed in it; I think that I should have deserved it."

Prince Hagen paused for a moment and puffed in silence; then suddenly he remarked: "Do you know that it is a very wonderful idea,—that immortality? Did you ever think about it?"

"Yes," I said, "a little."

"I tell you, the man who got that up was a world-genius," observed the other. "When I saw how it worked, it was something almost too much for me to believe, and still I find myself wondering if it can last. For you know if you can once get a man believing in immortality, there is no more left for you to desire; you can take everything in the world he owns—you can skin him alive if it pleases you—and he will bear it all with perfect good humor. I tell you what, I lie awake at nights and dream about the chances of getting the Nibelungs to believe in immortality; I don't think I can manage it, but it is a stake worth playing for. I say the phrases over to myself—you know them all—'It is better to give than to receive'—'Lay not up for yourself treasures on earth'—'Take no heed, saying what shall ye eat!' As a matter of fact, I fancy the Nibelungs will prove pretty tough at reforming, but it is worth any amount of labor. Suppose I could ever get them to the self-renouncing point! Just fancy the self-renunciation of a man

*(To be Continued.)*

with a seventy-mile tunnel full of gold!"

Prince Hagen's eyes danced; his face was a study. I watched him wonderingly. "Why do you go to all that bother?" I demanded, suddenly. "If you want the gold, why don't you simply kill the Nibelungs and take it?"

"I have thought of that," he replied; "I might easily manage it all with a single revolver. But why should I kill the geese that lay me golden eggs? I want not only the gold they have, but the gold that they will dig through the centuries that are to come, for I know that the resources of Nibelheim, if they could only be properly developed, would be simply infinite. So I have made up my mind to civilize the people and develop their souls."

"Explain to me just how you expect to get their gold," I said.

"I expect to get it just as I get it in New York," was the response. "At present they hide their wealth in holes; I mean to broaden their minds, and establish a system of credit. I mean to teach them ideals of usefulness and service, to establish the arts and sciences, to introduce machinery and all the modern improvements that tend to increase the centralization of power; I shall be master—just as I am here—because I am the strongest, and because I am not a dupe."

"I see," I said; "but all this will take a long time."

"Yes," said he, "I know; it is the whole course of history to be lived over again. But there will be no mistakes and no groping in this case, for I know the way, and I am king. It will be a sort of benevolent despotism—the ideal form of government, as I believe."

"And you are sure there is no chance of your plans failing?"

"Failing!" he laughed. "You should have seen how they have worked so far."

"You have begun applying them?"

### A WORD TO OUR FRIENDS

Readers desirous of helping us advance the propaganda of physical culture can render us much assistance by distributing sample copies of *PHYSICAL CULTURE* in those quarters where they are most likely to be well received. On

application to the circulation department, at our New York office, you can secure a supply of sample copies for this purpose. If you so desire, you can use these samples in soliciting subscriptions on a liberal commission basis.

# General Question Department

By Bernarr Macfadden

Our friends will please note that only those questions which we consider of general interest can be answered in this department. As we can only devote a small portion of the magazine to matters of this kind, it is impossible for us to answer all the queries received. Where the letters, however, do not require lengthy replies, the editor usually finds time to answer by mail. Where an answer of this kind is required, please enclose a self-addressed stamped envelope.

## Blood Making Food

Q. Please give me a short list of good wholesome blood-making foods.

A. The most wholesome nourishment, and the best blood-making food, is the particular kind of nourishment that is craved, and thoroughly enjoyed. A keen appetite for any particular food usually indicates that it is needed by the organism at that particular time. One could not give a list of blood-making foods that could be relied on in all cases. Among the legumes, you have beans, peas, lentils. Among the cereals, you have wheat, rye, oats and barley, and there is a long list of vegetable foods, in addition to nuts and fruits, all of which can be highly recommended when the appetite craves them.

## Two Meals a Day—A Weak Stomach

Q. I am trying to improve my stomach which is in very bad shape. I eat breakfast at seven o'clock, and my second meal at five. Do you think a régime of this kind advisable in my case?

A. The greatest possible care should be taken to avoid overloading a weak stomach. When you eat more than you can easily digest—in other words, when you overload the stomach—the processes of digestion are carried on with difficulty, and the weakness is liable to be aggravated. Your policy of eating but two meals a day can be highly commended, for under such circumstances you will surely have an appetite for what you eat, and if you are careful, and confine your diet to wholesome foods, and do not overeat, your stomach should gradually be strengthened. When the stomach is in a weakened condition it often contains a quantity of mucus upon arising in the morning, which interferes with any appetite, and if one refrains from eating until the stomach is clean and ready for digestion, the appetite will be more normal and the food will be more fully enjoyed.

## The Cure of Stammering

Q. Can stammering be cured by physical culture methods?

A. Stammering is caused in practically

every case by a defective nervous system. In other words, the nerves that direct and supply the energy for vocalizing are imperfect. Now a properly arranged physical culture régime will very greatly increase the strength of the nervous organism, and if in connection with building up the supply of physical vigor the stammerer will also make efforts to very greatly strengthen his voice, I think the average person who is suffering from a defect of this kind can depend upon securing definite and permanent relief from the unpleasant symptoms that come with stammering.

## Diet and Exercise in Nervous Dyspepsia

Q. Will you kindly tell me what diet and exercise are beneficial for nervous dyspepsia?

A. First of all, confine your dietetic régime to wholesome and appetizing foods. Never at any time eat without an appetite. Avoid overfeeding at all times. Be careful to supply sufficient liquid to the stomach. In case you should be unable to drink between meals, and should be thirsty at meal times, it would be distinctly to your advantage to drink at meal times. Not to wash down poorly masticated foods, mind you, but to satisfy actual thirst. Please also note that this suggestion will not apply in all cases, though it can be relied on as a general rule. The various exercises that would bring into active use the muscles of the abdominal region would be of benefit. Walking, and deep breathing, are of special value. In order to cure a disease of this kind, however, it is necessary for one to make a complete study of the entire physical culture propaganda.

## Removing Hair Growth

Q. I am distressed and embarrassed from a growth of hair on face and arms. My friends advise me to use the electric needle. Is there no other way to secure relief?

