

# PHYSICAL CULTURE

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

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## Tensing Exercises

By BERNARR MACFADDEN

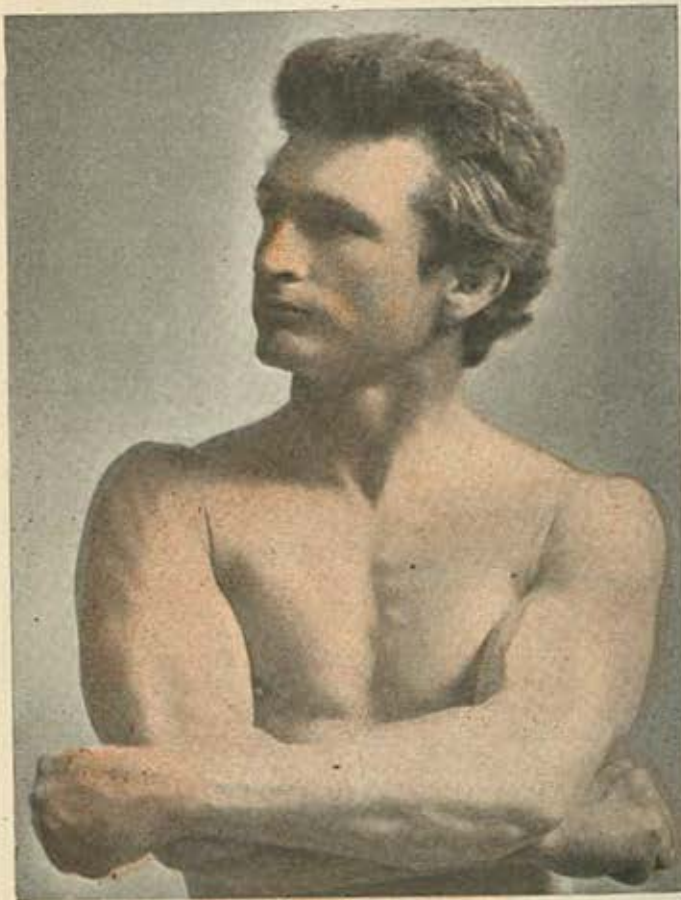
Used by all Great Athletes when posing—one of the most effective methods of developing the muscles—sometimes called double contracting exercises, and often referred to under the high-sounding title of "Psycho-Physical Culture"



VER twenty-three years have passed, since I first became interested in physical culture as a means of building health and strength. I am beginning to realize

that I am fast approaching that period when one is supposed to no longer experience those intense fiery ambitions that are usually identified with early youth. As yet, I am not able to recognize any diminishment in my enthusiasm or physical vigor. I hope that I shall be

able to make the same statement ten, twenty, thirty and even forty years from now. The photographs illustrating the exercises about to be described were taken a few days previous to the going to press of this issue of this magazine. I think my friends who have known me for long will admit that there has been but little if any change in my physical condition, as compared to what it was some years ago, as is proven by these illustrations. Of course, I do not possess anything like the great endurance that I formerly had, though endurance is merely a matter of practice. To be able to endure long continued muscular efforts, much practice is required. Many years ago, I could stand the strain of exercise as violent as wrestling for from one to three hours, but I must admit that to



Exercise No. 14.—Bring the arms across the chest in the manner shown above. Bring them as far as you can, making an effort for a short period to bring them still further. Repeat until tired. Splendid exercise for filling in the upper chest.

undergo similar efforts at the present, would no doubt require months of training. As far as strength is concerned, however, I am as strong, if not stronger than I ever was.

It might interest many of my readers to know that my diet for some months previous to the taking of these pictures, consisted almost entirely of raw foods, grains, cereals, fruits and nuts of various kinds. During this period, I was also experimenting with the sour milk idea. I used nearly a quart of this milk at every meal. Sometimes I would eat twice a day and sometimes three times a day, though if I took anything in the morning, it was usually a glass or two of milk, and two or three dates, or something of that kind. My first hearty meal was about noon. I will give more particulars regarding this diet, in the next issue.

One of our readers recently called my attention to the remarks of one of his friends, whom he had tried to induce to subscribe to our magazine. The remark was to the effect that it seemed to him that the editor would be ashamed to have his photographs taken when so scantily clothed. Now as long as I am in good physical condition, I am not ashamed of my physical proportions. If through dissipation, or wrong habits of life, I should destroy my health and strength, I would then certainly be ashamed of my bodily imperfections, but not before. A man is always proud of his opinions. He is very fond of parading them at every opportunity. From opinions so expressed, one can easily determine the mental capacity of a man, and it is the same with the physical body. The contour and condition of your

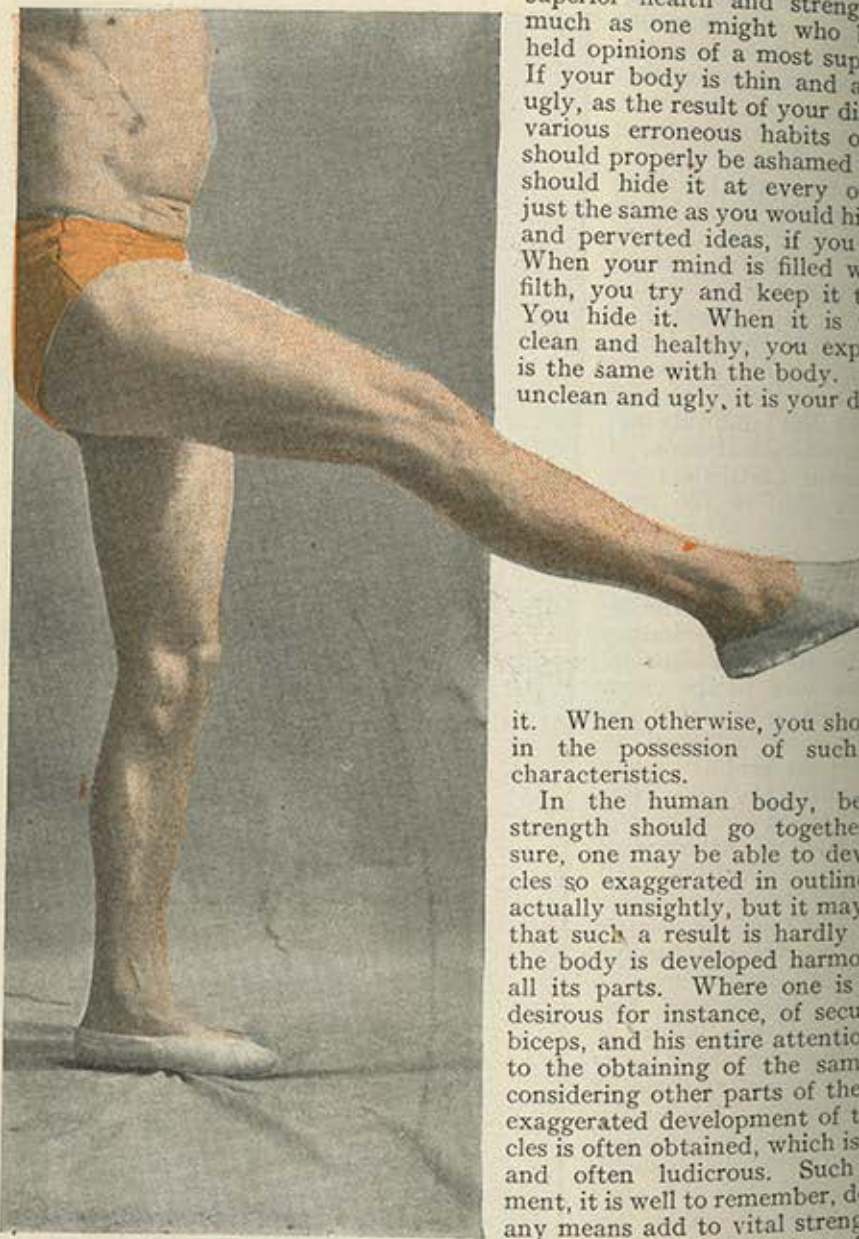
body very clearly indicates your physical health. You may be able to read one's past life to a certain extent, by the appearance of the features, but the contour and general



**Exercise No. 15.**—Arms behind the head, right foot in front. Now tensing the muscles of the arms and legs very rigidly, bend over to the far right. Bend as far as you can for a brief period. Keep the muscles tense, and try to bend still further. Relax, take same exercise with the other side. Repeat until tired. Muscles at side of waist.



condition of the whole body, tells a story that is correct in every instance. One's past life is depicted so clearly in the form and appearance of the body, that it can be read almost as correctly as can



Exercise No. 16.—With the right leg as straight as possible, bring it up as far as you can forward, and hold it in this position until slightly fatigued. Same exercise for the other leg. Repeat, alternating from one leg to the other, until tired. For the muscles of front part of extreme upper thigh.

the open pages of a book. If you have a good strong, healthy, wholesome body, it has resulted from creditable habits of life, and you should be proud of it. You should exult in the possession of this superior health and strength, just as much as one might who believed he held opinions of a most superior order. If your body is thin and angular and ugly, as the result of your dissipation or various erroneous habits of life, you should properly be ashamed of it. You should hide it at every opportunity just the same as you would hide immoral and perverted ideas, if you had them. When your mind is filled with mental filth, you try and keep it to yourself. You hide it. When it is wholesome, clean and healthy, you exploit it. It is the same with the body. When it is unclean and ugly, it is your duty to hide

it. When otherwise, you should rejoice in the possession of such desirable characteristics.

In the human body, beauty and strength should go together. To be sure, one may be able to develop muscles so exaggerated in outline as to be actually unsightly, but it may be added that such a result is hardly possible if the body is developed harmoniously in all its parts. Where one is especially desirous for instance, of securing large biceps, and his entire attention is given to the obtaining of the same without considering other parts of the body, an exaggerated development of these muscles is often obtained, which is unsightly and often ludicrous. Such development, it is well to remember, does not by any means add to vital strength. It is often a drain on vitality. The body

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must be taken as a whole. Each part must be used systematically and regularly. Though this advice has been often given to my readers, it cannot be too strongly emphasized, and will bear frequent reiteration. Then, too, it is well for one to clearly understand the outlines of what his own body should approximate, in order to determine existing defects. For instance, if your legs are too small compared to your chest and arms, or vice-versa, you should be able to immediately recognize the defect. Bodily defects of this nature, are in most cases easily remedied, provided, of course, that one is willing to make the effort required. Quite a usual defect is the difference in the size of the arms. The right arm of a right-handed person, is usually from a half inch to an inch and a half larger than the left. Now, by persistent use of various exercises, the size of the arms can be made equal. In fact, it is well to know that one in the habit of using the right arm entirely to the exclusion of the left, is liable to become actually deformed. In such cases the right shoulder and entire right chest will be considerably larger than the left shoulder and chest. This disuse of the muscles of the left side, causes them to remain undeveloped or else to waste away to angular proportions.

The necessity of giving the right and left portions of the body an equal amount of use can hardly be too strongly emphasized, not only for the obtaining of harmonious development, but to give one a more thorough command of the body. One should be able to use the right and left hand with equal ease and facility for all ordinary requirements. For instance, in picking up a chair or article

of any kind one should use either hand with equal dexterity. Strive to become ambidextrous—that is “double-handed” so to speak. If you are in the habit of relying on one hand, you are not only more inclined to a one-sided development, but you are handicapping your muscular efforts in nearly every particular.

In the preceding lesson of this series,



**Exercise No. 17.**—From a straight, standing position, arch the back as much as you can. Repeat until tired. Of special value for strengthening the muscles in the small of the back. The position of the arms, in this exercise, is not of special importance.





vigorously as possible. Hold the muscles thus tense and flexed, until slightly fatigued. Repeat the same exercise with the other leg. Continue, alternating from one leg to the other until muscles tire. For muscles of central portion of back of upper leg.

#### DRUG STATISTICS OF AUSTRIA

Excessive use of drugs is the cause of death of 20 per cent. of the population of Austria according to official statistics

while 44 per cent. of the medical profession in that country die of heart disease.

I especially emphasized the necessity for taking exercise before a mirror. I want to again call the student's attention to this matter, as it adds decidedly to the interest of the exercise, and after studying the various perfect physical specimens, you should also be able to more readily detect your own deficiencies with the aid of the mirror.

Don't be a one-sided man. Develop your defective parts. Build a strong, well formed body in which you can take pride. It is worth

a great deal to one to feel within himself that he is virile, strong, and a capable man in every sense of the word. This feeling of strength and manliness, this reserve power, is worth a vast deal in every sphere of human endeavor, no matter what your ambitions may be, and the consequent self-confidence will add to your capacity. As a result, your success in life will be more certain and more satisfactory.

Everywhere you will find failures that have been due entirely to physical incapacity. Such characters have lacked the physical foundation essential to success in this fierce competitive age. Again and again I have stated that the development of mere muscular strength increases the general vigor of all the great vital organs, and though you may think the ability to lift a weight or perform a feat of strength, is of little use, strength of the heart, lungs and digestive apparatus usually accompanying great muscular vigor, is of great value, no matter what may be your occupation or ambitions.

**Exercise No. 18.**—Bring right leg up as far as you can, as shown in above illustration. Flex the calf on the upper leg as thus tense and flexed, until slightly fatigued. Continue, alternating from one leg to the other until muscles tire.

# Th

By J

In this section, of the application, of the of this, as well as well, tion, with Mr. for a number of known artist.



of the advantage also, a man's entire muscular a man is the effective work any sudden may often who, reluctant not to be strikes his follows up tage with so energetic leaves the chance to a defense.

This principle superior value is one which the varying the full cost it be long. The advantage said to lie the attack less his b as to compare mainly on Those men qualified work are, the small, boxers. strength speed, a ter. The



# The Modern Art of Self-Defense

By JACK O'BRIEN, (Joseph F. A. Hagan,) Champion Boxer of the World

In this second article of the series, the Champion expounds the principles, with their application, of the science of attack, as differentiated from that of defense. For the illustrations of this, as well as all subsequent articles of the series, this magazine has secured the co-operation, with Mr. Hagan, of Prof. J. E. Murray, Instructor of Sparring at Columbia College and, for a number of years, one of the favorite male models of Mr. Charles Dana Gibson, the well known artist.—Bernarr Macfadden.

## ARTICLE II.



HE attack, at the beginning of any contest, usually works as a surprise and a shock which not only somewhat dazes the mind of the adversary but brings about, also, a measure of relaxation of his entire muscular system. It is when a man is thoroughly relaxed that most effective work upon him is done. In any suddenly arising fight, the battle may often be terminated by the man, who, reluctant to engage but resolved not to be humiliated, unexpectedly strikes his opponent and follows up his advantage with an onslaught so energetic that he leaves the other no chance to even put up a defense.

This principle of the superior value of attack, is one which applies to the varying fortunes of the full contest, whether it be long or short. The advantage may be said to lie usually with the attacking man, unless his build be such as to compel him to act mainly on the defensive. Those men who are best qualified for attacking work are, for one class, the small, sinewy, active boxers. If they have strength to back their speed, all the better. They have the

advantage of both hands and feet—especially of the feet, as giving the hands opportunity for frequent blows upon the face or body of a larger antagonist and at the same time, insuring nimble retreat to safe distance. The tall, slender, long legged man has usually long arms, which mean a long reach, something that fits him particularly for attack. I am of that type, and my favorite blow has been a left hand, straight jab with the left shoulder extended, which makes the reach about three inches longer. I should endorse the blow for any man with long limbs.







No. 7. The Left Uppercut

I will now describe in detail the best means of attack.

#### The Straight Left Lead

Throughout my career, the straight left lead has been my most effective punch. The fighter, before its delivery, should be in the normal position for attack but, in order to divert the attention of his antagonist, should keep the feet shifting yet in constant readiness to assume the attacking position. The left arm, likewise, is in motion, feinting with a view to the same purpose, that of temporary deception. The most deceiving feint with the left, preparatory for the left lead, is to draw the arm backward and forward with the forearm horizontal. The right arm, meanwhile, moves outward and inward, but held closely to the side of the body. The opponent thus sees before him a man with every means of offense in activity and finds it impossible to determine which of them to guard against. The left, feinting, reaches out either close or distant from his face, as the fighter has gauged his intelligence and calculates to alarm and then deceive him. When, in the midst of these pronounced feints, the time arrives for the delivery of the actual blow, the body is swerved

so as to extend the left shoulder, and the whole left arm is so extended that the opponent is caught with the full force of a straight arm, left hand jab. You can land on the face or the body as the choice may be determined while you are feinting, because, however clever he may be, he will give some indication of leaving one or the other exposed. The delivery of the blow costs only a small amount of energy, but it lands most effectively.

#### The Left Uppercut

The left uppercut is a rigid, upper punch with the arm bent at right angles. It is a most jarring blow, while you take fewer chances with it of hurting the hands than when you employ the left shift solar plexus blow, which will be described later. It should be borne in mind that, for the left uppercut to have its full value, your man must be leading for you. You can reach him, in fact, only when he is attacking. If he attacks with his left, you have the advantage, in your defense, of leaning back the body and resting for your backward bend, on your right leg. The simple movement enables you to evade his lead without even guarding; and, since it leaves him no stop for his delivered blow, he is thrown off his balance



No. 8. The Right Uppercut



and is left open for the return, either with his head stooped or his body unprotected. You set yourself, with the left drawn back and the right forward thrown to his head. The left is swung upward, with full force, to his body. It is apparent that the left arm, coming forward and upward, has in it the whole spring your body from the right foot up, as it returns from its backward leaning position.

#### Right Uppercut

As in the case of the left uppercut, your man must be coming to you if the right is to be used satisfactorily. As he leads with his right, put up your left, to block it. At the same instant, step in and deliver the uppercut with your right, either to his jaw or his stomach. In the delivery, you rise slightly on the toe of the right foot, putting into the body and the striking arm the full stress of the spring from the right foot and leg. The right uppercut is not so readily delivered as is the corresponding blow with the left, but it is extremely disconcerting, if not entirely effective, when it lands upon the jaw. If your opponent lead with his left, you have an opportunity of using the left uppercut in retaliation, as already explained. But you can, also, sidestep and then step in with the right uppercut; or you can block his blow with your right and, as his blow is thrown off, you can bring the right to bear in a quick uppercut.