A. There is no other way to secure relief from the growth of hair of which I am aware except the electric needle. There are various ways recommended for removing hair, but in nearly all cases they simply add to the growth.



**Smallpox and Vaccination**

Q. Should one not believe in vaccination, and there are cases of smallpox in his community, what is the best preventative to use?

A. The best preventative is to keep the internal organism free from poisons, and at the same time to bathe frequently and thoroughly. Smallpox indicates that the body is simply vile from accumulated poisons. When smallpox is in your neighborhood, if you will eat very lightly, live mostly on fruits and vegetables, take a great deal of outdoor exercise, and bathe frequently, you can rest assured that there is no possible chance of your acquiring the disease.

**Distended Abdomen**

Q. Be kind enough to advise me what is the cause of extended or distended abdomen, and is there a remedy for it?

A. A distended abdomen can be remedied easily by bringing into active exercise the various muscles of the abdominal region. A defect of this character, however, is associated in practically every instance with overfeeding, and of course the first necessity is to cut down the diet. In most instances it is accompanied by a fairly free use of alcoholic drinks. It is absolutely essential that this be avoided, and in connection with a moderate amount of exercise the excessive abdominal girth will usually decrease very speedily.

**Varicose Veins**

Q. Is there any way of remedying varicose veins if they are treated when the symptoms first appear?

A. These symptoms are comparatively easy to remedy, if they are treated when they first appear. The use of very cold water on the affected parts about twice daily will be found very valuable, and the application of cold, wet cloths to the parts can be recommended. This, however, must in many instances be accompanied by a dietetic and general régime which will improve the quality of the blood, as varicose veins are caused by weakened tissues which come from an inferior supply of blood.

**Inflammation of the Bowels**

Q. My mother has been suffering from inflammation of the bowels ever since a recent operation which she had to undergo. If we had known of you before this operation she would no doubt be a healthy woman.

A. The best and quickest method of remedying inflammation of the bowels is a régime that begins with a fast of from three to fourteen days, depending altogether upon the condition

of the patient. If this is followed with a milk diet you can depend on results that will be satisfactory in nature in nearly every instance. Naturally this advice cannot be followed in all cases, without variations. In some instances it may be necessary to take the milk hot, in others cold; in some cases a very full diet might be necessary, in others a limited diet; but in a general way these suggestions will be found of value.

**Remedy for Sciatica**

Q. Do you know of anything that will cure sciatica?

A. Constitutional treatment must necessarily be a part of any methods that are used to remedy this complaint. Cold hip packs, if taken upon retiring and allowed to remain all night, will be very valuable in nearly all instances. Free action of the muscles about the affected hip can be relied upon as a means of assisting recovery, though you should remember that with a building up of the general vitality sciatica will usually disappear without any special local treatment.

**Loss of Hearing—Catarrh of the Head**

Q. When a boy I had a severe attack of scarlet fever, which led to an aggravated case of catarrh of the head, and which gradually resulted in the loss of hearing of the right ear. Do you think abstemious habits, dieting and exercise, will eventually result in rectifying this defect?

A. If this defect is caused by inflammation of the membranous lining of the ear drum an abstemious régime might gradually bring relief. If, however, there has been a permanent change in these delicate tissues, caused by the catarrh, you can hardly expect a change for the better. In nearly all cases, however, where deafness resulting from catarrh is promptly treated you can expect definite and permanent relief. When it is allowed to continue for a long time, and permanent changes are made in the tissues, no relief can be expected.

**Exercises for Developing "Strong Men"**

Q. Which form of exercise do you consider best for developing strong men—weight lifting, vibratory exercises, tensing, or ordinary dumb bell movements?

A. It will unquestionably be of advantage, if one desires to become a "strong man," to vary his exercises. In other words, not to confine his work to one particular exercise, but to take some of each of the various exercises to which you refer. If he is careful to use all the muscles of the body, and he gives a great deal of attention to developing strength in the spinal column, he can depend upon securing strength that will put him in the "strong man" class.

# A Great Physical Culture Monument

A SUGGESTION THAT OUR WESTERN HEADQUARTERS BE UTILIZED AS THE HOME OF A BENEVOLENT ORGANIZATION

By Bernarr Macfadden

WE have had a great deal to say in past issues of this publication, with a view of arousing interest in a philanthropic movement, having for its aim the advancement of the reforms which this magazine has sought to bring about. For this movement to depend upon financial reward as an incentive appears to me to be almost sacrilegious. One might just as well turn a great religious organization into a business. The one object of this reform, is to make nobler and stronger men and women. When it sinks to the level of a business, the selfish characteristics of human nature, are liable at times to gain control, and when graft and greed are in the ascendancy in any great work, nothing of very great importance can be accomplished.

A suggestion has been made to me that the magnificent building which is now occupied as our western headquarters, be turned over to a benevolent organization, and that the efforts of those in charge be directed solely to the research that is essential to bring out the valuable information that has to do with health and vitality building, the information that is gained by this work, to be spread broadcast without charge.

In other words, it will be proposed that this building be devoted to a work which in reality should be performed by the Government, and which unquestionably would be so performed after the vast value of our propaganda was thoroughly understood.

Here could be educated teachers and doctors, who could be sent out to every part of the world, for the promulgation of the knowledge of vitality-building that has been presented in the columns of this publication.

There is a peculiarity about this propaganda that is somewhat unusual. When one realizes the marvelous rewards that he can secure from the magnificent yet simple truths of Nature, his one desire thereafter is to pass on this knowledge to everybody. Now, that is my object. I have no other aim, I simply want to pass on to every human soul, the knowledge we have gained through the great amount of experimentation that has been carried on by myself and others. If we had an imposing headquarters, where teachers, lecturers, and doctors could be educated, and from which the taint of money could be absolutely removed, this work would move forward with gigantic strides.

The building which constitutes our western headquarters has been rearranged to suit our needs. It was erected at a cost, including the property on which it stands, of nearly one quarter million dollars; or, to be exact, about two hundred and forty thousand. An investment of nearly twenty-five thousand was necessary for its reconstruction. We can safely say, therefore, that there is a value of one quarter million dollars in this building. Now, in starting a benevolent organization, one must first of all have a large working capital. He



This quarter-of-a-million-dollar building, with the profitable business now conducted within it, offered to a benevolent organization if an endowment of a quarter of a million dollars can be raised.

cannot go along "from hand to mouth" as he is sometimes able to in business. In order to put an institution of this kind on a benevolent basis a large endowment would be absolutely essential. A few thousand dollars would not be of much aid. All the stockholders of the companies that own the building and conduct the enterprises therein, have agreed to donate all their interests to a benevolent organization, provided an endowment fund of a quarter of million dollars could be raised. Of course, in taking such a step as this, we want to be absolutely sure that the work of the organization be continued. It will be seen that the amount of endowment asked for is really about what has been spent on the building. Nothing is asked for the businesses which are now being profitably conducted in the building. After a change of this kind, of course, these businesses would be conducted same as heretofore, and the profits if any, would go to extending the influence of our reform work.

Those who have been dragged from the grave by following the precepts plainly set forth in the columns of this publication, will in a proposition like this, have an opportunity to spread the influence of these vital principles. Instead of wasting your time talking to those who are in many cases unappreciative, or unable to understand these great truths, you can become a contributor to a humanitarian work, the value of which cannot anywhere be equalled. As our friends can well understand, this is a large amount of money to raise, and we can hardly expect to secure it, unless some of our enthusiasts will approach those who are looking for some beneficent work in which to place their money. John D. Rockefeller, Andrew Carnegie, Mrs. Russell Sage, are spending a great deal of time searching for

some effective philanthropy to invest the vast resources of which they have become possessed. There are hundreds of others who are similarly situated, and if some of our enthusiastic friends will approach these charitably inclined persons, and will call their attention to the wonderful possibilities of an institution of this kind, I am of the opinion that we will be able to raise the endowment required.

Remember, that it is proposed to give this quarter-of-a-million-dollar building and the profitable businesses which are being conducted therein, provided an endowment of a quarter of a million dollars can be secured. The entire proposition is to be combined into a great philanthropic organization that has for its sole purpose the carrying on of the physical culture propaganda.

The PHYSICAL CULTURE magazine cannot live forever. The humanitarian work that it has carried on cannot be indefinitely continued. I am anxious to see a great monument of this work, which will stand like a great structure of granite, and that will grow bigger and bigger year by year, and which will ultimately drive the drugging fraternity into the realms of ignorance and superstition from whence they came. Those of you who can ascribe to physical culture principles the health and strength which you now possess, will have an opportunity here to show your loyalty and your enthusiasm by either giving to this endowment, or by searching out and interesting those who will be financially able to assist a proposition of this kind.

Remember, that nothing will be done towards organizing this benevolent enterprise until we are sure we can secure a quarter million of dollars. Do not send any money, simply send the signed promises of those who are able to pay a certain amount of money, provided we are able to raise the amount named.

Provided one quarter million dollars can be raised to organize a great philanthropic institution for advancing the physical culture movement, I agree to give \$.....

Name.....

(Send to Bernarr Macfadden, 42d St. and Grand Boulevard, Chicago.)

Address.....

# The Jungle's Aftermath

By Upton Sinclair

This contribution proves conclusively the correctness of its author's contention that the abuses which existed in Packingtown, prior to the brief paroxysm of reform which occurred a few years ago, have been resumed with the same old "public-be-damned" spirit. Even those who might not look upon Mr. Sinclair as an impartial critic, cannot disregard the statements made by others who are well-qualified to speak authoritatively—even former officials of the government inspection service. I am glad to announce that the next issue of *PHYSICAL CULTURE* will contain the results of important investigations made by Mrs. Ella Reeve Bloor long after Mr. Sinclair's original exposure of the jungle's horrors.—Bernarr Macfadden.

## PART II

IN a magazine article dealing with "The Jungle" I made a remark which I think has been more widely quoted than anything that I ever wrote—that I aimed at the public's heart and by accident I hit it in the stomach. At the time that the public clamor was at its height I received a letter from a Polish workingman in the stockyards who had given me a great deal of help while I was there; he wrote, pathetically, "It seems to me that the President is more anxious about what the packers do to the meat than he is about all the wrongs which we working people have to suffer." This was after the man had had a talk with the President's commission; and I sent this letter to the President, thinking it might be well for him to have the workingman's point of view. His reply was that he was powerless to prevent the wrongs to which my friend referred, and it seemed to him best to devote his attention to the evils that he was able to remedy. I thought that was a very striking admission on the part of the President, and I have never forgotten the remark.

President Roosevelt made it clear to me that he thought he could accomplish something definite in the way of reform, and I think he was rather annoyed at my persistent skepticism. He went ahead and forced Congress to give him his new inspection law, and the new officials were duly appointed; also the walls of the musty old meat-factories were duly white-washed, and manicures were engaged to take care of the finger-nails of the girls who pack the sliced beef in the exhibition-rooms. And then the Presi-

dent went after the oil-trust and the railroads; and from time to time I would get letters from my stock-yards friends, telling me how things were slipping back into the old ruts again. I made it a rule to send all these letters to the President, but he was always too busy with the oil-trust and the railroads to take any steps in the matter. Colonel Roosevelt has a genius for publicity, and he knows that the public must have something new to amuse it.

I was busy with other things also, and had no time to go out to the stock-yards again. But I was pretty sure from all that I heard of conditions, that sooner or later there would be another explosion. A year after the passage of the new law it seemed to me that the occasion had come. The editor of one of New York's most important newspapers came to see me at my home at Point Pleasant, N. J., and asked me if I would undertake another investigation of conditions for his paper. He said that he would give a special Sunday supplement to the matter—he thought that the title "Packingtown a Year Later" would awaken interest. I was then writing "The Metropolis," and after thinking it over I decided that I could not take the time from my work; but I told the editor, what I had previously told the President, that I could send some one else who was equally well able to get to the inside of things. I suggested that the paper send Mrs. Ella Reeve Bloor, who had represented me on the previous occasion, together with one of its own reporters; and that I would introduce them in the yards, and would also write an introduc-

tion to the story, vouching for them, and telling what I knew myself about the matter.