#### Right Arm Body Blow

The right arm body blow is best employed against a man who is extremely clever in guarding himself and is not inclined to lead for you. It is also excellent for use against the man who, habitually, stands on the defensive. You prepare for it by feinting constantly

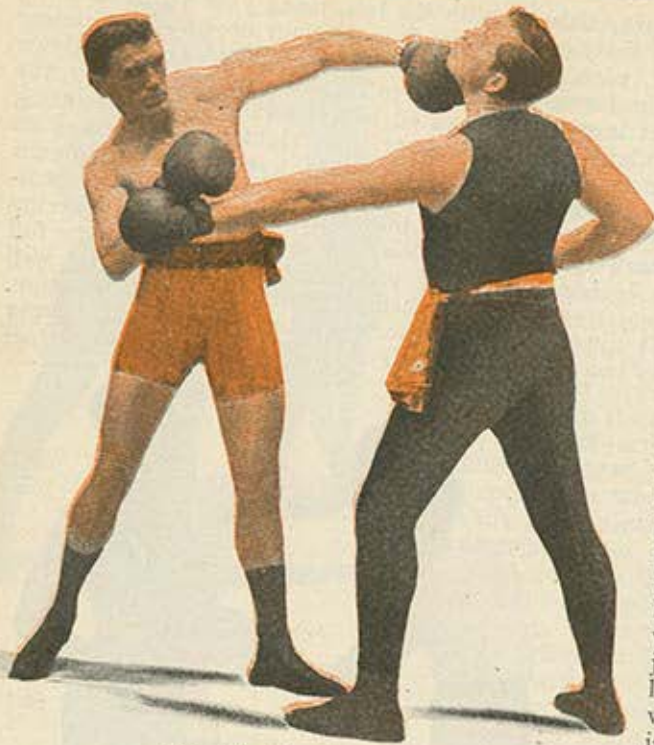
with the left, using your feints to bring yourself in to your opponent as closely as possible. The head is kept down and is especially well guarded by the elevated left shoulder and the feinting left arm. The right arm maintains an effective guard over the solar plexus while it is held in position for the meditated blow. At the time of delivering the blow, the left comes up to the full guard of the face while the body, well crouched, is protected by its position. The body swings around until your right shoulder is advanced about a foot



No. 9. Right Arm Body Blow

beyond the left. At the same time, the right arm is extended; and the blow, landing, catches the adversary on the body with telling force. It is a heavy, jolting blow with all the force behind it of the body and of the hard driven striking muscles of the right arm. Landing on any vital spot of the body, and even on an area not usually considered specially sensitive, it is very weakening, so much so that it will take a good deal of the fight out of your opponent.





No. 10. The Hook Blow

**The Hook Blow**

The hook blow, perfected by Corbett, is not much in vogue at present among professional fighters because it leaves one largely open to attack. Yet it can be made a safe blow when it is employed at fairly long range by a quick man who,

of its own shoulder. The blow is one which certainly calls for quickness and sure judgment of distance; but, well delivered, is valuable for the useful purpose of shaking the confidence in himself of an angry and rushing foe.

when he delivers it, refrains from "setting" himself—that is, he keeps his leg position ready for instant retreat. One finds that he rarely delivers the hook blow unless it is to follow a lead that his opponent is induced to make. You should keep your head as low as you can between your shoulders, and hold the right arm at guard over the stomach and the solar plexus. You feint your man with the left in an outward sweep. As he leads for your head with his felt he necessarily throws his head to the right. You bring your left fist over and downward, hooking him on the jaw. The rise of the upper left arm is such that, when the hooked forearm is descending, the elbow is high in the air, almost above the level

**RAIN BATH AS A PANACEA**

The rain cure has been recently tried by a number of persons at Austin, Texas, whenever opportunity could be found for taking the treatment. Some of those who have taken it say that it is a panacea for all chronic diseases as well as many of the lesser ills of the body. The sensation is said to be very agreeable. Those who have tried the treatment assert that the rain falling upon the bare body invigorates the whole system and is especially strengthening to the nerves. Devotees of the practice welcome the appearance of a black cloud which forbodes a terrific downpour of rain. It is then that they strip to the skin and get out in their back yards, which are enclosed by high board fences, and let the water come down upon them in torrents.

They declare that it is a sure remedy for rheumatism and that decided improvement has been noted in cases of persons afflicted with tuberculosis. One treatment, it is said, will cure a severe cold. John Durst, a young business man of Austin, was the first person in that city to give it a trial. A few months ago he was suffering from a severe cold. A rainstorm came up, and while it was in progress he decided to strip and get out into it to see if it would help his cold. There is a high board fence around his back lot and he let the rain fall upon his bare body. The experiment was a success. The one treatment cured his cold. Since then he never misses taking the rain cure when at home during a rain. He has perfect health.

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One of the Girls' Rowing Crews on San Diego Bay

## Rowing by Women Crews on San Diego Bay

By WALDON FAWCETT



NE of the most healthful and beneficial of all out-door pastimes is rowing. Unfortunately it has not in the past found that universal favor with women to that degree calculated to satisfy the advocates of physical culture for the fair sex. There is however, one locality in the United States where rowing is not only the most popular of open-air diversions but where in addition there is a larger percentage of oarswomen in proportion to population than probably anywhere else in the world.

This center of athletic aquatics is that beautiful sheet of water known as San Diego Bay, located at the southwestern corner of the United States and on the shores of which are the communities of San Diego and Coronado Beach, California—both well known Meccas for tourists. Not only does this lovely landlocked sheet of water, which has an area of two miles, afford ideal opportunities for boating, but this section of Southern California has one of the most equable

climates on earth. It is a region of perpetual Spring in which out-door pastimes are possible every month in the year. And the bay often presents the inspiring spectacle of several hundred pretty young oarswomen rowing regularly with a stroke that would put to shame many a masculine crew.

Systematic rowing was first undertaken by the young women of this earthly Paradise about ten years ago when an organization known as the "Zlac" Club was formed by four young ladies. In 1894 the Columbia and La Faluca Clubs, also for women, were organized and other clubs followed in quick succession. The pioneer organization which has had an uninterrupted existence, now numbers more than sixty members and the barge owned and used by its oarswomen of this Zlac Club is typical of the rowing craft used by the muscular belles of the Pacific Coast. The craft is forty feet in length, 3 feet 4 inches beam and is covered with canvas, heavily painted. The inside of the boat is finished with natural wood, shellacked and heavily mounted with



brass. There are eight sliding seats with a lazy-back for the captain. The rowers use spoon oars, fourteen feet in length, so that the handling of one of them requires strength as well as skill.

The Zlac barge cost \$900 and not only did the fair mariners raise the amount required for its purchase but by the issuance of bonds they were enabled to erect a club house costing \$1,000. The club now has four rowing crews, each having a separate government; crew officers; crew rowing days; crew flags, etc., all being subservient to the executive management of the club.

In most of the clubs married women are not eligible to membership but if a member marries she is retained on the honorary list. Every member of these organizations is expected to be a good swimmer. If perchance a member is admitted who cannot swim, she is allowed one year in which to acquire the accomplishment. In none of the clubs are there members under fifteen years of age: the average age of the

sailor maids is said to be in the neighborhood of twenty years.

A candidate for admission to any of the clubs is first voted for by the crews of which she would become a member and if this verdict be favorable her name is passed upon by the entire club. Each crew rows at least once, and more often two or three times a week from one end of the year to the other. Most of the rowing is done during the afternoon and the oarswomen wear sailor suits and sailor's "tams." Each club has its distinctive colors—combinations such as yellow and black or blue and white—which are conspicuous in costumes, pennants, etc.

Proof of the benefit of this systematic rowing from a physical culture standpoint is afforded by the facility with which the crews place their craft in the water and embark. The girls carry their barge out of the boat-house and unaided, lower it four feet or more into the water. During this operation two of the girls are stationed at capstans



Some of the Healthy, Vigorous Members of the Girls' Rowing Crews





A Crew Going Out for Practice

while four others heave on ropes with double pulleys. As soon as the barge touches the water, the girls slide down the ropes and taking their seats await the commands of the captain. Rigid discipline is enforced and the rowers are not allowed to make any unnecessary movements in taking their seats—a precaution that is essential since the rowing shells are so light and narrow that any disturbance of the equilibrium will upset them.

Absolute precision of movement is characteristic of the girls in handling the oars. After each trip on the water, the girls land their barge and wash it down, leaving everything shipshape for the next crew. The racing stroke of the champion crew of the Zlac Club is 36 or 38 but they have on occasion pulled a

stroke of 42 for short spurts. The San Diego girl rowers have been coached at different times by Yale and Harvard men and officers of the United States Navy.

Races between picked crews from the various organizations are held at frequent intervals. The State Normal School of California is located at San Diego and the young women of this institution make up eight complete crews, one or more of which rows every day in the week. Other prominent clubs, aside from those already mentioned, are the Olympias, La Sirena and Cascoarias. All told there are fully fifteen different organizations, so that every fine day one can find the bay dotted with barges rowed by athletic young women.

### A LAUGH

A laugh is just like sunshine,  
It freshens all the day  
It tips the peaks of life with light  
And drives the clouds away;  
The soul grows glad that hears it,  
And feels its courage strong—  
A laugh is just like sunshine  
For cheering folks along!

A laugh is just like music,  
It lingers in the heart,  
And where its melody is heard  
The ills of life depart;  
And happy thoughts come crowding  
Its joyful notes to greet—  
A laugh is just like music  
For making living sweet!

*Plymouth Weekly*



## The Swimming Experts of Australia

By WALTER S. BONE, of Sydney, New South Wales, Australia

**S**WIMMING, the most valuable of athletic accomplishments, appears to be a natural gift in the case of practically all animals except man. Even the felines, which dislike the water

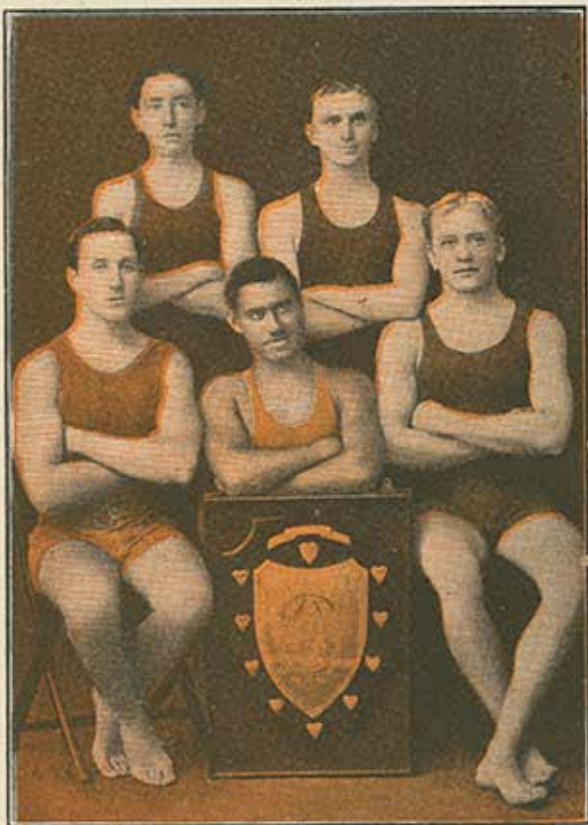
all men and women may be made swimmers, there are some who appear to be quite unable to acquire the art, however hard they may try.

This is the more singular, since in primitive man, swimming is a universal accomplishment. He had to be a swimmer in order to cross the bridgeless streams, or meet the immersions inseparable from the navigation of his rudimentary fishing craft. The aboriginal races of the world to-day are all swimmers, and some of them, very fine ones.

You may see an African, Malayan, Polynesian, Melanesian or Maori baby carried to the water to-day, and in their case at least, swimming would seem to be instinctive. From the days of Attila down, generals have sought to make of their armies, legions of swimmers. And in this, as in other matters, the Japanese have singularly triumphed.

Considering all these things, we might expect that the evolutionary process would have made man a swimmer by instinct. Yet the contrary is the case, and there is the paradoxical fact that in the war and mercantile marines of the world, the proportion of men able to swim is relatively much lower than among riverside or coastal landmen. Of late years,

however educational authorities throughout the world seem to be awakening to the importance of swimming, both as a system of physical culture and as an educational acquirement and exercise.



H. W. Baker      F. C. V. Lane  
C. Healy      A. Wickham      R. Baker  
The Fastest Swimming Team in the World—East  
Sydney Swimming Club

intensely, swim naturally, the first time they find themselves in it. Man, on the other hand, allegedly born "Lord of the Earth" has to be educated into the mastery of the water; and though in theory

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In some countries there is even a strong movement to make swimming a compulsory branch of education, and in most enlightened nations, increasing attention is being paid to its tuition. At the same time, great attention is being paid to the improvement of swimming methods from the competitive standpoint, and swimming as an athletic sport is growing increasingly popular.

Nowhere is this the case more than in the British Colonies of Australasia. In these there is a powerful series of Associations for the promotion of amateur swimming contests covering the provinces of New South Wales, Queensland, Victoria and Western Australia in the Commonwealth, and the island colony of New Zealand. In the remaining Australian province—South Australia—there is also a strong swimming association, but it is, unlike the rest, on a "cash" instead of an amateur basis.

These Associations, but more especially one of them—the New South Wales Amateur Swimming Association—have so developed the art of swimming that the finest swimmers in the world are to be found under the Southern Cross. And there the fastest of them all, are centered in and around the great commercial capital of the South—Sydney. In fact, in the various Association Championships the best New South Wales men have never been beaten in "straight" swims.



Dick Cavill Making a Record with the Crawl. Showing Arm Action, the Left Arm Stroke About to Begin



Dick Cavill, the Sydney Swimmer, who was the First to Use the Crawl Stroke Successfully

Sydney is popularly claimed to possess "the finest harbor in the world" in Port Jackson. Once through its imposing mile-wide portals, there open up a series of far-reaching arms whose indented coast-line has 200 miles of frontage. Under the sunny southern skies such a harbor might well be regarded as a swimmer's paradise. Unhappily, there are serpents in the Eden in the shape of voracious sharks—the "blue pointer" and the "grey nurse."

It was not always so. When the first settlers came, they swam freely about the harbor. But presently the sharks came in, in increasing numbers after the flotsam and jetsam of a great city, and the delightful pastime had to be confined to enclosed baths. Some of these are



made in the rocks at the foot of surf-beaten ocean cliffs. Others are pile or cement baths round the harbor shores. Others again are floating "pontoon" baths.

Outside of them all, young folk furtively indulge in swimming on the shore fringe and there is also surf bathing after the Long Island and European continental fashion. But the school of Sydney swimmers may be regarded as a product of the bath enclosures.

Around each of the more noted baths centres a "school" of swimmers, and



Miss Annette Kellerman, the Champion Lady Swimmer of Australia, and the Most Expert Lady Swimmer in the World

in them has been perfected the now famous "crawl" stroke, and the "double over-arm" which have revolutionized the swimming world and played havoc with its speed records. And it is their development and mastery of these strokes that has made the New South Wales swimmers invincible.

The first man to race with the "double over-arm" was Peter Murphy, a Balmain swimmer, but the stroke has been much developed since then. Alf Holmes afterwards put up an Australasian record with the stroke. Previously, in the days of Corbett and Ernie Cavill, the racing stroke was a "single over-arm,"

with the knees brought nearly to the chin and the legs opened very wide. The record time with that stroke was equivalent to 1 minute and 8 seconds for the 100 yards.

Now there are several Sydney swimmers who can do the 100 yards in a minute; and others like Cecil Healy, Dick Cavill, who can do it well under "evens" time and again. Cecil Healy's record for 100 yards is 58 seconds. Under the 100 yards, another Sydney swimmer, Alick Wickham, is perhaps faster, but Healy has been recently timed to do 60 yards in 32 1-5 seconds! So much for the change the new strokes have brought about.

The first great change in the evolution of the new speed-strokes was in the disposal of the legs. The old style was to draw the legs up and bend the knees, very much as though running. But now-a-days the theory and practice are to keep the legs out of the way as much as possible, and on no account to draw them up, because that impedes speed.

These discoveries were gradual, and they are still going on, although the progress of the past year has been mainly in the better "dipping" of the hands. In the matter of the lower limbs, Walter Gormly in Sydney and Tyers in England simultaneously hit upon the first important variation.

Gormly found that if, instead of drawing his legs up, he threw the top leg (this was in "single over-arm") out of the water and brought it back against the surface with all his strength, it increased his speed.

With this, and the adoption of the "double over-arm" for the whole 100 yards instead of the last few yards of it, Gormly covered the distance in 1 minute 2 2-5 seconds, and Jack Hellings went from Australia to England and won great successes there, also, in the double over-arm, which he further developed till he created a "school" of his own. Fred Lane was to presently become champion of the world.

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But on the "leg side" so to speak, there was much to be done between Gormly and the Lanes, Healys, Cavills, Wickhams, and the late Kieran. The first step came about in a curious way through "Tums" Cavill, a member of the famous Sydney swimming family of bath owners, which has produced both amateur and professional champions.

Like others of his family "Tums" was a great "trick" swimmer, and he found that he could swim faster "without his legs," *i. e.* while they were bound, than with them. This was proved when in a match he defeated Davis, a fine swimmer, while his own legs were tied, and Davis was untrammelled; and immediately after Davis defeated him, both having the free use of all their limbs.

The experience led to the "straight leg" of which Dick Cavill was to become a champion exponent, and which all the other Sydney swimmers have adopted with modifications to suit physique and temperament. It was Dick Cavill who perfected the "crawl" as a racing stroke, and became Amateur Champion of Australasia and a world's record-holder. He has since become a professional, through adopting the calling of instructor of swimming.

The "crawl" is one of the primitive strokes of mankind. You will see the native boys doing the "crawl" as their ancestors have done it for thousands of years, from Port Said to Colombo, right round the Indian Ocean and throughout the Pacific. Wickham, who is a son of an Island trader, and a native of Rubiana in the Pacific and who learnt his wonderful surf swimming and diving and his weird trick of running at high speed along the bottom of the bath or harbor, from the Pacific Islands, "crawled" from babyhood. But the speed-crawl he did not learn till he came to Sydney. And all these natives use the "crawl" for a few yards spurt only.

The extraordinary manner in which Dick Cavill did the first 50 yards of a Championship at Sans Souci, a Sydney seaside resort, (the effort to keep it up all through exhausted his strength, and he was beaten at the finish), was the beginning of a swimming revolution in Sydney, which has had world-wide effects among speed swimmers.