But also, I added, I was very certain that they would find conditions to be bad; and that I was skeptical as to the willingness of the paper to print the facts—the paper having done all it could to suppress them when "The Jungle" had first appeared. I said that I would have nothing to do with any sort of white-washing, and that as I had no time to waste, I would make it a condition to my having anything to do with the matter that the whole plan should be submitted to the proprietor of the paper, and his sanction secured. I also took especial pains to make clear that there was to be nothing confidential about my part of the work. To all this the editor assented; and shortly afterwards he came again, with a cablegram from the proprietor of the paper—who was then in Bermuda—saying, "Go ahead with Packingtown story."

Mrs. Bloor and the reporter went out to the stockyards and spent about three weeks there, disguising themselves and working in many places in the packing-houses. Just as I had predicted, they found that conditions were as bad if not worse than ever; and they came home convinced that they had a story which would open up the subject of the "Condemned Meat Industry" once more. They wrote it out—enough to fill a sixteen-page supplement of the paper; and a conference was held, attended by the eight or ten editors. It was the unanimous opinion that this was the biggest story that had ever been secured in the papers' history. It was submitted to the proprietor; and that is the last that anybody has ever heard of it.

I waited for several weeks for the story to appear, and finally I made a demand that the paper set a definite date for publishing it. As this availed nothing, I took the story of the suppression to other New York papers. Not one would touch it. I offered it to various magazines, but not one of them would use it. The whole thing was absolutely killed. I threatened law-suits and all kinds of trouble, but I accomplished nothing by that. I wrote to President

Roosevelt about it, but once more he was too busy. Shortly after that, I happened to receive a request from a leading newspaper in England to cable them an opinion as to the efficiency of the new inspection laws; and I thought that here was a good occasion to get the truth published. I cabled this paper—at the paper's expense—a long account of the circumstances; but this too was suppressed.

Some time latter I happened to be going to California, and I thought that perhaps Chicago would be interested in the story. It was election time, and I had the Socialists arrange a meeting for me in the Stock-yards district, and I told the circumstances to an audience of a couple of thousand people. I told how I had tried to get the facts known; and I said, "We'll make a test of it here." I asked the audience if they thought that the facts were interesting, and that the public ought to have them; and the audience made it clear that they thought so. In front of me were representatives of every newspaper in Chicago, and of the leading press agencies as well; and I had an amusing little colloquy with these men. I said, "Let's make it a fair test. Put the facts all in—put in the name of the newspaper, and the name of the proprietor, and even the name of the reporter; and let us see what happens." And while the audience laughed and applauded, they promised that they would do it. And the next day I got copies of all the Chicago papers—and there was just one that had so much as a line about the meeting—and that was the Socialist paper.

That may serve to give the reader some idea of the power of the Beef Trust, and the difficulties that a man faces when he sets out to do anything to open the eyes of the public. Throughout President Roosevelt's campaign against the packers the Chicago papers continually distorted and suppressed the facts; in particular, the *Chicago Tribune* printed correspondence purporting to set forth the President's purposes, and the most intimate states of his mind, which I knew at the time were absolutely false—and in fact the President both wrote and telegraphed me to this effect. In Washington there

was an investigation by a committee of the House of Representatives, and before that committee the lawyers and lobbyists of the packers were invited to testify, and were treated with every consideration; while the representatives of the President, Messrs. Neill and Reynolds, were badgered and bullied as if they had been a couple of suspected criminals. I wired that committee, offering to lay before them a mass of evidence, but the chairman made haste to reply that it was not desired. (That was Mr. Wadsworth, of New York, and I am happy to be able to say that the reply I sent to his telegram was published in all the papers, was taken up as a campaign document by his Democratic rival, and cost Mr. Wadsworth his seat in Congress. At the time of this writing he is Speaker of the Assembly in the New York State Legislature, and is busily engaged in thwarting the efforts of Governor Hughes and President Taft to force a full investigation of a bribery scandal in that body.)

It all comes back to the question of the millions of dollars that are at stake. As I said in my article last month, really to condemn and destroy all the unfit meat would cost a fortune every month; and I personally feel quite certain that it will never be done until the time when cattle are killed, not for profit, but for use—in slaughter-houses owned by the public, as they are at the present time abroad. And that of course can never be done until the public has broken the stranglehold of the "Interests" upon our Government. We were thirteen years fighting for a pure-food law—thanks to Cannon and Wadsworth and other faithful servants of the Poison Trust; and now the law has been turned into a farce. We have been generations fighting for a Postal Savings Bank, and now that we are about to get it, it is turned into a device to relieve the banks of some undesirable Government bonds. John Wanamaker, when he was Postmaster-General, said that there were four reasons why we could not have a Parcel's Post; and he named the four express companies. We have not yet even got to the stage of agitation for government abattoirs, and so clearly it will be a long

time before we are rid of the "Condemned Meat Industry."

Last month I referred to the fact that a Government inspector had resigned because he would not stand for the outrages which he was powerless to prevent. Since then another inspector, Dr. J. F. Harms, has given an account of his experiences in the daily press.

All this reminds me intimately of the experiences of several government inspectors with whom I talked while in Packingtown. I remember one poor fellow who came to see me in New York, and who had been shifted about from place to place and finally driven out of the service, because he would not inspect meat the way the packers wanted it inspected. I have often amused audiences by telling them one tale of this man's adventures with a cholera hog—he had condemned a particularly horrible specimen, and thought that he would get it out of the way while the foreman's back was turned; but the foreman had found him out when he was within a few feet of the "fertilizer-tank"; and there was the inspector at one end of the carcass and the foreman at the other—one pulling towards the tank and the other towards the "chilling-room."

Most of the letters which I received at that time were burned in the Helicon Hall fire; but a few of them fortunately were printed at the time. Among these was the story of the adventures of Mr. Thos. F. Dolan, who when I last met him was the manager of the New Haven News Bureau; and I think that I cannot do better than reprint it, as a means of helping the reader to realize the obstacles that stand in the way of the honest inspection of Beef Trust products.

At the time of the embalmed-beef scandal, at the conclusion of the Spanish War, when the whole country was convulsed with fury over the revelations made by soldiers and officers (including General Miles and President Roosevelt), concerning the quality of meat which Armour & Co., had furnished to the troops, and concerning the death-rate which it had caused, the enormity of the "condemned-meat industry" became suddenly clear to one man who had

formerly supervised it. Mr. Thomas F. Dolan (then of Boston) had letters, written in a familiar tone, showing that Mr. Armour was of the opinion that he, Mr. Dolan, could kill more cattle for him in a given time than any other man he ever had; he had a jeweled pin presented to him by Mr. Armour, and a gold watch with Mr. Armour's name in it. When he read of the death-rate in the army, he made an affidavit, which was later published in the *New York Journal*. Here are some extracts from it:

"For ten years I was employed by Philip D. Armour, the great Chicago beef packer and canner. I rose from a common beef skinner to the station of superintendent of the beef-killing gang, with five hundred men directly under me.