Other swimmers saw the possibilities of the stroke if they were able to stand the physical strain of carrying it right through the race. All sorts of expedients and systems were tried to gain the necessary strength, and staying power, for it is a fearfully exhausting effort in which every muscle, but especially the trunk, shoulder, and arm muscles are at the highest tension.

Ultimately the practice of the "crawl" itself proved the best system of physical culture, till it not only enabled its exponents to do things in the water previously considered impossible, but also made them models of physical perfection whom the Greeks might have envied.

Here is a description of the "crawl" by one of its leading exponents, specially procured for this article.

"Instead of throwing the arms forward out of the water alternately to their full extent, as in double over-arm, the arm is thrown forward with the elbow slightly bent and the hand dipped in smartly, just beyond the head, and drawn back, as deep as possible, and hard against the water till it comes out cleanly with the fully extended arm along the body.

"The legs at the same time are kept straight as possible; but as each arm is thrown forward, the opposite foot is raised from the knee, and the instep made to strike the water. There is neither opening of the legs nor drawing up of the knees, as in all the older strokes. The swimmer lies on his chest instead of his side, and carries his head low and slightly on one side.

"Originally Cavill and his imitators lifted the head at intervals to breathe; now they appear to trust for air to a slight hollow before the face as the swimmer drives himself through the water, which lets him breathe—though to watch Cavill, Wickham, and Healy at full speed, there is no breathing space to be seen."

A "crawl" swimmer at high speed leaves a wake of swirling water like a screw steamer. As I have said, the development of the "crawl" is still proceeding. Cecil Healy has improved the hand action of late. Others are getting more power into the legs, without letting



them double up as in the obsolete strokes. And there are more champions coming on—one of them, a school boy named Eric, also promises to become a swimming wonder. The New South Wales record swimmers, by the way, have run in families, as witness the Cavills, Bakers, Healys, Martins, etc.

One of the most interesting products of the New South Wales Swimming School is Miss Annette Kellerman, the handsome girl who has been causing wonder by her swimming feats in England and made daring attempts at crossing the English Channel, in which she was only stopped from achieving success by severe sea sickness. She is the daughter of a well-known French pianiste, Madame Charbonnet-Kellerman, and Mr. Kellerman. As the parents were very enthusiastic swimmers, the children became practically amphibious and Annette is a handsome girl and as agile and graceful as a seal in the water, while her endurance is extraordinary.

The late Kieran doings were once the chief topic with swimmers. At the International Championships at Stockholm he annexed the 100 and 400 metres, and led half a mile in the four miles,

when an accident to the time-keeper caused the stoppage of one race, and he could not remain later. And on his return to England he had a succession of victories.

Yet in his own country, Kieran's supremacy only began at the 200 yards, and there were other "champions" coming on who promised to be as wonderful. Thus last summer a schoolboy (with a start) swam the whole half mile on the crawl and finished ahead of Kieran. Then there is Len Murray, another remarkable boy, and the seventeen-year-old Queensland champion, Springfield, whom Kieran beat by 125 yards in the mile in world's record time for the distance of 24 minutes and 36 1-5 seconds.

The New South Wales Swimming Association now has 26 clubs, which number 1,000 swimmers. Then there is the Public Schools Swimming Association (for swimming is taught in the State schools) with a huge membership. One school alone, (Fort Street, Sydney) has 500 boys affiliated—so you see swimming in Australia is regarded with positive enthusiasm as a means of physical culture.

### BOOZE PROMPTS BOOZY TESTIMONIALS

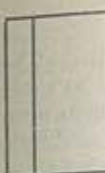
The fact that (according to the Duffy Malt Whiskey people) all the centenarians and a goodly proportion of the ministers of the Gospel of this glorious land of ours, spend their leisure in drinking the cheap booze in question and, thus inspired, write "testimonials" in praise of it, has prompted a medical journal of St. Louis to the following:

"A husky-looking preacher away down East has taken his pen in hand (along with his latest photograph) to write a testimonial as to the great value of a certain brand of booze.

"A year ago, he says he was 'weak in body and slow of mind;' now—thanks to this most excellent booze—he is 'strong, robust and healthy;' he is 'imbued with strength, energy and hope;' 'his limbs have the elasticity of youth,' and he possesses 'exalted powers of mind and body.'

"Who that has ever dallied with booze has not experienced this change from weakness of body and slowness of mind to 'strength, robustness and health?' Who has not felt 'energy and hope lay hold of him and restore to his tired limbs the springiness of youth'—yea, even the friskiness of that virile period? And, above all, who has not experienced those 'exalted powers of mind and body'—those moments of exaltation, not to say exultation—that come with the indulgence in a few swallows of red-eye?

"Solicited or unsolicited, there can be no doubt that the parson's testimonial is founded on experience, nor can it be questioned that it was written when he was 'full' of his subject. No such a 'spirited' statement could have been written in the cold, gray dawn of the morning 'after taking.'"



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# Amateur Athletics Exposed

By ARTHUR DUFFEY

There are indications on every hand of a radical revolt against the methods of the Amateur Athletic Union—The movement seems to be more or less due to this series of articles—A general demand that the amateur shall receive those rewards and that consideration hitherto denied him—The revolution has extended to Canada and Great Britain—Sporting authorities on the other side of the water endorse the position taken by the author of these articles, and also use his language in regard thereto



No man in the athletic world offers more sincere congratulations to our athletes who were at the Olympic Games than myself. Even if with one exception, their performances were not of an extraordinary kind, they nevertheless returned with victory perched on their banners and the margin by which they led athletes of other nations, emphasized the lead which American athletes have over these of the world at large.

Nevertheless the fact remains that in regard to the make-up of the team there was in some cases a good deal of poor judgment, and still more injustice exhibited, on the part of the committee entrusted with the task. For instance, H. J. Handy on the strength of his records, should obviously have been selected as understudy for Daniels. Instead of that, Spencer was sent in Handy's place and did absolutely nothing. Handy since the Games, has once more vindicated his claims to the consideration which was *not* extended to him, by



Castleman, of Holgate University



beating the records of Daniels in Chicago.

Again, A. B. Gunn, the ex-all-round champion was on the face of it, the logical understudy to Martin Sheridan. But for some occult reason, the committee ignored his claims to recognition and selected an unknown named Sullivan, who hailed from Montana, and who distinguished himself at Athens by doing nothing. I understand that some little friction exists between Gunn and the A. A. U., cause unknown. In regard to this, I would direct the reader's attention to an article which bears his name that will appear in the next issue of this magazine. Admitting this friction, there is still no reason why Gunn should have been sacrificed to it. The A. A. U. does not exist for the purpose of "getting even" on the score of private grievances but for the furtherance of athletic sports. A good many of its officials have yet to learn that a public trust such as the A. A. U. is or ought to be, is not a private snap either in the way of grievances or of making money.

Melvin Sheppard was another man who should have been a member of the Olympic team, but wasn't, because at the time that the team was made up, he was under charges of professionalism. These charges, as of course you know, have been dismissed, but that fact does not cancel the injustice to which he has been subjected, first, from the slight foundation on which these same charges rested and secondly, because he was prevented by them from going to Athens.

Exactly the same kind of thing stands good in the case of Castleman, who too, was under "charges" at the time in question. There is not the slightest doubt that Castleman would have easily made good at Athens. It is true that Leavitt was a winner, but that fact does not cover up the other fact that Castleman has been robbed of added reputation through the action of the A. A. U. I believe that I am voicing the beliefs of most athletes when I say that Castleman is undoubtedly a better man than Leavitt, not so much so perhaps, but better nevertheless.

As I have just mentioned Castleman and the dismissal of the charges against him, it is perhaps unnecessary for me to add that the charges brought against

Joyce have fallen through also. The action of the A. A. U. in regard to these two men was, to use the mildest term possible, a blunder. And it is a sample of the many "blunders" of a like nature of which the organization has been guilty of late.

As I said before, we won at Athens and every true athlete rejoiced thereat. Because of this, there may be those who will ask why I am making an apparent "kick" at this juncture. To this I reply, that our victory does not alter the fact that the four athletes just named were robbed of their rights and thus deprived of the chance of a lifetime in an athletic sense through the action of the A. A. U. or of its committee, which amounts to the same thing. And because of this belief, I deem it my duty to voice my protest against such action, especially in view of the fact that, as intimated, it is not the only time that the A. A. U. has ignored the rights of athletes, has shut its eyes to the claims of those possessed of special athletic reputations, and in other ways has done just as it pleased, regardless of rights, rules or regulations.

In this connection I would also call the attention of the reader to the "general regulations" printed in the official program of the Olympic Games. In paragraph two of these same regulations, are to be found these words: "Persons are considered amateurs who have never \* \* \* \* used sporting or gymnastic implements as an advertisement." Now the connection between Jas. C. Sullivan and the advertising department of Spalding Bros., is of course so well-known that I need not tell you about it. But because Mr. Sullivan prepares these advertisements and because Mr. Sullivan is in touch with amateur athletes in the past and in the present, the names of star amateurs have been used for the purpose of advertising the firm's sporting and gymnastic implements. The most casual reference to any of the sporting publications of which J. E. Sullivan is paid editor, or to the advertisements to be found in any of the Spalding books, will prove my statement.

In the Paris Olympiad of 1900, three American athletes used the Spalding

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goods—at least they are alleged to have done so in the Spalding advertisement prepared by Sullivan. But no attempt at all was made to disqualify them on that score. It will be seen by this then, that the term "amateur" of is a very elastic nature indeed and that it is differently defined in different countries. The Greeks, it would appear, seem to have the clearest conception of what an amateur is and they clash with Sullivan in this regard.

I simply call the reader's attention to the foregoing in order to once more emphasize the manner in which the A. A. U. applies its own rules in accordance with the needs of the moment and the interests of itself or of its officials. But my word! how ready it is to apply its rules in the most stringent manner in the case of the amateur who apparently or actually violates them.

It was just nine months ago that I began writing this series of articles. Those of you who have followed them, will remember the reception that was accorded them and the storm of criticism to say nothing of the vulgar abuse that I had to face in consequence. But, as I have stated on one or two occasions, this criticism was not altogether unexpected. Most of it emanated from those quarters who imagined that my "exposures" would interfere with their sinecures, while a goodly portion of it was the outcome of a misunderstanding due to an unauthorized public statement regarding myself. However, all that is past and gone. The point that I am now making is this; I was convinced that, after the first burst of the storm, a thoughtful calm would ensue, and it would be seen that the motive that prompted my writing the articles was not only sincere and honest, but that the light which I threw on certain aspects and methods of amateur athletics would eventually clear away the fog of seeming dishonesty and official misunderstanding which surrounded them. Also, that the articles would certainly excite discussion regarding those questions that not only have to do with the well-being of the amateur, but are intimately connected with the abuses and evils under which he labors. And lastly, I was certain that out of all

the turmoil and whirl of words and chaos of misstatement, there would emerge a new formula of rules and regulations that would enable the amateur to receive his legitimate dues and take part in any contests without the humiliating knowledge that in some instances at least, he was compelled to do violence to his honor and wrong to the traditions of amateur sport.

Have my beliefs been vindicated? In reply I would call your attention—if indeed that is necessary—to the current revolution in the amateur athletic world in the direction of yielding to the ama-



H. J. Handy

teur that consideration to which he is undoubtedly due. The movement in this direction is not confined to America alone. In Great Britain there is a general demand that amateurs shall at least receive those reasonable expenses that have hitherto been denied them. The same thing stands good of the British Colonies, and in the United States, the change in the right although a different direction, is of a still more radical nature. To revert to summer baseball as an illustration of the foregoing:



As I stated in the June issue of *PHYSICAL CULTURE*, Cornell has asked the leading colleges point blank as to whether a rule should not be adopted admitting of students playing summer baseball outside of the major and minor leagues, and receive money for their athletic skill without being disqualified as amateurs. Up to the

date of writing, it would appear that as far as the East is concerned the majority of the colleges and universities have maintained a diplomatic silence. But in the West it is somewhat different. No less than ten Ohio colleges have adopted the rule. The Big Nine have discussed it, but so far have reached no decision although the indications are that they will in due season follow the example of the smaller institutions. Then again, we have the members of the baseball team of the University of Iowa making the announcement with a cheerful candor that is refreshing, that if playing baseball for money makes a student a professional, they, individually and collectively, are undoubtedly professionals, inasmuch as they had received and intended to receive, compensation for summer baseball. We will presume that the confession was a shock to the faculty, but I venture to think that the learned gentlemen in their hearts of hearts, honored the lads for their honesty, even although they might have had occasion to condemn them formally.

If necessary, other instances might be cited—as far as the West is concerned—as showing the growing tendency on the part of amateur athletes, especially the summer baseball men, to be as honest in their actions and statements as the A. A. U. prevents them from being under its current regulations.

It would not be overstating the case to declare that a great many of so-called amateur college ball players receive compensation for their work, either directly or through the medium of some one of those ingenious subterfuges that are standing jokes among those "in the know." Of such is the good old stand by "hotel waiter." Remembering this then, and remembering the attitude of Cornell, whose desires in the matter are evident but whose actions are still hampered is it not entirely in order to

ask why the Western colleges seem to possess that pluck and honesty that Eastern colleges do not apparently possess?

The answer is self-evident. In the East, college athletics are more or less under the thumb of the A. A. U. or to speak with accuracy, the ample and horny digit of James C. Sullivan. I will not say that the boys cannot call their souls their own, but thanks to Sullivan, they cannot lay claim to the ownership of their muscles, inasmuch as they cannot use these last as they see fit, without incurring the terrors of the inquisition of the A. A. U.

In the West it is different. Sullivan on the other side of the Mississippi is not the gigantic "IT" which he appears to be or would like to appear to be, along the Atlantic coast. Here, through the fog of A. A. U. rules and regulations, he looms large and portentous. In the clear atmosphere of the West, however, he is seen in proper perspective, and the result is, that the athletes in that section have an independence of mind and muscle which their less lucky brethren in the East do not enjoy. Hence it is to the West that we must in the main look, and indeed are looking, for that change for the better in amateur athletics, which has been inaugurated—as I modestly believe—by this series of articles. In saying this, I am not overlooking the fact that there are also abounding symptoms in the East of the revolt against the A. A. U., or at least against that part of its makeup which stands for prejudice instead of progress, and rigidity instead of elasticity. In this connection, I need not remind you again, that Chicago athletes have successfully thrown down the gauntlet to the A. A. U. in more than one instance.

Let me give one illustration of the idiocy of the A. A. U. rules regarding summer ball. I know personally a star catcher on a New England baseball summer team, who by what he earns by ball in the summer, practically pays his way through college. Indeed, and owing to family circumstances, it would have been impossible for him to have taken his college course had it not been for his baseball ability. He is an industrious student, a devoted son to a wid-

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owed mother—one of the straightest fellows I have ever met. Yet if he had confessed as much as I have told, he would, under the asinine ruling of the A. A. U., have lost his amateur standing and suffered in a collegiate and perhaps a social way. The goody-goody disciples of the A. A. U. will perhaps rise in protest to ask why my friend did not become a professional. The reply is easy. He was or is good enough for the average summer baseball team, but not good enough to play in a major league. Consequently, had he openly stated that he was receiving compensation for his playing, he would have been placed between the Devil and the Deep Sea. But I put it up to the fair minded man, thus: would this boy have been justified in sacrificing his college career and his family to the demands of a system and an organization which are both as unjust as they are obsolete? I think that the answer would be one endorsing his action. The instinct of the true sportsman would prompt him to say: "Young man we realize your position. You need the money and you certainly earn it. You and your companion players have given pleasure to thousands. You have increased public interest in the national game. You have undergone those fatigues and deprivations that an athlete must expect to. You have set an example in the way of self-denial and discipline. You have in other respects, indicated to young men the advantages that arise from the athletic life. Surely all these things are worthy of some consideration."

But even admitting that summer baseball players technically violate the ethics of amateur sport, what about their managers? Would such violations be possible unless these managers made them so? The reply to the question is as easy as can be well imagined. And are the managers to blame? Certainly not. They know there is a demand for summer baseball, to be played by amateur teams. Are they to be condemned for supplying the demand? Again, no. Now if the public demands amateur summer ball, and the teams that furnish this ball are for the most part college men of moderate means, and in a great many cases of no means at all, and if at

the end of the season, they go back to their colleges stronger in body and clearer and keener of mind, where, or how, or why, can there be any question of "blame?" "Blame" in this case must be a manufactured article and manufactured for the purpose. By whom is it so made? Obviously by the A. A. U. And why? Again, and obviously, in order that the amateur may feel that, apart from justice, common sense or what not, he is still a pendant to the system of the A. A. U. and more than that, a dependent as on it as far his amateur existence is concerned. Reason, necessity, and equity don't count when the A. A. U. is considering the case of the summer baseball player who is accused of or who acknowledges that he has received "reasonable compensation." The position taken by the A. A. U. in this regard is as untenable as it is impudent. It totally disregards the needs and desires of the public, and only regards its own interests.

It is, however, amusing to note how utterly the A. A. U. fails when it, in all seriousness, really attempts to prove that some prominent athlete has played summer ball. In such instances, the team management will fight fire with fire and will present such a dazzling array of affidavits and witnesses and so forth, in order to offset the charges of the A. A. U., that the accused almost always emerges from the ordeal unscathed, unashamed and with a yard-wide smile on his open countenance. Look at brother Castleman for instance, and others. And, without doubt, other to come.

In regard to Castleman, you will of course remember that he was suspended for some time on the strength of charges that he had received money for playing ball with a team in the Adirondacks. That the charges fell through, is a matter of history. But the point that I wish to make in this case is this: the A. A. U. rules specifically state that if an amateur plays with or takes part in any contest in which there are professionals, he loses his amateur standing. Castleman as you know, played on Paul Smith's team, one of those organizations that bears the hybrid title of "semi-professional." Now remembering the rules to



which I have just alluded, and the case of Castleman, how does it come about that the A. A. U. allows members of the Yale baseball team as well as other college teams to play baseball with the New York Giants and other league teams, yet makes no effort to upset the amateur standing of the college men? The astute apologists of the A. A. U. will reply that as no money was involved in these games in which amateurs and professionals took part, consequently, the standing of the former was not put in jeopardy. Nevertheless—and mark this—the Yale University Athletic Association *does get a certain percentage of the gate receipts of these games of amateurs and professionals.* If this is not making money out of the joint work of these same amateurs and professionals, I should like to know what is?