"There were many ways of getting around the inspectors—so many, in fact, that not more than two or three cattle out of one thousand were condemned. I know exactly what I am writing of in this connection, as my particular instructions from Mr. W. E. Pierce, superintendent of the beef houses for Armour & Co., were very explicit and definite."

"Whenever a beef got past the yard inspectors with a case of lumpy jaw and came into the slaughter-house or the 'killing-bed,' I was authorized by Mr. Pierce to take his head off, thus removing the evidences of

lumpy jaw, and after casting the smitten portion into the tank where refuse goes, to send the rest of the carcass on its way to market.

"In cases where tuberculosis became evident to the men who were skinning the cattle it was their duty, on instructions from Mr. Pierce, communicated to them through me, at once to remove the tubercles and cast them into a trap-door provided for that purpose."

"I have seen as much as forty pounds of flesh afflicted with gangrene cut from the carcass of a beef, in order that the rest of the animal might be utilized in trade."

"One of the most important regulations of the Bureau of Animal Industry, is that no cows in calf are to be placed on the market. Out of a slaughter of 2,000 cows, or a day's killing, perhaps one-half are with calves. My instructions from Mr. Pierce were to dispose of the calves by hiding them until night, or until the inspectors left off duty."

After reading this, do you feel like undertaking the Salisbury meat-diet, about which Mr. Norton has written for *PHYSICAL CULTURE*? And do you wonder at the continued appearance in the papers of such an item as I noted last winter in California, where at some public celebration at the Mare Island Navy Yard a great crowd of people were fed upon sandwiches made of tinned meat, and over one thousand of them were made desperately ill?

The next installment of this series will comprise an article by Mrs. Ella Reeve Bloor, who made a thorough investigation of Packingtown after the new meat inspection law (passed as a result of the government investigation incited by "The Jungle"), was alleged to be in full force. To obtain information at first hand regarding actual conditions in the great charnel-houses at Chicago, Mrs. Bloor secured employment in several establishments whose wares are advertised the world over. The details which came under Mrs. Bloor's personal observation were of a startling nature, and her recital of Packingtown's horrors will be found remarkably readable and thought-compelling.



The fate of the boarders on the canned meat diet.

# Intestinal Diseases of Children

THE SYMPTOMS, CAUSES AND REMEDIES FOR DIARRHŒA, CATARRH OF THE INTESTINES, CHOLERA INFANTUM AND INTESTINAL COLIC

By **Bernarr Macfadden**

**A**S has been stated in previous instalments of this series, one might say that nearly all of the diseases of children begin in the digestive and assimilative organs of the body. Therefore, even when a child is suffering from other diseases which do not seem to originate in the intestines, you can rest assured that there is a distinct connection. In other words, the impure blood or the effete matter which is accumulated in the system, and which one might say is the direct cause of the disease, in many cases comes from defective digestion or assimilation.

One should, however, distinctly remember when treating a complaint in accordance with our methods, that there is a possibility of giving the patient too much treatment. For instance, we recommend the colon flushing treatment at frequent intervals, especially when treating an acute disease. Only on rare occasions, however, should this treatment be given more than once each day. On one occasion, I heard of a mother giving her child seven or eight of these treatments in one day. Although the child was very strong and would unquestionably have recovered with proper treatment, the great strain on the vitality caused by these flushings of the lower bowel, unquestionably had not a little to do with the death of the child, which followed soon thereafter.

There should always be a distinct recuperation from all treatment. In other words, the patient should be visibly improved, not immediately after the treatment, but within a reasonable time thereafter. There—for instance—should be an improvement in the temperature and in the pulse beat following at least within a few hours after a rational treatment such as we recommend.

There are, of course, numerous causes for the intestinal diseases from which children most frequently suffer. As a

rule, however, they are due to over-eating, improper food, or partially masticated food. The fermentation of the contents of the stomach and intestines under such circumstances often produces poisons that are inimical to life and health. The nervous system naturally recognizes the presence of this foreign material, and endeavors to eject it, and the symptoms that follow as a result of this endeavor, indicate the presence of intestinal disease.

In the majority of cases, intestinal troubles in children are brought about through the use of unripe fruit, decayed vegetables, or other impure foods, although irritating medicines are sometimes liable to cause unfavorable symptoms. Chronic constipation will in many cases produce disease, because of the poisons that are frequently created by this unnatural condition. A blow or strain may sometimes cause catarrh of the bowels. In a few instances, extreme exposure when the constitution is debilitated, congestion of the heart, kidneys, or liver may also cause intestinal troubles. The reason for these symptoms, is that the poisons which cause these diseases, find lodgment in the bowels. Imperfect mastication and indigestion are also fruitful sources of these troubles.

The general symptoms of the most common of the digestive disorders of children are as follows:

Diarrhœa, or catarrh of the intestines, is indicated by colic, more or less severe in character, a twisting sensation within the intestines, a swelling of the abdomen due to the accumulation of gas, more or less tenderness of that region, and diarrhœa. The fœcal discharge is at first large and formed, but later becomes softer, watery, yellowish or greenish and very offensive. There may be from three to a dozen or more movements of the bowels daily. Other symp-



toms are increasing weakness, and sometimes fever. Some cases manifest toxic symptoms, with fever, aching bones and muscles and marked prostration.

The onset of cholera infantum, the infectious diarrhoea of children, is abrupt, often with a convulsion. There is a coated tongue, incessant vomiting and colic. The fæces are at first diarrhoeal but after a few hours are very frequent and watery. Collapse, high fever, rapid, feeble pulse and great restlessness are present. This is a very serious disease.

In cases of intestinal colic, suddenly, or after a few hours of flatulence, there are severe and frequent attacks of pain in different portions of the abdomen. These last for a few minutes, and are usually relieved by steady pressure. The patient lies with the thighs drawn up, and is often prostrated. Constipation or diarrhoea may be present.