It is further claimed by the A. A. U. adherents that such games are merely in the nature of "practice" for the college teams. That fact, however, does not interfere with the question of the gate receipts.

Now then, if the A. A. U. not only winks at but encourages an intermixture of amateurs and professional players in a baseball game, why not go still further and allow amateur track men to compete against professional track men?

Or indeed, and to reason the thing out to a logical end, why not allow amateurs and professionals in every branch of athletic pursuits to take part in the same contests? It is admitted that the management of the Giants get a portion of the gate receipts; it is further admitted that the Athletic Association of Yale gets a portion of the gate receipts also. Both parties to the game then are making money out of the games. In what respect do they differ either in the eyes of the public or the eyes of the A. A. U.? What constitutes the distinction between them? Outside of the mere name, was there any difference whatever in the *motives of the game from a financial standpoint?* The amateur was merged into the professional when it came to a division of the gate receipts, and the professionals were exactly on the same footing as the amateurs on the same subject. Meanwhile, the A. A. U. stood by and no doubt approved! I shall almost

insult your intelligence by adding that had the A. A. U. done its duty and enforced its rules both in letter and spirit, the Yale team would have been declared professionals forthwith. I have before now given many illustrations of the inconsistency of the body of which James C. Sullivan is the apparent head. But I don't believe that any such illustration is more emphatic than this one just cited in point of directness.

I just now spoke of Paul Smith's team as "semi-professional." Will the A. A. U. or anybody else be good enough to tell me how an amateur can be half a professional, or a professional half an amateur, or in other words how they can be semi-professional? A baseball player or indeed any athlete must be either "fish, flesh, fowl, or good red herring," but your "semi-professional" seems to be neither one or the other. There can obviously be no half way in athletics. The man must either be an amateur or a professional. If he assumes any other title or is allowed to adopt any other standing, he either does so on his own responsibility or because the A. A. U. is not enforcing its rulings. Until those changes which I have persistently declared are needed in athletics are recognized, adopted, and followed, the "semi-professional" will be the results thereof.

It is interesting to analyze the makeup of these semi-professional teams, in order to note how the demands of the sporting public and the promptings of common sense, clash with the hide-bound rules and regulations of the A. A. U. You will find that the majority of the men on these teams are either college students of more or less ability, or those who are hovering on the feather edge of professionalism, who would be puzzled to define their own status from an athletic standpoint. Add a modest sprinkling of professionals pure and proper, and the total mix-up results in a semi-professional team. It is a queer mixture and an illustration of the many queer things that the A. A. U. is more or less responsible for. The most regrettable and in fact the only regrettable feature about these teams is, that the members feel as though they are placed in false positions to themselves and to

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their brother athletes by reason of the fact that the A. A. U. either has not sense enough or honesty enough to realize and meet the exigencies of summer baseball and kindred sports.

I am here going to quote a writer in a publication devoted to Y. M. C. A. athletics. You will note how appropriate his remarks are in this connection. "Every one acknowledges that there is something wrong with amateur athletics. Let us seek to discover what it is and how to correct it. The effect is the result of wrong principles in competition. The world needs a new standard of competitive athletics. \* \* \* \* The requiring of entry fees in athletic meets, stamps athletics as commercial. Not only so, but it is gambling. An athlete puts in 25 cents per event (the A. A. U., you must remember, requires an entry fee which in the case of its championship events is \$2.00) and if he wins the race, he gets a prize, but if he loses he gets nothing. Furthermore, the fact that an athlete is required to pay for entering, keeps many away and thus prevents rather than encourages participation in sport. The attempt to control athletics by self-styled governing bodies is wrong in principle. Existing rules are irrational and illogical in placing all professionals in one class. \* \* \* \* No outside organization can control sport locally. \* \* \* \* The nearer we come to a free, open, hearty and general participation in sport \* \* \* \* without red tape, without commercial details, the better it will be for sport, for health and character. \* \* \* In place of the present self-styled governing bodies, there is need of an advisory and educative body, corresponding to the International Committee of the Y. M. C. A. Associations, who in place of giving so much nervous energy to police duty shall teach and spread abroad the ethics of sport and seek to produce a widespread participation in healthful and pleasurable physical exercises, by seeking to influence national and State legislation."

You will see by the foregoing that the fetters of the A. A. U. are galling the important athletic body represented by the Y. M. C. A. in this country. The A. A. U., you remember, seems to believe that its main duty is to play the

spy on athletes of any prominence, instead of seeking to raise the standard of amateur sport which is theoretically its chiefest duty and the main reason for its existence. The writer of the foregoing notes this fact in that adroit sentence in which he speaks of giving "So much nervous energy to police duty instead of spreading abroad the ethics of sport." When I recall the fact that the A. A. U. has recently organized a body of "gum-shoes" who will in the future play the sneak at athletic meetings in order to see if by any chance an amateur is guilty of the things charged and not proven, as in the cases of Sheppard and Castleman, you will see the added force of the quotation.

Yet another straw which shows which way the wind is blowing, is the action of the Montreal Amateur Athletic Association, the most prominent of its kind in Canada, that, by a vote of 312 to 12 has decided in the favor of allowing its members to play with and compete against professionals in all sports, without losing their standing as amateurs.

My Canadian correspondent, writing me, regarding the action of the Association, adds, "It is believed that the decision will affect athletics in the United States and England as well." In this I agree with him, and I may call my reader's attention to the fact that I have been advocating such a measure since I began writing these articles. The members of the Canadian body hold the opinion that it is the one method by which amateur athletics can be put on an honest basis. I agree with them with all my heart. Mr. Sam Baylis, who introduced the resolution, explains that its effect will be, not to introduce professionalism into the Association, but rather to banish it. The working of the measure will result in a weeding out of the semi-professionals.

Now, therefore, if any member of the M. A. A. A. wishes to play lacrosse, hockey, tennis, or run for money, he may do so openly and above board, by sending in his resignation. He may then be retained by the body as a paid professional, but his status will be established, his relations with his other members will not be interfered with, and if any money in the way of ex-



penses or what not comes to him, he will now be able to take it without doing violence to his conscience.

For a number of years the star men on the lacrosse and hockey teams of the M. A. A. A. have been receiving expenses of a more or less liberal nature, and nothing has been said in the way of criticism. But the M. A. A. A. will, in the future, hold strenuously to strictly amateur lines, and it is expected that all amateur associations in Canada will follow in the way stated.

I have said that the storm of discussion raised by these articles had been felt abroad. That this is true, is shown by the fact that the question of allowing expenses to British amateurs is now being seriously considered by amateur athletic authorities and promoters of athletic meetings on the other side of the water. It is now practically certain that the stupid and unjust rule by which British amateur athletes have hitherto been debarred from receiving just expenses, will be relegated to oblivion. I used the words just now "storm of discussion." As you know, storms not only clear the atmosphere but they are generally followed by calms, in which things are seen as they are, and Nature puts on an appearance of good temper. So it is in this instance. The atmosphere of amateurism has become clear by the tempest that I was more or less responsible for creating, and now that calm discussion has ensued, the justice of my views and the honesty of my intentions are admitted. And the change for the better in the status of the British amateur is one of the results thereof.

The opening of the discussion relative to giving British amateurs "reasonable expenses" seems to have been started by the *Sporting Life*, London's chiefest sporting publication. An athletic expert and writer whose articles are signed "Old Blue," has quoted the opinions of many authorities relative to the proposed change, and in almost every case, these believe that the British athlete should receive "legitimate expenses." Australia too, favors the "expense" plan. Altogether the consensus of opinion that the athlete's expenses should be defrayed is so general, that there is little doubt in my mind, that very

shortly this radical change in amateur methods in Great Britain will be duly adopted.

It is somewhat humorous to note—and distinctly flattering—that "Old Blue" in his plea that amateurs should receive expenses, uses verbatim a goodly portion of some of my articles as published in *PHYSICAL CULTURE*, although he omits to give me credit either for the thought or the language. For instance; in a recent letter in *Sporting Life* he says: "The amateur gives his time, his energy, his thought, and the best years of his life to developing his athletic ability along a given line. He practices abstinence and self-denial, and foregoes many of the pleasures that appeal to young manhood. Athletics will permit of no intruding influences if man desires to shine in them. Remembering all this is it right to put difficulties in the way, etc., etc."

If the reader will be good enough to refer to the final paragraph of the first article of this series which appeared in *PHYSICAL CULTURE* in November 1905, he will see that "Old Blue" has "lifted" portions of the same bodily. However, I don't blame him for this, and when the occasion arises I shall take the liberty of quoting from "Old Blue" quite as liberally, for he knows what he is talking about.

The current British rule in regard to amateurs in the respect cited, was responsible for the disqualification of Alfred Shrubbs, the greatest distance runner that ever put on a shoe. It was charged against him that he had accepted "expenses," and the result was, that he was declared a professional. Last year it was announced that Shrubbs would accompany John W. Morton, the British sprinter, to this country to compete in the N. Y. A. C. Fall games, and also take part in the Canadian Championship. Shrubbs, honest fellow that he was, admitted that his expenses would be paid by Canadian and American organizations. Morton who was wiser, displayed a statement showing that he was to pay part of his expenses. Shrubbs was not allowed to cross the Atlantic, Morton was. And there you are.

Among the many opinions given to

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*Sporting Life* as to why expenses should be allowed, was one from one of the most prominent promoters of athletics in North Britain, who wrote: "You have hit the right nail on the head. To cope with veiled professionalism and the dishonest action of certain clubs in offering monetary inducements to certain amateurs, some fresh move must be made. Why not fall into line with cricketers, rowing men and others, and legitimize fair and reasonable expenses to athletes who are bona fide representatives of a district or a club?"

A Welsh correspondent says pertinently: "Nothing but lack of means prevents hundreds of promising young athletes from following up sport. If these are called upon to represent their clubs on special occasions, their out-of-pocket expenses certainly ought to be paid."

A curious commentary on the hair-splitting of those who for some motive or the other are always ready to prevent the amateur from getting a penny in the way of expenses or what not, is the fact that one of the critics of the proposed reform is a late Cambridge University

athlete. And yet mark; the Cambridge University Athletic Club takes care of its athletes in a fitting manner through the medium of trainers, a training table quarters, etc., all of which are paid for by the Association. Yet to this he makes no objection, although as I have repeatedly pointed out, it is as much a direct payment to give an amateur these things as if he had been given the actual cash to cover the expenses represented by the trainer, etc.

Those who are familiar with British amateur sport conditions, as I am, will realize that this discussion on the expense question is extremely significant. Britons as a rule are very conservative, especially in matters of sport. Hence when they begin to recognize the fact that the amateur is worthy of financial consideration their so doing is indeed significant of the situation as a whole.

The "world do move." And there is taking place a movement in the world of amateur sport which must inevitably be for the betterment of the amateur and the pruning of the powers and unprogressive methods of the Amateur Athletic Union.



C. H. GILMAN

## TWO ENTHUSIASTIC BOSTON PHYSICAL CULTURISTS

We, the undersigned, wish to heartily thank you for helping us along the road to health through the medium of your magazine, supplemented by a careful adherence to the theories laid down in "Strength from Eating." We are glad to enclose photograph of ourselves. We are sorry we have none of a few months ago to show the improvement, by which we might better demonstrate the true strength and worth of your ideas. We shall always remain,

Yours gratefully,

C. A. LEWIS

C. H. GILMAN.

Boston, Mass.



C. A. LEWIS



## Bernarr Macfadden's Glass Homestead

Facts, Scientific and Otherwise, that led to the Decision to use Glass as the Main Material of Construction—Out West, Skyscrapers are Being Made of Glass, but it has Remained to Mr. Macfadden to Erect the first Home of a Similar Type—Advantages, Hygienic and Artistic, that will be Exhibited by the Structure

By A MEMBER OF THE EDITORIAL STAFF



**F**TEN it seems that some scientists and authors are possessed of the gift of prophecy. The reader will doubtless remember that more than one of Jules Verne's fantasies—as they were believed to be at the time—have taken unto themselves a practical form, notably his submarine boat. Several more or less successful attempts have been made to establish an "Utopia." And now it is that the prediction of Camille Flammarion, the French astronomer-poet, that people in the course of time would live in beautiful transparent houses of glass, is actually being fulfilled, for several such houses are being built in the city of Des Moines, Iowa. And, as has already been told in this magazine, Bernarr Macfadden is constructing a home which, to all intents and purposes, is of glass also.

In view of the fact that a home constructed of glass is not merely a novelty but is absolutely unique, and that in consequence there are no precedents to guide and no experiences to suggest, Mr. Macfadden found that there were many obstacles to overcome, and that many difficulties of an unexpected nature presented themselves. For example—the material that would be appropriate in the case of a glass skyscraper, would not be in order in the instance of a private home, and the same remark stands good so far as steel girders and screens are concerned. Then too, while a house built of glass would be all

very well in the winter with the assistance of internal heating arrangements and the warmth furnished by the rays of the sun, yet in the summer, a structure of its type would be obviously unbearable unless its plans included such arrangements as would readily keep out the heat.

Furthermore, while the very end and aim of such a building is to allow of the "eye of the sun" peering into every nook and cranny of it, yet in many cases it would be unwise if not embarrassing, to give the same liberty to the eye of the public. Hence, among the problems involved, is some method looking to the free admission of the sun rays and the exclusion, wholly or in part, of the gaze of the curious. So much for outsiders. But in addition, some amount of privacy is also needed as far as its internal arrangement is concerned. Bed rooms and bath rooms would of course require to be fitted with devices to the end of making their interiors invisible when the occasion required. Other devices, so as to permit of the interior ornamentation of the glittering walls would also be needed, some precautions would have to be taken to prevent the wanton or accidental destruction of the glass sheets or panes, and indeed, a dozen other major or minor difficulties had to be considered, met and overcome.

In a general way I am in a position to state that the most of the problems connected with the building of the structure have been solved. With certain modifications and changes in the direc-

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tion of stability and solidity, the general plans thus far followed, will be those used in the construction of green-houses of a better type. In other words, the frame-work and supports of the house will be of wood, and the glass itself will be in sheets varying in size and thickness in accordance with the needs of the various parts of the structure. The floors will be of hard-woods, but the roof throughout, will be of glass in some thickness in order to withstand the possibilities of a hail-storm or the weight of snow-fall. It is almost needless to add, that while the plan of a typical green-house is adopted as far as the method of construction is concerned, yet architecturally, Mr. Macfadden's home will be very much otherwise. In other words, it will be a graceful structure, constructed with a due regard for the artistic demands of an ideal home.

The other obstacles also alluded to, have already been or will be overcome. Privacy and coolness as well as fresh air can be readily obtained by the proper use of Japanese matting, shades and bamboo portieres. These are not only admirable from a hygienic standpoint, but in addition, they satisfy the eye to the full. It is probable too, that Venetian blinds will also enter into the construction of the house, and these are also possessed of so many good qualities that it is a wonder they are not more generally used than they are. All of you are no doubt familiar with the ingenious devices by which a photographer secures the proper degree of light or shade in his gallery by means of curtains that slide across the glass ceiling. A method of a somewhat similar nature is to be employed by Mr. Macfadden in the case of his glass roofs also. And it goes without saying that the arrangements alluded to will give all the internal privacy desired, at all times, and the needed coolness during the heated term.

There is in existence, a house which is built on a sort of big turn-table, its owner being a lover of sunshine. By a simple arrangement, the room in which the sun-lover sits, can be always turned in the direction of the sun. This is all very well as far as it goes, but it is not everybody that would care for or could afford to build a house that is in a per-

petual state of revolution. In the case of Mr. Macfadden's home, however, some part or portion of it is bound to be receiving the benefits and the beauty of the sunlight, and it is merely a question of going from one room to another in order to bask in the beneficent rays. The great advantages of this arrangement may not appear at first glance, but I think that it will be in order to allude to some of them, especially as there may be people who imagine that when Mr. Macfadden decided on glass as the material to be used in the construction of a home, he was fostering a fad rather than demonstrating a scientific principle.

Light is the mother of all life. Exactly what it is, our scientists cannot state for a certainty, although they offer many theories regarding its cause and nature that are of a very plausible sort. It is true that books on physics define light as "vibrations of the ether" the number of vibrations per second varying with the color of the light-ray. But on the other hand and in view of recent investigations of radium and other luminous substances, it is now thought possible that light is a sort of bombardment of this Earth by infinitely minute particles of the actual substances of which the sun is composed. Be it as it may, everything on this Earth, animate or inanimate, is the offspring of light, and more than that, light not only creates but subsequently supports and nourishes. We see illustrations of this fact every day. I need not go into details in regard thereto, but the vegetation in a scantily shaded place, the pallid faces and sickly forms of those condemned to work in crowded factories or sweatshops, the depressing influences of semi-darkness and on the other hand, the inspiring and vitalizing powers of brilliant light, go to prove that light and plenty of it, is much of a necessity to all life as are air or food.

It follows then, that the more light one has, the better it will be for him. This fact has been more or less ignored in the case of the average home. Indeed builders of the majority of houses and flats to be found in a crowded city, are criminally negligent of this plain law and demand of Nature. And this



law is one of the reasons why Mr. Macfadden decided on having a glass home-stead.

Then again, the therapeutic value of light is practically ignored nowadays, even by the "advanced" members of the medical profession. The actinic rays that come from the sun are invisible to the eye, but have tremendous power chemically and in other respects. It is these rays, that do the work in the case of the photographer, it is these that cause freckles, acting as they do on the coloring matter of the skin. It is these that act in a variety of other ways that are only recognized by the scientists and that work wonders in connection with the life, growth and beauty of animate Nature. Their action is as necessary to health as is the action of the muscles. And the need of giving them full access to our apartments and our bodies is in the majority of cases absolutely ignored or not understood. More than that, the light-rays of the sun are distinctly and powerfully antiseptic. When matter of any kind has outlived its usefulness Nature proceeds to "resolve it into its primal elements." In other words and with the aid of the sun, it splits up and returns to first conditions, so that it becomes once more useful and is prevented from doing harm to its surroundings. Thus it is that a piece of meat exposed to the sun's rays begins to decompose, or rather begins to resolve itself into substances that are not only innocuous but useful.

One of the writer's friends is a New York physician who while nominally a "regular" is actually a physical culturist when it comes to practice. About two years ago, he developed unmistakable symptoms of consumption. Knowing what he did of his profession and of its "cures" for the disease, he did the most sensible thing under the circumstances. Putting his practice in other hands, he went to a certain town in Arizona in which there are 316 days of sunshine during the year. To use his own words, this followed: "I cut out meat, cigars and necessarily, all alcoholic drinks. I made arrangements to have an unlimited supply of fresh milk and cereals. Then I put on a gauze undershirt, as light a pair of trousers as I could get, a pair of

old shoes cut into a sandal effect, a Panama hat, and a pair of smoked glasses so as to prevent the glare of the sun from affecting my eyesight. Then I would sit from morning to night in the direct rays of the blazing sun, only getting out of them in order to eat and sleep. Knowing what I did of the power and value of the sunlight, I had perfect confidence in their ability to restore me to health. And now look at me."

The writer looked. When he last saw the speaker he was an emaciated wreck of a man. Now—this was about six weeks ago—he was bronzed, broad, clear-eyed, and possessed of that springiness of step and animation of tone that are always identified with perfect health. Sunshine had effected an absolute cure.

It is also unnecessary to remind you that Nature intended our eyes to do their work amid a normal amount of light. According to statistics, nearly 35 per cent. of the residents of large cities have defective eyesight. And a goodly portion of such eyesight, is the direct outcome of the strain put on the delicate organs of vision by improperly lighted rooms. Go into a street car or any place of public assembly and note the number of individuals who wear glasses. Then visit a few flats in any large city or some of the offices in the crowded districts, and note there too, the gloom of their interiors. You will then understand why the oculist and optician flourish.

I could give further and sufficient reasons, if indeed any such were needed, why the editor of PHYSICAL CULTURE was justified in departing from the conventional in the matter of his home now in the course of construction. But I think that those given, are enough to prove that common sense and scientific reasons are the foundations upon which it is being built. And I also imagine that when its beauty, convenience, and hygienic qualities are seen and recognized, that other homes of the same type will be the result. In consequence of which there will be an increase in the health, happiness and I may add the beauty of those who will follow in Mr. Macfadden's architectural footsteps.

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## Weird and Wonderful Story of Another World

Unparalleled Experiences of a Young Scientist Who Solved the Problem of Navigation, not only of the Atmosphere, but of the Heavenly Spaces outside of it. Claims that Jupiter is peopled by a Superb Race who are Ideal Physical Culturists

By TYMAN CURRIO

### CHAPTER XIX.



REEDLESS to relate how pleasurable excited I was at the thought of exploring the ruins of that ancient city, which, from my air motor, had seemed so magnificent a specimen of architectural art and material splendor.

I had been much impressed by all I had seen and heard of the remarkable advance in the moral, intellectual and even spiritual fields by the singular people I had come among, but I will say I found it very difficult to believe that they had really once been in anything like the stage of industrial advancement that the Earth is now in.

The fact was, that I could not escape the logical conclusion that I must reach

if I found that the present state of these people was an advance on a state similar to that from which I had just come and of which I was a product.

It came to me like this: If these people once were where we on Earth are, then it may very well be that we are tending toward the same state that they are in.

I was already pretty well convinced that I was in a very backward condition of body, mind, morals and soul; but it plunged me into a very boggy place indeed to have to think that our boasted civilization was only a step, so to speak, out of barbarism.

Of course I have been unable to do any more than indicate here the various facts I had already learned of Jupiterian life, but even so, my readers must all admit that such truths as I have told went to make a charming place of Jupiter.



Think of a land where you were praised for every new idea you could offer your fellows! Think of a land where you were freed from the grinding toil of laboring by compulsion in order that some rich idler might grow richer at your expense! Think of a land where everybody minded his own business! Think of a land where health was normal and disease shameful!

Ah me! when I think of Jupiter, when I recall Bel's goodness and beauty, when I calculate how long it will take me to produce another Etheroplane to replace the one now lost to me, I feel like crying out in my pain.

It is my duty, however, to tell all I know to my fellow men of the Earth before I seek to return to that land, which now represents to me the only complete happiness possible.

"I would like to speak with Bel before I go with you," I said to Zil.

"Very well," he answered.

It did not occur to him to ask why I wished to speak with her, but I was under the dominion of the Earth's idea that one must always account to some one else for what he does, so I added:

"I wish to tell her that I have gone with you so that she will not be uneasy on my account."

"You think she will be uneasy?" he queried in a wondering tone.

There it was again! We on Earth are so filled with the idea of fear that we are forever imagining that something untoward is going to happen. And, to be sure, there are innumerable perils constantly threatening the helpless. But on Jupiter there are no perils, and there is no fear. One comes and goes at will, without explanation, without any sense of accountability to others whose only title to an accounting is, after all, an enslaving notion of possession.

"No, of course she will not be uneasy," I replied, "but anyhow she has been my hostess for so long that I certainly owe it to her to tell her where I am going."

"Do you mean," said Zil as if not sure that he understood, "that you feel you should give her an opportunity to thank you?"

"Why should she thank me?" I demanded in surprise.

"I understood that you were kind

enough to make her a long visit," he answered.

At that I remembered that among these people, who are always busy about something and who have little time to spare, it is considered a great kindness to make a visit to another.

"Yes," I answered desperately, "but it will be a pleasure to see her anyhow."

"That is true," he assented: "she is a lovely girl, indeed:" and with that set about seeking her. "Ah! here is Dolha!" he exclaimed after looking around for a few minutes; "he may know where she is."

I cannot tell you how it annoyed me to have his name connected with hers in so matter-of-course a way, but there was nothing to do but endure it. I hailed him at once.

"Dolha," I said, "have you seen Bel lately?"

"Yes, I left her only a short time since."

"Where is she?"

"She has gone to the mountains in a great hurry. A botanist from the far south told her of a certain flower that is now in bloom there, and Bel in her enthusiasm jumped on her machine and went at once. It seems there is something peculiar about the flower. Did you wish to see her?"

"Is it not natural to wish to see Bel?" Zil asked with a smile. "Ah, Dolha, you should understand that desire."

"I understand it and share it," he replied with an answering smile. "I am sorry you should have missed her," he said to me.

"Oh, I shall see her when she returns, I hope," I replied—a little stiffly I am afraid. "I only wanted to tell her that I was going with Zil to the ruins of the ancient city."

"It would be a pleasant thing," said Zil, "if we had a sort of telephone that would enable us to converse together no matter where we were. Would such a thing be possible, Dolha?"

Dolha looked for a moment at Zil before answering, then said:

"I had never thought of that, Zil. I believe it can be done; and it certainly will be a pleasant thing to have in use. I shall work at it. Thank you!"

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I may say here that before I left Jupiter Dolha had gone so far toward perfecting such a portable telephone that he spoke of it to me as a certain thing.

As I left Dolha with Zil and sought my machine, I could not help dwelling on the avidity with which Dolha grasped the suggestion of Zil. And I discovered that it was always the case there when a want was suggested by anybody, there was always somebody to take up the notion and seek to embody it in the hope that it would fill a real need of the people.

Of course this is contrary to the commonly accepted belief on Earth, where a ruinous competition is excused if not lauded on the ground that it whets the powers of invention.

I know nothing about such matters, and it may be that competition and the lack of it produce precisely the same results so far as stimulating the inventive powers is concerned; but it certainly did seem as if the peculiar freedom of the Jupiterians from economic pressure—if I may use such an expression—had enabled them to make such strides into the world of applied knowledge as left us, with our boasted industrialism, very far in the rear.

We could have gone to the ruined city much more rapidly in one of the air chariots of the Jupiterians, but I wished to keep my aeroplane where I could maintain it in its highest state of usefulness and for that reason asked Zil to ride in it with me.

We had not gone very far on our journey before Mira overtook us, her sweet face all alight with eagerness.

"Oh, Wuzzy!" she cried, "Dolha just told me that you were going to the ruins and that you had been asking for Bel. She left a message for you."

My heart began to beat faster, and I am sure the color rose to my cheeks, though I tried my best to say in an unconcerned tone:

"Oh, did she?"

"Yes, she said I was to explain to you that she was obliged to go quickly or lose a chance to find a certain flower in bloom. And she said you perhaps would like——" Here she stopped and blushed in a pretty confusion—"to have

me go about with you until you have learned our ways better."

"That was very good of her and good of you, too," I answered, but she interrupted:

"Oh, it will be good of you to do me such a favor."

"It is very easy for me to be good in that way," I answered, "so please come along, little Mira, if you are sure you will not find it tedious to be with us. What do you say, Zil?"

"Mira and I are such friends," he said with a smile at her, "that I do not need to assure her that I shall consider myself fortunate. Besides her fresh mind may think of some questions to ask you that I might pass over."

So Mira, greatly to my satisfaction, went with us. It seemed to me that she was a link between me and Bel.

As we went along, Zil and I in my vehicle and Mira on her individual machine, he gave me an account of the ruins, which I may briefly summarize in order to save time.

It seemed that there were other ruins in various parts of the country, though none so extensive or so well preserved as these, of which especial care had been taken from a time so far back that now they were in what might be called perfect condition.

At one time, he said, some thousands of years previous, the city had been discovered almost buried in parts, but in such good condition that it had been possible to dig it out and restore it to a condition that enabled their archaeologists to form a very good idea of what the ancient industrial state had been like.

Books had been written about it and many speculations had been made on the uses of the various great buildings, but there were still many points yet unelucidated, and Zil was in hopes that I might be able to help him because of the backward condition of the land I had come from.

You may be sure that all he said of this mighty city being a silent witness of a former, low state of civilization on Jupiter, filled me with the oddest thoughts. I may as well admit that there yet lingered in my mind no little objection to accepting the rank for the



Earth and its civilization that the Jupiterians gave it.

And I can assure you that when we reached the city and went gliding over it, and I could look down on its vast area covered with stately buildings, I was only less disposed than ever to believe that this was the product of a people in a low state of civilization.

The ancient city was of monstrous proportions, covering perhaps twice the area of London; but the feature of it that struck me most forcibly was its singular resemblance to one of the great cities of the Earth.

One who has never been able to look down on a city can have no idea of course of the peculiar aspect it presents. The loftiness of the buildings ceases to be noticeable, and the eye is impressed mainly by the roof area, the open spaces made by the parks and squares and the geometrical effect of the intersecting streets.

I, who had looked down on New York and London and Paris, could see in this stupendous ruin, so many thousands of years old, a remarkable likeness to them in all essential features; and I remember that my reflection was that there had probably been similar material and similar conditions to produce such similar results.

"Let us descend in that large open space," said Zil, indicating a spacious square in the heart of the city.

## CHAPTER XX.

I was so fully occupied in descending to the proper place without coming in contact with any buildings in the course of doing so that it was not until I had reached the solid surface of the planet that I could look about me to contemplate the character of my surroundings.

The first effect of the spectacle that met my eyes was a low cry of wonder and admiration, drawn from me involuntarily by the marvellous splendor of the sight. As I remember, my first conscious thought was that I had never seen anything on Earth comparable for beauty to this, excepting, perhaps, the famous, artistic group of buildings at the Chicago Fair.

We stood in the midst of a great

square, about which were grouped the public buildings of a once busy civic life. There could be no doubt about the character of the buildings, although they had not that heterogeneous appearance common to all the public buildings I have ever seen in the cities on Earth, which are the results of slow growth and of slowly increasing respect for artistic quality in architecture. It was evident that these great piles had been conceived and grouped by one mind.

I stood awed and silent; and as if both Zil and Mira understood my feelings, they also refrained from words. And, to add to the effect, the great city was as silent as if it had been a tomb.

I looked about in a sort of daze, unable to believe that of a sudden there would not arise that babel of sounds which one always associates with the center of a great city's activity.

If the city had had the appearance of a ruin there would have been no such illusion of suspended life; but all about was in an absolutely perfect state of preservation, even to the exquisitely beautiful fountain, whose waters were flowing as if they had never been choked back.

I discovered afterward that the whole city was in a similar state of perfect preservation, careful hands having through the centuries been busy in restoring all that could be restored. And that was almost everything in the city.

The buildings were of a light-colored granite, of great height indeed, but of such perfect proportions that they had no unseemly appearance of mere bigness. And so well did each building betray the purpose for which it had been built that I instantly knew as I looked that the central one, with its imposing flight of broad steps, was distinctly the municipal building, the one at the right for the courts, the one at the left for the legislative bodies, that for the records and so on all about the magnificent square. And later I discovered that I had made no mistake in my guesses.

"And you have abandoned all this?" I said at last in a low tone, turning to Zil.

"Abandoned it! Oh, no! We take the greatest care of it. Whenever we

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think it needs a general cleaning up we call for volunteers, and there comes a vast multitude of workers from all over the country. Oh, we cherish this relic of the past, even though it be a reminder of a once backward condition."

Always that calm assurance of having progressed beyond the stage of civilization which this magnificent city represented. I wanted to answer with a sneer that I had seen nothing else in the land comparable to this as an evidence of civilization, but I refrained at the thought of the mental, spiritual, moral and physical condition of the Jupiterians.

"I did not mean that you neglected it," I said, "but that you did not utilize it for your present purposes. Surely you have no finer buildings for your rulers than these. And I am sure there are magnificent residences here. Am I not right?"

"Rulers! Do you know what he means, Mira?" said Zil with a smile.

"No, I do not know. I understand the word, but I don't see how it applies," she answered, looking at me out of her great blue eyes in innocent curiosity.

"I mean those persons who regulate your conduct for you, who say what you shall or shall not do, who make the rules of your life for you."

Mira only looked inquiringly at Zil. He smiled in his pleasant way.

"I thought you had talked about this with Vella," he said to me. "But perhaps Vella has not made a study of the past as I have, and could not understand your allusions. We have no rulers, Wuzzy. Why should we have?"

As a matter of fact I had talked of this with Vella, but in the presence of this congregation of buildings once devoted to governmental devices I had been unable to believe that he had been correct.

"I did have some talk with Vella," I replied, "but I remember now that he referred me to you as one more competent than he to tell me of such things. Then you have no kind of government, no force to compel you to any sort of prescribed conduct?"

Zil considered for a moment, then turned to me with a smile that seemed to say he had hit upon a conclusive argument.

"You come from a land where there are rulers, do you not?" he asked me.

"Yes."

"And you believe, as our people once did, that force is necessary to keep people from injuring each other?"

"Yes, I confess that I do, Zil."

"Are you better than your fellows, Wuzzy?"

"Certainly not. That is no better than those of my class."

"Ah yes, I had forgotten that there were classes in those old days. And you have classes too?"

"Of course you can't understand, but naturally there are those who are educated and those who are ignorant."

"I don't understand why it should be, of course," he replied, "but I know it used to be so here too. Tell me! are the educated all alike then in taking a fair and kind attitude toward each other?"

I could not help smiling as I remembered that the use we made of education was to enable us to get the better of those who were not educated.

"Oh no," I answered truthfully, "the educated are no better than the ignorant when it comes to that. They need the laws and the rulers just as much as the ignorant."

"And when you are in your own land you feel that you need rules and rulers to keep you from injuring your fellows?" he asked.

"I don't know that I ever thought of the rules or the rulers," I answered "but of course I need them as much as anybody."

"Do you need any rules here?" he asked.

"Of course not."

"Why?" he asked.

I hesitated. Why did I need no rules to keep me in order? No one would do anything to me if I stole—I stopped at that. There was no need to steal since I could have anything I wanted for the asking. In fact, once you did away with property in things, the whole fabric of the law became useless, since all law arises out of the need for protecting property.

I couldn't make any answer to his question excepting that I had no desire to injure anybody; and it was altogether useless to argue with him that such a



state of affairs might do well enough in Jupiter, where no one was concerned about property, but would not do on Earth, where all men thought of was how to own something. Indeed if I had said such a thing as that to him he would have asked why we did not change, since changing would bring so much happiness.

Imagine telling a billionaire of the Earth that he would be happier if there were no such thing as property. In fact fancy telling it to the poorest man on Earth! Of course I don't pretend to say that happiness would come to everybody on Earth if property were abolished, but certainly there could not be conceived more peace and happiness and progress, too, than on Jupiter, where no one owns or wishes to own anything.

Of course such a conversation as this naturally led to our exploring the vast governmental buildings, which, to my delight, I found I could understand and explain as well as if I had been going over the city hall in New York. In fact the various rooms almost explained themselves.

But the greatest interest of all was to hear Zil's curious and usually amazed questions about why one man should be set up over the others, and why men should gather in the legislative halls to make new rules all the time.

He wanted to know why a set of rules could not have been agreed upon and observed by everybody without the army of police which I explained to him must have occupied the magnificent headquarters.

This first examination was only cursory and was made rapidly, so that the conversation was disconnected; but for that reason it covered more ground than it otherwise would have done.

I found that Zil knew much in theory about the government of the city, but my explanations of little points that kept cropping up, filled him with amazement and not seldom with horror.

I remember that on a table in one of the rooms in the city hall, I saw a club which had such a remarkable likeness to the club of the policeman on Earth that I snatched it up with a cry of startled surprise.

"Do you know what it is?" Zil asked

me. "Over in that building"—pointing through an open window—"there are numbers of such sticks."

"It is a sort of weapon which is carried by the men who are employed by rulers to maintain order."

"And what are the weapons for?" he asked.

"Oh," I answered lightly, "they are carried so as to awe the people, or to beat them over the heads with if they misbehave."

He stared at me not comprehending. I had to explain further.

"You see," I said, "the people are not like you are here, self-reliant and educated how to act, but are very foolish and weak and dependent, so that if many of them come together—particularly if they are poor, working people—these men with their clubs have to be present to force them with blows to do what the rules demand of them. You have no such foolish class here, but on the Earth most of the people are of that sort."

"And such was once the case here!" he murmured, shaking his head in horror.

"It may not have been," I answered. "You seem to me to be a different sort of people, not needing force."

"But it was so here when this great ruin was filled with people," he said. "For in some places underground we have found skulls evidently broken by some hard instrument; and I know now that just such clubs as this must have been used for the purpose. And such conditions exist where you come from?"

"Yes," I answered.

"And are endured?"

"We think we could not exist in peace without these things."

"Exist in peace!" he cried. "Do you call that existing in peace? But you will teach them better things, Wuzzy, when you return. You will teach your people that the way to be happy is to be good to each other. You will go back and teach your people how to have peace and good will."

"Ah," I answered, "there was a man who, nearly two thousand years ago, came to the Earth to teach us what he called the golden rule, and who tried to teach us how to have peace and good will."