There are a number of other diseases of the bowels, or the intestines, and in many cases they are of a dangerous character. They are almost always due to habits of wrong living, either of a dietetic sort, failure to take sufficient exercise, inattention to ventilation, the use of constricting clothing, or a lowering of the tone of the constitution by some one or more of the evil habits or excesses that drain the vital strength. Like nearly all other maladies, bowel troubles have their predisposing and their exciting causes. The first of these brings the constitution to a condition by which it can be acted upon by the second.

Appendicitis, or intestinal obstruction is not touched upon in this article, for the reason that these diseases really deserve a special article on their own account. Appendicitis, for instance, is of sufficient importance to deserve a contribution especially devoted to it, and though we may not give special attention to this disease as it appears in children, an article on the general treatment of this complaint will be published in a future issue, and the same treatment that may be effectively employed in adult life, can also be used in the case of children.

To a large extent, the general methods of treatment outlined in previous in-

stalments of this series can be used in the treatment of most intestinal troubles, but the first duty, however, in these particular ailments is to thoroughly cleanse the lower bowel with lukewarm water. This is especially valuable when constipation is present, though in many cases it can be used once when the symptoms are opposite in character. After this particular suggestion has been followed, very hot towels or sheets that have been wrung out of scalding water, should be placed around the body next the skin from the hips to the armpits. These towels or sheets should be as hot as the patient can bear without injury. While the serious or acute symptoms of the disease are in evidence, these towels should be changed at frequent intervals, being made hotter each time, as the patient can stand more heat after the first and succeeding applications. If the patient shows a disposition to go to sleep while in a wet pack of this kind, this inclination should be encouraged.

All the time the little patient is in the wet pack, he should be encouraged to drink as much hot water as he possibly can. A youngster should drink from a pint to a quart, or even more for the first hour of the treatment, and should continue the use of this hot water at frequent intervals. Absolutely no food of any kind should be allowed to pass the patient's lips. When the symptoms of the disease appear to subside, the hot towel or sheet treatment need only be given once each day for about one hour, though the free use of hot water should be continued.

No food should be given until there is a distinct and unquestionable craving for nourishment, and then hot milk, provided you are sure it is pure, would be the best food, under the circumstances. It would be much safer to keep the patient on a milk diet for several days after the attack, although solid foods can be introduced if there is a very strong craving for them. If milk alone is used, the quantity must be gradually increased according to the ability of the patient. The child should not resume its customary diet until after it is able to get around and play with normal energy.

## Comment, Counsel and Criticism by Our Readers

This department is maintained to permit readers to voice their opinions concerning any statements made in *PHYSICAL CULTURE* with which they may take issue, or upon which they can throw additional light. We want readers to regard these pages as a forum in which all subjects pertinent to our principles may be openly discussed. We cannot promise to publish all letters received, but will use all those which are available. Letters of an ordinary nature which we are able to publish will entitle the writer to a free subscription to *PHYSICAL CULTURE*, on application made after publication of letter. We are particularly desirous of securing from our readers any suggestions they may have to offer to increase the interest and value of this magazine, and intend to invite letters on a specific subject in each future issue. This month we invite readers to send us their opinions as to whether or not they consider *PHYSICAL CULTURE* worth its recently-increased subscription price, and as to just how we can best continue to make the magazine provide readers with the greatest possible pleasure and profit. The writer of the letter containing the best suggestions of this sort will be presented with a special combination prize, consisting of a year's subscription and any one of our books which he or she may choose.—Bernarr Macfadden.

### About Sleeplessness

#### TO THE EDITOR:

I read with interest your article on sleeplessness and its cure in one of the recent issues of *PHYSICAL CULTURE*. However, as I lately have turned my own physical culture microscope on this question, and have found some things at variance with the conclusions of the article mentioned, I think the *PHYSICAL CULTURE* readers ought to be made acquainted with them.

I have not exactly been troubled with sleeplessness, but I have tried to satisfy myself as to the proper mode of sleeping. Those who do not follow a physical culture diet, generally are compelled to sleep off their food drunks the same as an alcohol drunk, but even physical culturists, or near physical culturists, may have more restful sleep, if they would. One contention in the article mentioned is that to sleep upon the right side is the proper mode. I have seen this statement several times, both inside and outside physical culture journals. But I see a little baby sleeps on its back, and most often with its hands above its head. I sleep in the bed right at the side of this little baby, and believing that it is following the instinct of its nature, I put it down that that is the proper way to sleep—on one's back.

I tried this mode and noticed several things: that I went to sleep quicker, slept sounder and did not sleep so long. I also discovered that I was better able to keep my amorous nature under control by this mode. Of course, I may have moved, as stated in the article in *PHYSICAL CULTURE*, but always found myself on my back, because I had gone to sleep persuaded that that was the proper method, and my sub-conscious nature had seen that my wishes were carried out.

I offer this in no fault finding way, but merely as an item of constructive criticism. That animals do not sleep on their backs is not strange to me, because to sustain the weight of their limbs would be a hardship. Both fowls and animals, however, generally sleep with the body evenly balanced, either standing on the

roost, or lying flat. I take the sample of the uncontaminated little child, as being the best criterion for my mode of sleeping. If our circulation is as good as the child's, our hands will not necessarily become chilled if we keep them above our heads, but on wintry nights, with the windows up, I have found it a little too rigorous to follow the baby's example thus far.

Newport, Pa.

DAVID S. FRY.

### Commends Mayor Niven

#### TO THE EDITOR:

Upon receipt of my February *PHYSICAL CULTURE*, above all other things of interest, I read the article by John Milo Maxwell, "The Man Who Dared." I think this is one of the greatest articles you have published in a long time. It will no doubt, wake up a great many people to the necessity of protecting themselves and their children from the "Sins of Society." To my mind, if those in authority do not use every effort to protect their people from this curse, they are not only committing a sin on the people now living, but on many generations to come. Mayor Niven is truly a brave man to take up this work in the face of national prudery, but it is going to take brave men, and a great many of them, to finally free our country of this, one of the greatest of evils. Mayor Niven was perfectly right in fining the physician for not reporting the existence of such a case. Not only is a disease of this character disastrous to the physical being of the human, but to the mental and spiritual as well. A person suffering from such a disease, loses his self-respect and gradually goes deeper and deeper into this filthy sin, and as is said in the article, gives the disease to as many as possible, because some one has given it to him. Of course a person suffering from this should be quarantined! If allowed to go, it means that our great nation will gradually degenerate until it falls, as other countries have.