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"And he was honored and followed?"

"He was murdered, but there are thousands who call themselves his followers now; indeed the most powerful people on the Earth call themselves after him."

"Then what do you mean when you say that such awful things are done? Do you mean that you are not of that country?"

"Oh yes, I am from that country, but the truth is that most of the evil that is done on Earth is done by those who use this good man's name only as a cloak. If I could go back to my people and could tell them some way by which vast numbers of people could be killed, I should be given the highest place and should be honored above everybody else. But if I should go back and say to them to give up their property, give up force, give up trying to enslave their fellow men, give up trying to make rules for them to live by, the chances are that I would have my head broken by just such a club as that. And they would say I was a dangerous person and maybe put me in a little room away from my fellow men."

"If you were to preach peace and good will and universal happiness? Oh, Wuzzy!"

"Well, it is the truth," I said.

"It is very horrible," he sighed.

"And to think that we were once like that!"

## CHAPTER XXI.

As may easily be imagined, the day was not long enough to enable us to very carefully look at the buildings about the square; nor, indeed, was any attempt made to do so. We wandered from one building to another as we wished or were moved by the need for explaining the relation of one building to another.

I remember trying to make Zil understand that at the time this city was built the government must have been democratic in form; that the people must have been self-governing.

"Are we not what you would call self-governing?" he asked.

Of course I admitted that they were so, but in the highest sense, not in the

sense in which the term was used on Earth, where it meant only that we did not trust ourselves and therefore chose men to govern us for ourselves.

I can see that it must have been difficult for him to understand such a state of things; and I so far recognized it then that I gave him a brief review of the different ways in which people were governed on Earth. I told him of the autocratic, one-man government such as Russia's, and of the mixed autocratic and legislative government of Germany, and of the democratic-military way of France, and of the democratic-aristocratic-constitutional-royal way of England, and of the glorious pure democratic way of the United States.

"Ah!" he cried when I had concluded my explanation, "I can see that already the change is taking place in your planet that has already taken place here. In the last country you mention the people are already governing themselves, it would seem."

"Exactly," I replied, "just as was done by the people when this city was built." We were standing out in the square by the murmuring fountain at the time, and I pointed to the various buildings as I spoke. "There is the building where the rules were made, there is where the man who executed the rules had his offices, there is where the rules were explained and punishments meted out, and there is where the men with the clubs to enforce the rules had their headquarters. You see," I said, "that it was a very simple and logical form of government."

"Does it seem simple and logical to you, Mira?" asked Zil of the child.

"Why no," answered Mira with a puzzled expression. "Wuzzy says that the people chose the men who were to make the rules and who were to see that they were carried out."

"Yes," I answered.

"And did the people really like to be clubbed with those horrid clubs?" she asked.

I laughed very heartily at that as being a child's funny way of understanding the matter.

"Certainly not," I told her: "only those who broke the rules would be treated with violence."



"Oh," said Zil, "then I think I understand. You mean that when a person broke one of the rules he was taken before the men who explained the rules, and then handed over to the men with clubs to be beaten."

"No, no," I protested, "nothing like that at all. We have no brutal punishments on Earth—not in my country anyhow—and I don't suppose you had here in the time of this city. These men with the clubs went about everywhere with their clubs in their hands to awe people into respect for the law and to make them realize that behind the law was a force that could do anything to them."

"But I thought they made their own laws," said Mira, whose childish mind could not seem to comprehend the simple beauty of our system.

"So they did."

"Then why should they not respect them? Why should they wish to break them?"

"And then about using those clubs, Wuzzy," said Zil. "You say there are no brutal punishments, and yet you say that heads are broken with those clubs. I do not understand that."

"Oh," I said, rather glad to avoid trying to answer Mira's childish question, "the men use their clubs before punishment is decided on, never after."

"And who tells them when to use them and on whom?"

"They decide for themselves."

"Ah! and they are chosen from the wisest and best men in the country, of course," said Zil.

Naturally that was very funny to me, but I realized that it was hopeless to try to make him understand. You see he had been brought up in such an odd way that he could not comprehend that force ought to be used to compel anybody to do anything he did not wish to do.

And I am ready to admit that if you could do away with stealing and murdering, as they do on Jupiter, by having no such thing as property, you could very well get along without laws or men with clubs. But who wants peace or happiness at the price of no property?

I was tired enough when the day ended and Zil suggested that we eat

something after a bath. And I made up my mind that when the morrow came I would avoid that square and with it avoid all talk about government.

I don't know how it was, I suppose my mind worked mechanically, but somehow I had taken it for granted that Zil and the other antiquarians, or archæologists, would have made themselves comfortable in one of the magnificent houses of the ancient city. I was therefore taken aback when he led Mira and me to a beautiful park only a short distance from the square and showed us a tiny, unobtrusive little cottage.

It was his workshop and storehouse, just as Bel's was hers. It was fitted up altogether differently from hers, but had every appliance for comfort and cleanliness.

"Where do you sleep?" I asked.

He waved his hand about in a vague way, but I understood him. He had all of that splendid city to choose from, but preferred the greensward for bed and the blue, starry sky for canopy.

I laugh at myself now for feeling as I did, but I acted according to my impulse. I wanted to spend the night sheltered by a roof. I had looked with yearning at some of the magnificent mansions we had passed, and felt that if I could but get into one of them for the night I should be happy indeed.

This sleeping out-of-doors might indeed be an evidence of a higher civilization, but I will be frank enough to say that to me it smacked of retrogression. The Jupiterians were certainly in advance of us in mentality, in spirituality, in morality and in physique, but I was still of the belief that in abandoning the luxuries of life they had in so far turned their backs on progress.

"Is there any reason, Zil," I asked, a little shamefacedly, I think, "why I should not sleep to-night in one of the houses—that one, for example?" I pointed to a mansion which was almost a palace and which looked as if it had but just been built.

"Surely not," he replied, suppressing a look of surprise. "Today," he added with a smile, "there are no clubs active in the city to compel you to do anything you do not wish. Do you really miss having your head broken, Wuzzy?"

I laughed at his question, I had never had my head broken, I had never experienced violence.

"Oh, we were merry once, but it never came, "it was when you try to tell me about peace and tolerance."

I did not know because I had never had the instant from the time I was partly convinced by the Jupiterians who

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I laughed with him and Mira at the question, but explained to him that I had never had my head broken because I had never done anything to call for violence.

"Oh well," he retorted, being in a merry mood now that play-time had come, "it will surely happen to you when you return, for you know you will try to teach your fellows the joy of peace and good will and mutual assistance."

I did not try to argue with him, partly because I knew I would be in danger the instant I advocated such a departure from the fixed ways of the Earth, and partly because at that time I was not as convinced as I now am that the Jupiterians were right.

The first thing we did was to go to a lovely lake, not far from Zil's cottage, for a bath or a swim. We were there joined in a little while by a number of the other archaeologists who were engaged in studying the ruins and the great library that had been preserved there.

I noticed that there were as many women as men among them, and that most of them were young. They had all been to the games and were bent on finishing the day with a frolic.

We played all sorts of games in the water, and shouted and laughed with a freedom and zest that I am prepared to say were never known in that park in the days when the city was alive with inhabitants.

Indeed, I was not a little startled when it came over me that in the days of that city's greatness, such a party as ours was, would have been arrested and haled away to the massive prison whose forbidding walls had caught my eye when I looked out of one of the upper windows in the City Hall.

And with that shocking thought came the other, that probably there had

never assembled in that city in the days of its power and wealth, a party of so many absolutely innocent and harmless persons. We were bathing together nude without ever a thought of our nudity or the shame of it; but that alone would have brought the men with clubs and before ever we could have been taken before the interpreters of the rules—the judges, in other words—we would probably have had our heads broken.

I tried to think of such a party making use of the lake in Central Park in New York, but it was a thought that would not make an image in my brain. It was unthinkable.

After the bath we ate the simple but delicious meal which the long day of abstinence from food made so grateful; and subsequent to that we sat around in groups and talked of all sorts of cheerful things until at last some one proposed music, and I was treated to something I had not known existed on that wonderful planet.

We had solo and part singing—my little Mira singing a solo in a voice of such entrancing melody that I could not keep back the tears—and we had instrumental music of such a character as could not have been heard on Earth though the best of its performers had gathered together.

They were mostly stringed instruments and wind instruments of wood. What harmonies filled the air of that ancient city that night! I left the scene when finally the party broke up, my soul fairly quivering.

I mechanically took the electric lamp which Zil gave me and accompanied him to the palace I had chosen for my night's abiding place. He left me at the door, and went back to the grassy stretch in the park where his bed would be. I watched him disappear in the trees and shrubbery, and then turned my face toward the silent palace.

(To be Continued.)

#### DIET WROUGHT A CURE

Mrs. J. Earle, a well known medical missionary, tells of an interesting experience of an Englishman in China who astonished his European doctor by a very rapid recovery from dysentery through refusing beef-tea, medicines,

etc., and living on milk and white of egg, and afterwards chiefly on bread. The doctor had long wondered why the Chinese got well so quickly, and supposed it might be "because they never eat meat." The case settled his belief.



## Physical Culture in its Relation to Voice Culture

BY MARGUERITE DUNLAP

**M**Y knowledge of voice culture, gained from instructors of extended reputation, together with that derived from my own experience and independent research, has been greatly added to, and certain problems solved by the study—and practice—of physical culture.

A breakdown in health induced me to give up, temporarily, professional work. It was then that I began to study health problems both diligently and conscientiously, and with most encouraging results.

I naturally supposed that during the period of my recuperation, I would be at a standstill, as far as advancement in music was concerned. But I was greatly and most agreeably mistaken.

At this period, although I did not sing much, yet ideas would come to me, and I threw overboard first one, and then another of the ideas I had accepted in the past, and my views became more definite until there was no longer any guesswork in my theories or practice.

I became more convinced than ever before that a great deal of the vocal training received amounts to straining the vocal organs. Also that no vocal teacher will deny that the state of a person's health affects either for good or ill, one's voice and professional career.

Yet very few take the trouble to acquire a knowledge of the body or the laws governing it, either for their own welfare or that of their pupils.

In spite of their belief in the advantages which a well developed body gives to a singer, they proceed to train the voice as though it were quite independent of the body, and not dependent on the organs by which it is produced.

I do not wish to convey the impression that all a person needs to do in order to become a finished singer, to is

practice physical culture. But I do state most emphatically that in order to acquire beautiful, carrying, vibrant tones, physical training must precede and accompany instruction in tone production.

And furthermore that the possessor of a good voice must in order to do it justice understand the laws of hygiene and dietetics, and live in accordance to them. Every vocal teacher will admit that correct tone production is dependent upon proper breath control and absolute relaxation of the throat muscles.

But merely telling a pupil to breathe deeply, or giving instructions upon the subject that are vague in the extreme, is not likely to prove very beneficial to pupils, considering the abnormal physical condition of most people. Nor does the mere suggesting to the pupil the propriety of relaxing and opening the throat help matters.

Such a reminder is likely to cause self-consciousness, which tends to increase the strain and contraction of the throat. On the other hand the entire avoidance of the subject of breathing and relaxation (which is the rule among many teachers) is also unwise.

Even when the pupil's breathing is normal, and the body flexible, as is sometimes the case with youthful and physically active singers, such a course is not commendable, as it does not safeguard one against falling into bad habits nor enable one in turn to teach others. While the whole body is under a nervous tension, it is quite impossible for the throat to relax. And when the breath is not controlled, on account of weak undeveloped muscles of the waist and abdomen, the throat cannot open normally, the resonance cavities cannot possibly be in a healthful state—in short



the vocal apparatus cannot perform its work as Nature intended it should.

The tone will, therefore, be faulty in spite of the various "methods" used, so that the resonance is felt at the lips. To endeavor to force such a sensation without remedying the real trouble is not only illogical, but many of the vocal exercises used toward that end, have an injurious effect upon the voice, making it hard and metallic.

Oh, this everlasting "placing" of the voice, "thinking the tones" in different parts of the head, this "focusing," "covering" and "curving" of tones! It all seems absolute nonsense to me now.

The feeling for the tone causes a strained mental state that is reflected upon the features of the singer and reacts upon the whole body, the results of which in turn affect the voice disagreeably. The mouth will assume various shapes, the eyebrows will be lifted, the chin raised and lowered in an exaggerated manner, and the whole face be expressive of torture—most displeasing to an audience in addition to its disastrous effect upon the voice.

Strange to relate, some people consider such mannerisms to indicate a high degree of cultivation (probably because such faults are so common among public singers) and inexperienced vocalists often imitate them, believing it to be the correct and artistic thing to do. What a pity to make themselves appear so ridiculous! Let one remind them of these words of Delsarte: "A true artist never shows effort."

Still many people will confide in you that they admire a natural voice in preference to a cultivated one. But the trouble is a natural voice either untrained or acquired by cultivation (or retained in spite of it) is very rare. A perfectly natural voice can only be possessed by one living close to Nature. Such a one would require no training in tone production.

But training the voice should not mean making it unnatural. Quite the contrary. It should be the aim, but, is alas! not within the power of every teacher, to develop naturalness, which means easy tone production, simplicity of style, and freedom from absurd mannerisms.

Elbert Hubbard makes a pithy remark in one of his writings, the substance of which is, that it is a good thing to take a college course if only to discover how little it is worth.

As long as "all's well that ends well," I feel much the same way with regard to some of the experiences I underwent in studying voice culture.

I was hungry for knowledge and I earnestly sought it.

Many a heart-rending tale could I unfold, of shattered hopes, to say nothing of scattered coin. But as Kipling would say—that is a different story.

The fact that the preliminary training of pupils is not as thorough as it should be, is very frequently the fault of the pupil as well as the teacher.

A great many girls would feel insulted, and frightened off, if it were suggested to them that they loosen their corsets or better still, discard them. And unless they are especially ambitious, and in possession of the courage and will power to resist temptations, coupled with reasoning minds, they will refuse to deny themselves of lunches, composed of rich pastries, bonbons, sodas and so on. A teacher who presumed to dispense advice relative to their habits of eating and general mode of living, would fail to win popularity.

Many pupils are unwilling to exercise the patience and the physical culture necessary in going through the foundation work. Beginners are anxious to get beyond that stage—to be coached on elaborate songs in order to "show off." As it is a question of earning their bread and butter with most teachers, they often feel compelled to yield to the wishes of aspirants after sudden fame.

Some have the good sense, and the right kind of humility (which means strength), to return to first principles, and to strive to master them before resuming pretentious music.

But I believe it pays, in the long run, to be conscientious in teaching (as in all things) even if one's class does not grow with the rapidity desired.

The faithful and persevering pupil, rightly taught, will win a lasting and enviable reputation for a teacher insisting on a modified form of physical culture in connection with the vocal course.



## Rounding up the Quacks

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

THERE is now before the legislature of the State of New York, a bill to compel patent medicine proprietors to print on their labels the percentage, if any, of alcohol, opium, cocaine acetanilid and other drugs, contained in their compounds. In this connection and as showing the absurdity of some of the medical laws as they now stand, it may be pointed out that there are thirty-five drugs which cannot be sold except when plainly labelled "poison." But—mark this—any persons, skilled or unskilled, may make use of any or all of these poisons in a patent medicine, and offer such medicine for sale without disclosing its ingredients! Does this not seem to be an incredible state of affairs? In commenting upon the bill alluded to, the *New York World* remarks editorially, that, while the poisons in question may have their legitimate medical use (to which opinion the editor of PHYSICAL CULTURE takes exception) yet the public has a right to know what it is getting in a patent medicine preparation. "And," adds the *World*, striking at the very root of the matter, "poisons and drugs that lead to habits should not be offered in disguise."

There is also another bill before the New York State Senate Committee on Public Health, to the same end as that named but which contains an amendment making it a felony to sell opium or cocaine without a physician's prescription, and a felony also, for a physician to prescribe such a drug unless it shall be for purely medicinal purposes.

Such a measure was indeed needed. One of the blackest stains on the escutcheon of the medical profession is, that

it not only makes drug "fiends" but perpetuates them by supplying them with prescriptions with the aid of which they may obtain the drugs which accomplish their mental, moral and physical damnation. It is a terrific charge to bring against the medical profession as a whole, but the fact remains that these "fiends" would be unknown or practically so, were it not that the doctors for the sake of a few miserable dollars grease the slide, so to speak, by which the unfortunate wretches plunge into the depths of Hades.

William Jay Schieffelin, of New York City, a prominent drug merchant, declared to the Committee that 20 per cent. of the cocaine manufactured in this country was used by cocaine fiends. His revelations before the committee in regard to the use of cocaine and allied drugs for illegal purposes, "shocked the Senators and Assemblymen" to quote the words of the report. He personally was much in favor of the bill.

Dr. Edward G. Janeway, one of the most prominent physicians of New York, hit at the quacks by saying, that nothing should be put into the measure which "would allow leeway to interests that put out something that may foist upon a patient an appetite that is certain to prove ruinous."

Samuel Hopkins Adams in alluding to the check upon the quacks and their compounds which the bill would prove to be, said: "We are fighting fraud. Patent medicines always have a blanket claim put forward for them. Most of these patent medicines or compounds are frauds, for much is claimed for them that they can never do, and all the



injurious things that they really do do, are not brought to the attention of the purchaser. The poor and ignorant purchase thousands upon thousands of dollars worth of these quack compounds. They don't know what they are getting, nor have they any means of knowing what effect too free a use of the stuff will have on them, under present conditions."

Of course, the quacks who are threatened by the measure, are bringing every influence to bear upon it to the end of killing it at its inception. I desire to call the reader's attention to some of the "reasons" which are given by the opposition to the bill, as to why it should not pass. It seems to me, that these "reasons" are more in the nature of confessions than anything else. For instance: The bill "is too severe and hits everything in sight; if the formula of a preparation is placed on the bottle or package, it will create a prejudice against patent medicines; it will injure great financial interests; in the hands of the public a little knowledge is dangerous thing" and much more of the same. The defence of the quacks is so weak that it can hardly be dignified by the name.