*PHYSICAL CULTURE* has already done much toward building up our country, and will accomplish far more in the near future.

New Albany, Miss.

J. ROBT. OWEN.



Three youthful lovers of physical culture living, whose home is in the healthful West. Daughters of Mr. and Mrs. W. L. Pearce, who won a large ranch near Kennedy, Nevada.

#### Finds Physical Culture and Recovery of Health on a Nevada Ranch

TO THE EDITOR:

A little more than two years ago, while recovering from a severe attack of sickness at the ranch of Mr. W. L. Pearce, where I had been taken from my camp in the hills, I found several years' back numbers of *PHYSICAL CULTURE*. I became interested at once, as it was all new to me. I had been sick most of the time for more than three years. I resolved to give your methods a trial, which I did, with the result that now in my forty-seventh year I have better health and greater endurance than at any time for the last twenty years. Needless to say I am a subscriber to your magazine, and shall never be without it. I wish you all possible success in your noble work.

I enclose you a picture of Mr. and Mrs. Pearce's three little girls: Annie, aged six; Edith, aged ten; Beatrice, aged eight. If you had any doubts about Mr. and Mrs. Pearce's firm belief in the efficacy of physical culture methods, a glance at this picture would, I am sure, convince you. They are seldom in the house during the day if they can possibly be out. I have seen them running around in the snow in zero weather without any extra wraps whatever. Their power of endurance are simply marvelous, and if you could meet them some day, two or three miles away from home alone, and see their rosy cheeks, bright smiles and sparkling eyes you would feel that your work had not been in vain.

Kennedy, Nevada.

T. A. RAY.

#### About Vaccination

TO THE EDITOR:

In the July (1909) number, Otto Moehlau, Buffalo, N. Y., on page 89 gives a method of

making a vaccination scar by means of nitric acid. In the October number, on page 384, Winslow W. Chase, Washington, D. C., gives practically the same directions. Some time ago I used this method upon my child and came very near having very serious results.

Possibly the above-mentioned directions may be supplemented so as to give an effective and safe method. If not has some one else something better?  
W.

#### A Correction

TO THE EDITOR:

As you published a letter in your December issue, containing a number of misstatements, I think you ought to verify and publish the following facts of history at least.

First. No person was ever burned for witchcraft in New England. Many were burned at the stake in Europe on that charge, but none in this country.

Second. John Brown was not hanged by the United States government. The execution took place under the authority of the State of Virginia.

Dwight, Ill.

A. R. GOODSPEED.

#### Healthful Sleeping in Oregon

Out at Hood River, Oregon, land of delicious fruit and healthy babies, some of the people are "going back to Nature" along genuinely Darwinian lines; they are sleeping in trees. The accompanying photograph, sent us by one of our friends, presents two attractive sleeping rooms, one on the ground and one in a large tree. Either one of these would be highly pleasing to physical culturists.



Physical Culture bedrooms at Hood River, Oregon.

### Advises Us to Change Our Name

TO THE EDITOR:

Not such a great while ago, I wrote you with reference to adopting a more humanity-embracing name for the *PHYSICAL CULTURE* magazine. Now before waiting for a reply, either by letter or through the columns of the magazine, I am going to propose a name that is beyond the reach of them all. Soon after my other letter left here I thought of this name, have been thinking of it ever since, and the more I think about it the more powerful and broad does it appear to be. It is "Human Health and Power." And just stop a moment and think how broad this name is. Just think that in it is the ultimate, the whole, the only aim of life—human health and power.

Just think of the thousands and thousands of poor suffering, weak-willed, body-diseased, hopelessly immoral human beings toiling and striving for physical health, searching and yearning for moral, mental, bodily human health. Just think of the thousands dying in agony, moral and physical, for the want of it. And just think of the millions of people, of every race, of every country, striving and toiling for human power! But oh, how wrongly!

Just think what a magnetic, hypnotic, all-powerful, hope-inspiring name this is! One cannot read and understand it without being filled with hope, inspiration, joy, peace. It will magnetize, hypnotize the world. Adopt it.

The magazine bearing this name could travel over the world as a great beacon light leading and guiding thousands and millions of poor, suffering, withering, decaying human beings to a haven of rest and peace, to human health and power. Ah! if we all but had it now, what a glorious world this would be!

Don't you see that you or any one else could take this name for your subject and write on it a thousand times a day for a thousand years and never exhaust it? Every conceivable thing, exercise, diet, suggestive therapeutics, moral questions, religious questions, etc., in fact every thing that might be viewed with a possibility of uplifting humanity, could be written about with perfect propriety in a magazine bearing this name. Nothing that would mean the uplift of humanity would be out of place within its covers.

At present you know that the discussion of sexual questions, and advice on these same questions, is repulsive to most people, and when they see such in *PHYSICAL CULTURE* they sneer at it and say, Oh! that is another crazy idea of those physical culture faddists. But suppose the name of the magazine was "Human Health and Power," what question would arise in their minds? It would be this: Why, what possible connection can sexual questions have with human health and power, what bearing can it have on the most desirable thing of life? Don't you see that no one could ever attribute the discussion of, or advice on, any matter, to the workings of the mind of some crazy faddist, as they are so much wont to do at present when the "shoe fits them?"

Every one would be forced to ask themselves the question whether or not sexual purity has any bearing on human health and power, the very thing they are seeking and longing for. There would be no room for any other question. And this would be the same inevitable question arising in connection with every subject discussed in the magazine. For who is it that does not desire human health and power, and who would not strive to get it if they knew that it was within their reach?

In a magazine bearing this name, you could have a dozen departments and there would still be room for more. The world would be your field to search in for writers and contributors.

A subscription agent would have to but show the title of the magazine, and perhaps say a half dozen words, and the subscription would be his. For who is it that does not desire human health and power? No one that you have ever seen, no one that I have ever seen, in fact no one that ever will be.

Later on after running the subscription list up into the millions, by which time the world would begin to appreciate the efforts of yourself and others, then you could establish a university for the teaching of your great universal system of human healing, having a Chair each on exercise, dietetics, hydrotherapy, chemistry, suggestive therapeutics, sexuality, etc., etc., on anything that would require it, in healing, teaching, and uplifting humanity.

Mr. Macfadden you deserve to be given more credit for what you have already done for mankind. For few, if any, in recent years, have been ridiculed, maligned, and persecuted as you have, for rendering mankind such glorious and noble service. You deserve to be acknowledged a leader, a reformer, for that is what you are, however much some eminent and good, yet narrow-minded people have been, and are still trying to decry and discredit your noble and humanity-uplifting work. Yes, you deserve better treatment than you have received, and for these very reasons I am most anxious to see you eclipse the whole bunch that have been trying to belittle you. And we will do it. I say we, for I am going to help you and all other true Physical Culturists.

Manila, P. I.

JAMES R. MANNERS.

### A Physical Culture Colony is Desired

TO THE EDITOR:

I live in the Estancia Valley, in Central New Mexico. I wish to tell physical culturists of this beautiful country and of its unexcelled opportunities to persons who would like to get land in a new country while it is cheap. This country is being developed rapidly. Land values have doubled here in the past two years. Mountainair is our town. It is located at the summit of Abo Pass, on the A. T. & S. F., short line to the Pacific coast. It is on the east slope of the Manzano mountains, in Torrance County. It is in the timber belt, this being the shipping point for five saw mills. It has fine well water in abundance. It is a fine agri-

cultural country. W. H. Campbell, the apostle of "dry farming," pronounces the soil a red sand loam. J. D. Tinsley, soil expert of the New Mexico Agricultural College, speaks of it as, "ideal, none better."

Dry farming is no longer an experiment here, it having been successfully done for the past three years. Potatoes do especially well here, and are finer than Colorado or Kansas grow. Beans are a sure crop and are shipped out in car loads. They sell local at this time for six and a half cents per pound. Wheat, millet, corn, and all kinds of garden stuff is successfully grown.

The altitude of Mountainair is 6547 feet, and the climate is unexcelled anywhere in the Rocky Mountains. It offers opportunities to health seekers, tourists, and to industrious homeseekers.

The annual precipitation is about eighteen inches. The rainy season usually begins about the first of July. The coldest recorded temperature is twelve degrees below, and the warmest ninety-eight degrees above. The summers are delightful, as it is always cool in the shade.

Mountainair is the home of the New Mexico Chautauqua. What we need now is a bank, one of Bernarr Macfadden's Sanitariums, and a colony of physical culturists. The location and conditions are ideal for a health resort. The scenery is grandly beautiful and the sunsets—just come and see them.

MRS. J. E. VEAL.

#### A Minister Preaches the Gospel of Health

TO THE EDITOR:

As a minister of the gospel I have long maintained that righteousness should include soul, mind and body, and that each should be equally well strengthened and trained, to fulfill the Creator's purpose in us. Surely, very often an unsound body makes one deficient in mind or morals, or both, and I am going to preach more and more the imperative duty of "a sound soul in a sound body."

Theology must get out of its narrow rut of simple dogma and opinion, and I think it is emerging into the larger and proper role of rounding out the full man.

I was a sickly lad, weak and diffident, hugging the stove, not able to attend school regularly, but one happy day my parents sent me to a military school. The physical exercise I acquired there put new life into me, and proved to me the value of physical culture. Last summer I climbed Pike's Peak, in less time than thirty-six others who started with me, and with no physical detriment to me. Our family, my wife, and three children, take a great deal of out-door exercise, and follow many of the plans of PHYSICAL CULTURE magazine—and we are never sick, and a healthier lot of children you can't find anywhere. We live in a tent all summer, sleep under the stars, and thoroughly enjoy living.

So, knowing whereof I speak, I preach physical culture as a very essential part of religion, because it is. A Catholic priest who lived here and was a good friend of mine, at

eighty-four years was sound in mind and body, and told me he attributed it to the fact that he had not used tea, coffee, tobacco, or any stimulant or narcotics, for over forty years. I don't propose to indulge in anything that will prematurely wreck me in any way or kill me, and then have people blame Providence with my untimely demise. I have had several funerals in connection with which this hackneyed phrase would have seemed ridiculous. Fact is, Providence has provided simple and sane and natural means for us all to avoid these miscalled "Dispensations of Providence." And I am living the natural way, God's way, and it makes it easier indeed to live and preach the religious life.

Heaven bless Macfadden and his great work of getting people to "know themselves" and their blessed possibilities, physically. And that makes it easier for us ministers—and I wish more of the brethren would stand where I do. Incidentally many of my people, upon my advice, have quit coffee, tea, etc., and enjoy better health, and I am gradually convincing them of the gain of the "simple life." I'm with you, Bernarr Macfadden, in working for the perfection of the race—physically, mentally and morally.

Rootstown, O.

REV. F. W. HART.

#### More About Peanuts

TO THE EDITOR:

In a recent number of PHYSICAL CULTURE, there appeared an article on peanuts as a food, particularly raw peanuts, which was very interesting to me, as I had been using them in my regular diet for some time previous to the publication of said article. My purpose in writing this, however, is to throw a little light on one important point which was barely mentioned by the author in the following sentence. "It is perhaps unnecessary to add that the brown-red skin which surrounds the kernel should be removed before eating."

Now any one who has tried to remove the skin from a raw peanut, knows how nearly impossible it is, in spite of the ease with which it may be removed from a roasted nut. Noticing how easily the skin slipped from a roasted nut, I reasoned that if the raw ones could be subjected to a moderate heat, which would dry them thoroughly without roasting them, that it ought to have the same effect as roasting them without actually cooking them. I found that the warming closet of a range is the best, as the nuts can be kept in it without any danger of their roasting. Where a stove is not provided with such a closet, the same results may be accomplished by placing the nuts in a moderate oven for a few minutes, but they must be watched very closely as it is easy to cook them in this way.

Rochester, N. Y.

F. M. W.

The skin of the peanut is mostly composed of woody fibre, and can do no harm if eaten with the nut. If the bowels are inclined to be inactive, the skin should be eaten. If otherwise it is better to remove the skin before eaten.—*Editor.*