Mr. Benjamin Moulton, of Athens, Canada, writes to ask what PHYSICAL CULTURE thinks of one "Doctor" F. H. White, of Baltimore, Md. Judging by "Doctor" White's literature, which he sends in such liberal quantities to those whose names he manages to get hold of by means best known to himself, we have no hesitation in expressing our opinion of him, which is, that he is an impudent swindler of the most obvious type. And we would furthermore suggest that the victims of his methods put themselves in touch with the postal authorities at Washington. If this is done, this humbug will in the future have some difficulty in using the United States mails for the fraudulent purposes which he now does. White describes himself as "the greatest Psychic and Clairvoyant in the world." Some extracts from the circulars which he sends to his prospective gulls, will enable the reader to assign him to that class of charlatans to which he belongs. For instance he says: "Thousands of people have said that my powerful gift was

equal to that of the greatest prophet of olden times. I will say that there is no living soul who can compare with me in my work. I am looked upon and recognized all over the country by both press and public as the greatest life-reader living. Regardless of everything, I want you for your own sake to get your full life read. When I make you an offer like this, don't dare to let it pass by. I will send you a complete Spiritual, Planetary, Psychic and Clairvoyant reading, telling of your past and present life in the most perfect manner, your entire future, in fact there will not be one point of importance in your life's history left untold. The writing will consist of several thousands words of the greatest truths ever written by mortal man—I have never read and written a full life for less than \$5.00, and I have been paid as much as \$100.00, but I feel that it is my duty to personally read and write your past, present and future for the small sum of \$1.00."

Now isn't this kind of Dr. White! Let's figure his offer out. The professional author or journalist thinks that he has done a pretty good day's work if he manages to write about three thousand words. "Doctor" White, however, gives you "several thousand" words, say, five to six thousand, for the small sum of \$1.00. On the basis stated Dr. White must therefore earn about 75 or 80 cents a day, and attend to about five patrons a week. We don't quite see how this jibes with his assertion that he has read a "great many thousands of lives," nor do we quite understand how, on an income of three or four dollars a week, he can afford to send out the expensive literature that he does.

However, if you conclude to get your reading, you are requested to send the "Doctor" a lock of your hair, a photograph, a small piece of cloth—Dr. White omits to say whether it's yours or somebody else's cloth—and place either of the articles in an envelope, which you hold in your hand, at the same time "concentrate your mind upon your affairs and then upon me as this will enable me to read your life from the cradle to the grave." But adds the Doctor carefully, "be sure and send the money in the envelope."



But this is not all. With the reading the Doctor presents you gratis with his "Egyptian breast-plate" which according to the picture of it looks like an attenuated liver-pad with a string to it. And listen.

"THIS IS WHAT THE GREAT BREAST PLATE WILL DO FOR YOU.

"If your Love Affairs Go Wrong this great work will make them right and cause your sweetheart, husband or wife to return to you. If there is a certain one you desire to draw to you and cause them to do as you desire, this Charm will positively bring them to you. If your Business is in Bad Shape this Charm will cause it to better and make you prosperous. If yourself or loved ones are in bad health, it will give you power to heal them. It will enable you to Heal all Unnatural Diseases. It will Help You to Get Money and Save it. It will Draw to You Great Forces and Enable You to Gain Many of Your Greatest Desires. It will give You Good Luck and Guide you to Success. It Will Lead You to the Greatest Secrets. It will Cause You to Learn All secrets. It Gives You Magical Power. It will Cause You to Gain Friends and also Enable You to Gain Money from all parts of the Country."

It goes without saying that Dr. White furnishes the usual bunch of testimonials. One is from "Wanda," a California lady who is also a clairvoyant, and who confesses to being a graduate of Dr. White's College of Science. Wanda for some reason or the other, doesn't like to tell her real name, which will not be wondered at when you ponder on her photograph as published in the White literature. Without being ungentlemanly, it may be stated that the owner of such a face as hers would necessarily hesitate to disclose her identity. Here is Wanda's testimonial, bad spelling, lame grammar and all. After stating that White taught her all she knew—which does not appear to be much, she relates the following:

"Mrs. H. (a certain lady) called on me the other day for consultation; I looked her in the eyes and then began to read a secret which she has guarded for years and stored on memories page. I described an old gentlemen who has played

a very important part in her life, and who had also buried one thousand three hundred and fifty dollars (\$1,350) which was to be hers at his death. One hour later I stood facing the old man in Mrs. H's home. He was apparently afraid of me. I told him to lie down on the lounge. He did so; I took his hand in mine in order to read his life, in the meantime Mrs. H. sat there chatting about the feeble condition of the old gentleman. I was busy giving him mental suggestions upon sleep, it soon took an effect; later I suggested for him to awake and tell us of the buried treasure, which he did so and every word he uttered corroborated my previous statement in the reading with Mrs. H."

Some amount of space has been given to this fellow, because while he is not a medical quack, he is nevertheless representative of a class of quacks of quite as dangerous a nature. The harm which scamps of his kind are capable of working is only known to those who have suffered from their "readings." Ignorant and impressionable women, superstitious girls and members of the trousered sex who mentally are yet living in the Middle Ages, are to be found by hundreds of thousands in this country, which is explanatory of the existence of impostors of the "Doctor" White type. The mere swindling of which these quacks are guilty, is bad enough from the standpoint of honest citizens. But the evil which they represent and for which they are responsible is far more extended and far more lasting than that incidental to the mere filching of dollars. By which is meant, that a person who is ignorant enough, or superstitious enough to obtain a "reading" from the "Doctor," is very likely to consider it as gospel truth, and shape his or her actions to it and by it. The reader will, without doubt, understand the significance of this statement. Not so long since, a certain English editor made an exhaustive inquiry into the methods of a number of British quacks of the same order as this White. He discovered that, in the majority of cases, the soothsayers, astrologers, trance readers, clairvoyants, palmists, etc., were regularly employed by swindlers of the very lowest type.



## Metchnikoff's Old Age Cure

By W. D. WATTLES

THE theory of Prof. Metchnikoff in regard to the cause and cure of old age, opens the way for some speculation of vital interest to the naturopath and the student of physical culture. Popularly stated, the learned gentleman's theory is that a certain acrid, irritating poison is generated in the digestive tract, and that this poison has such an effect upon the phagocytes or white blood corpuscles that they fly into a rage, so to speak, and attack the very tissues they are supposed to build up and keep in repair; becoming destroyers of the body instead of fulfilling their natural function as its preservers. The primary cause of old age according to the scientist is this attack upon the tissues by the phagocytes; and the second cause is the irritation of the phagocytes by germs which are developed by the *putrefaction of the contents of the digestive tract!* (The italics are mine. Note the words, which in substance are Metchnikoff's.)

Now, you will readily see then, that the real cause of old age is putrefaction in the alimentary canal; since if there be no putrefaction there would be no bad germs to irritate the phagocytes and cause senility. Farther back than this, the good professor, apparently, does not care to go, for he makes no inquiry as to *what* it is that putrefies in the bowels, or as to *why* it putrefies there; he does not pause to consider whether this putrefaction is avoidable, or whether it is the normal condition; he has found his bad "bug" and true to the principles of the "science" (?) of medical bacteriology, he goes to work, not to prevent the bug, but to kill him. In this the professor is perfectly orthodox. The whole future of the present "science" of medicine depends upon the success of the "scientists" in keeping the people ignorant of the fact that cleanliness, external and internal, will absolutely prevent any form of germ disease—including old age, if the professor's claim as to its cause be

true. It will be instantly noted that the scientist does not think of the possibility of cleaning up the digestive tract, or of preventing the putrefaction; he only seeks, being orthodox, to kill the germ which is the result of putridity. The professor proceeds in a case of old age exactly as he would in a case of small pox; he would not take into consideration the fact that the presence of the small pox germ is made possible by sewage in the blood, and that neither the small pox bacillus nor any other noxious germ can live in pure blood. The scientist would never think of curing or preventing small pox or any other filth disease by purifying the blood; that would be "irregular;" the "regular" way is to find a particular antidote which will kill the particular germ which is making the particular trouble at the given particular time; but to instruct the patient to "clean up" inside and so get well and avoid all similar diseases forever afterward—Oh dear no! Bless you, that would be mere quackery and not at all to the best interests of the profession!

So the professor goes to work to find an antidote to kill the old age bug; and discovering that the said bug (or germ; no matter!) cannot live in sour milk he comes forth from his laboratory saying to a dying world, "Eureka! Eat swill and live forever!"

Now, there is pretty good ground for believing that, apart from his absurd remedy, Metchnikoff is right. Let us, readers of PHYSICAL CULTURE, who not being "regular" are able to be really scientific, consider the matter a little. It is indisputable that very many diseases are caused by the presence of putrid matter in the alimentary canal. And you will notice that nature has tried very hard to make it impossible for you to introduce putrid matter into the digestive tract; the stomach instinctively rejects all forms of rotteness. You have to work pretty hard to overcome



your natural instincts, and acquire an appetite for decayed material of any kind—even for sour milk, which is milk in the first stages of decay. This universal instinctive dislike for rotten matter is pretty fair proof that putrid and poisonous are synonymous terms. And if nature objects so strenuously to the introduction of decayed matter into the system by way of the mouth, must she not also object to the decay of matter after it has been swallowed? Now, what part of the food decays? The undigested part. And what is the undigested part? The surplus; that which is eaten in excess of need. What then is the cause of putrefaction in the bowels? Overeating. What, according to Metchnikoff himself, is the cause of old age? Overeating!

Oh shade of Edward Hooker Dewey! Thou only scientific mind the "science" of medicine has boasted for a century! Would that a little of thy virile common sense might descend upon thy brethren in the "Profession."

If you want to get rid of the effects of putrefaction in the alimentary canal, why not eat less, instead of turning your inside into a swill tank? Some years ago there died in Italy a man named

Louis Cornaro; a *real* scientist;—not a "regular" one. He was a physical wreck at 45; he lived and was useful, until he was past the century mark. How did he do it? By accepting (long before Metchnikoff thought of it) Metchnikoff's theory, and by *not* accepting the professor's remedy. Cornaro ate what was actually necessary to maintain his body and no more. Often he lived a day on one egg, or part of a bunch of grapes. This was about his usual quantity of food; there was no surplus to putrify in his bowels; he had no use for swill. And it is dollars to doughnuts that Cornaro lived longer than Metchnikoff or any Metchnikoff will. Remember that the longer you live the less you need to eat; especially if you do less work as you grow older. Most old people die prematurely because they quit work, but keep right on eating, thereby keeping a putrid mass in the bowels for the old age germ to propagate in. If you want to beat this dreaded insect let me advise you to test Cornaro's remedy while waiting for Metchnikoff to demonstrate, by living a hundred years, the efficiency of clabber to keep us from going to the land which flows with (sour) milk and honey.

### A CONSPIRACY OF SCOUNDRELS

*The Lancet*, the most prominent of the British medical journals, in the course of an article entitled "Science in the Service of Fraud" calls attention to the fact that some scientists of repute do not hesitate to lend their names to the booming of alleged foods or medicines in return for a sufficient fee irrespective of the harmful nature of the compounds or preparations which they "analyze." This is the article in part, which is of a timely nature. "There is little doubt that there are men, who in the name of science aid and encourage the practice of adulteration and who place their knowledge and skill at the disposal of manufacturers, knowing full well that their advice and suggestions are to be applied with the deliberate aim of defeating the detection of fraud. The manufacturers of such goods may, of course, have received sufficient training themselves in scientific and technical matters to enable them to apply their knowledge to dishonorable practices, but it is more probable that the services and counsel of an expert are called in. The occupation which such an expert chooses to follow for his own gain can only be described as contemptible, and if his services in this

direction can be proved to have been offered with the object of defeating justice, it seems to us that the law should be able to reach him and to mete out to him a severe reward in the shape of imprisonment. Analysts are constantly confronted with considerable difficulties in the detection of modern fraud, so ingenious are the tricks of unscrupulous persons. Indeed, the tricks bear unmistakable evidence of a scientific conjuror who known perfectly well what the analyst is guided by in making a search for adulterations. The analyst looks, for example, for certain factors in a food which when he has found them to satisfy a given standard he regards as evidence of genuineness, and yet the article may be a fraud, the factors being artificial and manipulated by the scientific adviser. Such may be the case, especially with oils and with butter, the genuineness of which is judged partly by physical constants and partly by chemical behavior. The physical constants and the chemical behavior may respond as though the article were genuine, but all the same it may not be so but may only show the characteristics of the genuine substance, which may have been artificially given to it."

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## The Germ Theory! What Profits It?

By J. T. SUTTON, M. D.

OF all the arguments for and against the germ theory of disease, one question and that one most important of all, seems to have been neither asked nor answered. What profits it? Has the germ theory helped mankind? Has mankind conquered the germs? Are diseases less malignant because of it? Are cures more frequent?

For thirty years we fought the dwarf of vegetation. We have deluged it in a billion gallons of a solution of corrosive sublimate. We have expended millions of dollars in the attempt to stay its growth. By health boards and quarantine officials we are surrounded and by them the confines of civilization are marked off with a line of formaldehyde. Every corner of the earth is staked with barrels of carbolic acid. And the germs we leave behind us are in duplicate quadrillions in every frog-pond and in every alley on our journey's way. And all this to what purpose?

Let us go back to the beginning of the germ theory. What was the mortality of disease then—any disease? What is the mortality now? It is well to note here that mortality does not mean death rate. Mortality refers to the number of deaths among a given number of sick people, and not to the number of deaths among the whole population, sick and well. Has medicine, as a science, retrograded or has it improved? Do we cure a greater proportion of people sick with any disease than we cured of that disease fifty years ago? The records show that we do not. They show that the mortality of any disease is just as great as it was the year prior to the birth of the germ theory. They show that a man dying of consumption, while ignorant of the germ theory, did not die one whit quicker than he would have died had he known all the microbes in the bacteriological dictionary. They show that were he dying of the disease to-day a knowledge of the germ theory would avail

him naught. With all the talk of modern medicine, antitoxin, tuberculin, and the rest of them, he would die just as surely, and just as quickly. And so he would if had the smallpox, or measles or diphtheria, or pneumonia, or any other disease under the sun—and no germ theorist has dared to deny it. Consult for instance, the so-called mortality report of any city. In it there will be seen recorded that in each month of every year from say 1850 to 1904, there were just so many deaths from certain diseases. An inspection of the lists from year to year will show that the deaths from certain diseases have become gradually less. This fact, an undeniable one, is taken by the germ theorist as a demonstration of the value of his theory. "There," says he, "see how the mortality has diminished year by year? See what wonderful improvement the science of medicine has undergone. See what cures it has accomplished." And the deceived listener takes it all in without a murmur of protest. The statistician has buncoed him completely. He has shown him a death rate and led him to believe it a mortality report. He has taken a whole population, seventy-five per cent. of which never had any disease, and from these has wrought his mortality statistics. If he had honestly eliminated all but the sick, and had shown the number of deaths among these, he could have demonstrated nothing but the fact that just as great a proportion of sick people died in 1904 as died in 1850.

But why, it may be asked, are there fewer deaths in proportion to the population, to-day, than there were in former years? In the first place, barring the deaths from cholera and yellow fever epidemics, such is not the fact. Though no fault of the germ theory there has been no cholera epidemic since 1876. In that particular year it almost decimated a great many localities. That it did not decimate the same localities in 1898 was due only to the fact that there



was no epidemic of the disease. Had there been an epidemic, its mortality would have been just as great as ever. We know no more of its pathology than we knew then, and we have not a single remedy for it that we did not have at that time. But why, again, do we not have epidemics of cholera? Certainly not because of the germ theory. The germ theory did not build sewers in the towns and cities, and did not do away with contagious swamps and frog-ponds, and the doing of these things alone has had to do with the lessening of epidemics. And just because enough sewers have not been erected and because all swamps and frog-ponds have not been done away with, some epidemics are still with us, and it may be related that in that recent one of yellow fever in some of the Southern States, people afflicted with it died as of yore! The health boards and quarantine officials called it an acute infectious disease of microbial origin, and treated it with shotguns, intimidation, and germicides. But it will not die out until it gets good and ready, nevertheless.

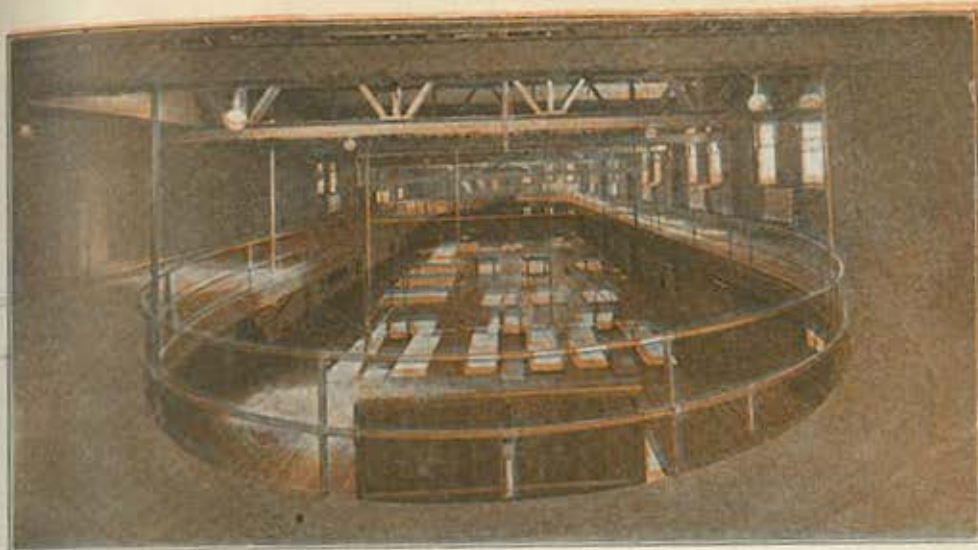
Even a better illustration, perhaps, may be had in typhoid fever, a disease always epidemic in the larger cities, which is generally in every year notoriously fatal. Influenza, a disease epidemically unknown to Europe and the United States before the advent of the germ theory, is to-day, a horrible reality. It is far worse than cholera or yellow fever. It is epidemic throughout the greater part of every year. In this disease, the germ theorist can trace the germs throughout. Just like him. He has observed its death struggles in his

patent serum, too, but, somehow or other, he cannot cure the grip. Cerebrospinal meningitis, another disease of so-called microbial origin, is, oftentimes, epidemic in many localities of the United States. It is almost unbelievable when it is declared that the disease is more fatal to-day than it was before the germ theory is advanced, but such is the fact nevertheless. In the country districts, where medical men have not had time to study the germ theory, the disease is rarely fatal. In the larger cities, where the older remedies have been laid aside for bactericides and serum therapy, men, women, and children are dying with cerebro-spinal meningitis as sheep die with the rot. In Fort Worth, Texas, some years ago,—this is notably true,—it is related of a physician of that city that when his son was afflicted with the disease, the father telegraphed to all of the centers of medical learning, to inquire as to the latest and best treatment for it. In reply, he received the information that there was none such. This is a fitting commentary upon the germ theory, and reflection upon it surely ought to set the medical man to thinking, in order to learn that he has been humbugged by a lot of notoriety-seeking fanatics, who do not, and dare not, fight diseases with their own weapons, who have never learned to differentiate between pathology and physiology; who have never benefited mankind one iota, and who have by their agitation of a theory which has no foundation in fact, deprived physiology and therapeutics of thirty years or more of progress. But the dear public apparently likes to be humbugged.

#### THE PATHOLOGY OF CLOTHES.

A witty writer, says the *Medical News*, has contributed to *St. George's Hospital Gazette* a prospectus of a proposed work on the pathology and treatment of diseases and accidents of the toilet. Among the lesions described are "perforating ulcer of the sock," "false passage of the vest," "hairy mole of the shirt-cuff," "idiopathic atrophy of the pajamas," "sloughing of the posterior foramen of the collar-band," and "prolapsus trousersi," while a further chapter is said to be devoted to affections peculiar to evening dress, such as "Addison's disease of the shirt-front," "madura pump," and "inoperable volvulus of the necktie." The causation of false passage of the vest is described thus: "The head, being hurriedly thrust into the garment, lacerates the fabric, and emerges through the posterior wall of the axilla instead of through the cervical canal."





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## Fighting the Devil with Physical [Culture]

By CAMPBELL B. CASAD



HE constant cry of the church from every section of our great country is "the young men do not interest themselves in our work." This, too, in spite of constant efforts toward securing their co-operation.

Church clubs featuring debates and Bible study, amateur theatricals, literary societies, strawberry festivals, tableaux, and dozens of other diversions along these lines are tried and found wanting.

And why?

The answer is simple!

This is an age of strenuousness, and nowhere is vigorous competition more strongly felt than in the race between the church and the devil.

Strong inducements must be offered

to secure the attention of our excitement loving young folks who are beset on every side by the glittering allurements of worldly pleasures.

There is nothing in debating societies and lectures on the Holy Land that appeals to the average, healthy, young man of the modern day, though it may tempt his quieter sister. He requires something more exciting as an outlet for the superabundance of vitality that permeates his system.

Not that he isn't a capital fellow and easily led when once started on the right path, but the thing is to start him, and this purpose must at first be disguised in some attractive form in order to entice him from the magnetic influence surrounding him. If once accomplished however, there is little danger of retrogression on his part.

That physical culture is one of the





Young Men's Riding Club, West Side Y. M. C. A., New York

surest ways of attracting the athletically inclined young men (and they are in the majority) to the church has been conclusively demonstrated in every case where it has been encouraged.

Whenever a church has installed a gymnasium, or announced an outing with field sports featured, the young men have flocked to join its ranks.

Witness the success of the churches belonging to the Church Athletic League, a society consisting of some fifteen churches of various denominations for the promotion of athletics among its members. Every church included has had a wonderful increase of young men in the congregation, and the enthusiastic interest of the latter, surpasses even the founder's expectations.

This is an age when narrow minded-

ness cannot prevail, and the church that treats modern diversions of a seemingly frivolous nature, with a broad, unbiased view is the one that will be popular with the young folks.

Granted that boxing, wrestling, fencing and bag punching are not in strict accord with the teachings of the Gospel, it is a great deal more preferable to allow the young churchman an equal share of each, than to force him to seek elsewhere for the former. For as surely as he does, he will soon forget the church in his pursuit for recreation.

The Young Men's Christian Association was the first to realize that something more inviting than long, dry sermons and a gloomy face were necessary to hold the interest of the young churchgoer. They wisely added other attrac-



Gymnasium, West Side Y. M. C. A., New York

tions to the clubs, employment of chess, do-

But it was of athletics commenced

St. Barth of the Epis installed a ginning and

Following these two p St. Peter, S dozen other unstinted in

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tions to the list such as libraries, musical clubs, employment bureaus and games of chess, dominoes, et cetera.

But it was not until the installation of athletics that their real progress commenced.

St. Bartholomew's, the famous club of the Episcopal Church of that name, installed a gymnasium at its very beginning and was at once successful.

Following rapidly in the footsteps of these two popular clubs are St. George, St. Peter, St. Francis Xavier and some dozen other churches, all of whom are unstinted in their praise of the work.

It is interesting indeed, and instructive too, to witness the workings of these

working the rowing machine, while still another was exercising with chest weights.

Glancing up, I saw two sprinters training on the running track which encircles the gallery. This track is cork padded, six feet wide, with twenty laps to the mile.

The gymnasium is thoroughly equipped with every modern and approved device for physical exercise.

There are two handball courts, one in the gymnasium proper, the other on the roof. The gymnasium is heated and ventilated by a forced draught, furnished by means of the most complete modern equipment.



Evening Class, West Side Y. M. C. A. Gymnasium, New York City

two large clubs, *i. e.*, the Y. M. C. A. and St. Bartholomew's. The writer had occasion a short time since to thoroughly inspect both and was forcibly impressed by their completeness and comfort.

At the Twenty-third Street branch of the Y. M. C. A. Dr. Geo. P. Poole is Director of the Physical Department. He received me with quiet courtesy and conducted me with pardonable pride through his department.

Entering the gymnasium proper, the first thing that impressed me was the appearance of the muscular young men engaged in various physical culture exercises.

At one end of the room several were playing hand-ball, another was

There is no silly prejudice here against the manly art of self defense, and special rooms are set aside for boxing, fencing and bag punching. The sparring instructor is one of the best in the country. Attached to the gymnasium are over two thousand lockers of various sizes for the members' use, and also a private dressing room for business men.

Bowling, shuffle-board and other games requiring skill and muscle are encouraged, and space is given up to them. There are also four bowling alleys.

On the floor below and directly beneath the gymnasium is the immense, marble-lined swimming pool. It is one of the largest and handsomest



to be found in this country, measuring twenty-four by forty-eight feet in diameter, and from five to seven in depth.

This pool is in constant service during the entire year. Another desirable feature of this room is the installation of eighteen shower baths, supplied with hot and cold water.

For all these advantages, a modest fee is charged, and the only thing that is required of the members is to respect and preserve the moral tone. There is no canting or sermons forced upon them, and they are privileged to participate in its religious affairs or leave them alone, just as they prefer.

In other words, it is a practical enterprise to accomplish good, and fulfills exactly what it undertakes. It is a shameless fellow indeed, who fails to respect the religion of an order from which he derives so much benefit. Its success is bespoken by the three thousand, five hundred members belonging to this one club house alone. The entire Y. M. C. A. has nearly a million members enrolled.

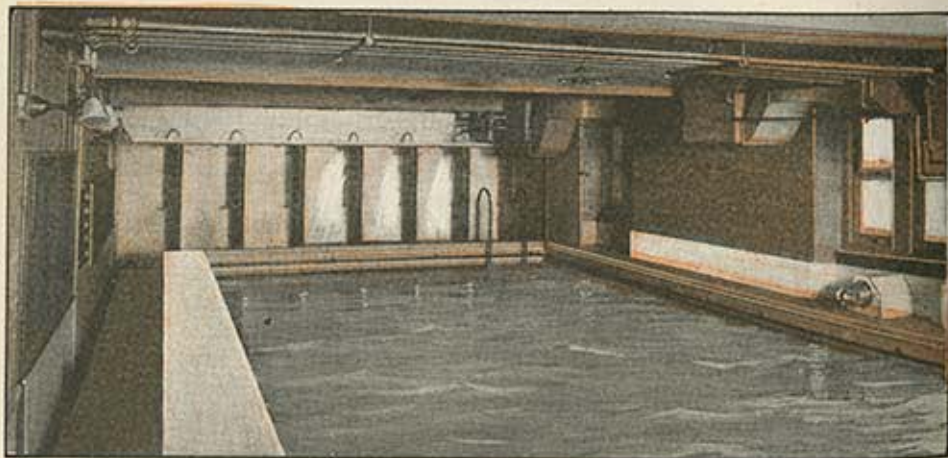
Nor is the Twenty-third Street branch of the Y. M. C. A. the only one of this great organization where the physical department is predominant. In New York City alone there are four other branches where physical culture is exploited, namely the East side, West side, Harlem and Bowery.

In every one of these branches the work is conducted under skilled instructors in much the same manner as in the first mentioned. It is especially interesting to note the progress in the Bowery and East side branches. As a rule the athletic young man of the poorer classes, who in his heart is a good fellow of the first water, holds himself aloof from any institution that has a religious aspect.

But after a brief association with the brawny men at the heads of these Y. M. C. A. institutions, his views of it undergo a change.

The magnitude of the work done by the physical departments of the Y. M. C. A. can be imagined by the following statistics. In the entire United States there are 571 branches that have gymnasiums. These have a membership of 140,000 men and boys and employ 403 physical directors and 170 trained leaders. So proficient have these directors become in their work that the large universities all over the country are seeking their services.

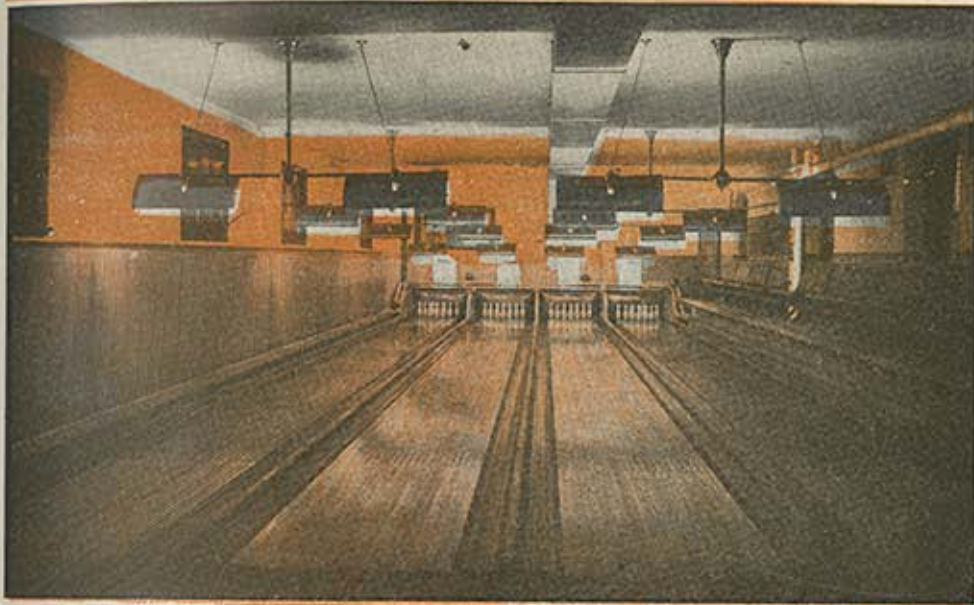
There are less than six cities in the United States of more than 30,000 inhabitants that do not have a Y. M. C. A. gymnasium. The leading men of the organization frankly confess that as a power of drawing young men into the fold the physical department is easily the leader.



Swimming Pool, East Side Y. M. C. A., New York City

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Bowling Alleys, East Side Y. M. C. A., New York City

The perfection which this department has attained is convincingly demonstrated by the following figures. In the United States are 146 Y. M. C. A. swimming-pools, 163 bowling alleys, 126 athletic fields and 27 boat houses.

In New York State alone there are 74 associations who report having gymnasiums with 22,929 men and boys using them. Sixty physical directors and assistants instruct them, and the large cities, such as Troy, Buffalo, Albany and New York City, all have complete swimming pools, bowling alleys, running tracks and billiard rooms.

Nor have the individual churches neglected the physical department as a drawing power with the younger generation. From a rough canvass of the United States it is learned that there are 326 churches who have small gymnasiums, athletic fields or summer outings. Church bodies as St. Andrew, St. George and the Church Athletic League are particularly active in this work.

St. Bartholomew's, the second church club in importance, catering to the young men of an athletic turn of mind, is a protegee of the Episcopal Church, and

was founded in 1891 by the Rev. D. H. Greer, of St. Bartholomew's Episcopal Church of New York City.

Like the Y. M. C. A., it features physical culture. Starting with a membership of less than fifty, its growth during the first year was comparatively small.

But in 1892, when Prof. Alfred G. Harvey was placed in charge of this department as Physical Director, its membership grew to twenty-one hundred with a waiting list of several hundred more.

It differs from the Y. M. C. A. in several respects, as for instance it caters to girls as well as men and boys. It makes no distinction between race, creed, or color, and everybody is welcome, be they Jew, Gentile, Protestant or Catholic, for as Dr. Greer said in his opening address—

"I care not what your religion may be, so long as you live it honestly."

Its members are recruited from the poorer class of the East side, young folks, who otherwise could not enjoy the advantages it gives them. While it is not as finely appointed as the Y. M. C. A., its members have more license than those of the latter, as here they are allowed great latitude in their pastimes.



## Ground Tumbling for Boys

By HARRY WELLINGTON



COMMENCING with this month the writer wishes to introduce a new form of exercise to our boy readers. There are probably some of our young readers who already know how to do ground tumbling, but most of you will be glad to receive definite instructions in regard to just how to do it.

To begin with, you will not only find great fun in tumbling, but it is a magnificent form of exercise, and will tend to harden and strengthen every part of your body. There is not one healthy boy who does not greatly admire the acrobatic performances at the circus. Every normal boy is likely to wish that he also could do these somersaults and feats of agility, and after he goes home he may wish to attempt some little stunts in imitation of the circus which he has just seen.

I will first introduce to you some of the easiest and most simple movements, and later on, when you have mastered these, I will illustrate for you the proper method of doing a few others, like the hand spring and forward somersault, which while they are quite energetic in their nature, and quite impressive to look at, yet are within the power of the average boy to perform if he learns how.

Perhaps the easiest of all feats of this character is standing on your head. You should learn this first in order to become accustomed to being upside down. After you can balance yourself easily on your head then you will be able more easily to learn to stand on your hands and keep your balance. I

Photo No. 1.—Standing on the head. You will notice that the boy does not stand entirely on his head, but that he also uses his hands. That is what makes it easy. Study the photograph carefully and see just where his hands are placed. You will see that they are separated quite a ways and that they are six or eight inches in front of his face as well. This makes a triangle, or three cornered foundation upon which to stand, the head and the two hands each forming one corner, like the feet of a three legged stool. First place your head and hands carefully in the right position on the grass, then raise your feet from the ground and bring them up to the position shown in the illustration. This is good exercise for a beginning, but you should not remain in this upside-down position too long.



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would suggest that you do all these things upon the grass, for it is the most satisfactory place. If you lose your balance and fall over on the soft grass it will not hurt you. Besides, it is like a cushion for your head and you can

steady yourself much better by tightly catching hold of the grass with both hands. The practice of standing on your head will also strengthen and develop your neck, besides many other muscles of the body.



Photo No. 2.—This illustrates a splendid method of turning a continuous succession of somersaults on the ground, and should be done on nice, soft grass. It is just like rolling forward over and over again continuously. Sit down, cross your legs and with each hand grasp the toes of the opposite foot, that is, right foot with the left hand, and vice versa, exactly as shown herewith. Then put the head far down and turn a forward somersault, or rather, roll over forward, and repeat, turning over and over across the grass a dozen times without stopping. You must not let go of your feet while doing this. You will soon be surprised to find how fast you can move along in this way. Be sure that you bring your head down between your knees.

## OUR JIM

By Kathryn Dana

I ain't no Presbyterian with future cut and dried,  
Believin' you can't help yourself, 'cos you've already tried,  
But what I say is, boys is boys,  
And if you'll jest let em be,  
They'll turn out what they're made fur,  
Two times out of three—  
Now we used to talk about our boys,  
An' mother'd sit an' plan  
Bout what each one wuz like to be  
When he grewed to be a man.  
We 'lowed Tom, was a scholar,  
An' the district school would teach,  
And Zeke, who was religious like,  
Could go about and preach.  
But it cert'nly took some figgerin'  
When we got to that boy "Jim."  
An' mother'd say, a-worryin',  
"What will become of him?"  
That "fool Jim" the neighbors called him,  
Done nothin' round at all,  
'Cept be on hand at meal times  
An' throw an' throw a ball.  
Why, mother missed her knittin' onct,  
Looked high and low fer socks,  
And where d'ye think she found 'em?  
In a baseball hard as rocks!  
Well, the boys turned out as we thought they would—  
'Cept Jim and he left home,  
Sayin' some day, we'd hear from him,  
No matter where he'd roam.  
The neighbors at the meetin' house,  
Would raise their voice in praise  
At Thomas' style of teachin' kids  
And Zekiel's wondrous ways  
Of dealin' out his sermons-wise.

Then their voice'd a sneerin' fall,  
When like enough they'd happen say;  
"S'pose Jim is playin' ball."  
One day I got a letter and openin' it I found—  
Nothin' 'cept two paste-boards printed  
"Admit one to the Base Ball ground."  
At first I thought somebody—  
Had played a trick on me,  
But Mother thought it over,  
And with me did not agree.  
Well, we said nothin' to nobody,  
But jest sneaked in that place,  
And the very first thing that struck my eye,  
Was Jim's dear, sunburned face.  
He stood like this, with arm in air,  
It seemed to me a minute,  
Then sent a ball across the plate  
That had greased lightnin' in it.  
All you could hear wuz "Good boy, Jim,"  
An' mother lost her nerves  
An' a feller right beside me yelled—  
"Oh: Jim: you've dandy curves!"  
Well, the game at last was over,  
But you couldn't hear the band,  
Fer the fellers yellin' and fightin'  
To shake our dear Jim's hand.  
Our Jim he took no notice  
But pushed right through 'em all  
An' come and kissed his mother,  
A-lookin' so strong an' tall.  
An' his brown, kind face a-glowin'  
With fun and love and vim  
As he put a bank book in her hand  
A-saying "You've heard from Jim:"  
And now when the neighbors simperin'  
Inquire "How is your Jim?"  
I'm mighty glad to tell 'em  
I'm just durned proud of him.



## Simple Rules for Diving



When boys first attempt diving, it is a very common experience for them to fall upon the water flat on their stomachs and chests, making a great splash. A "splasher" of this kind is very unpleasant, making the skin smart more or less, and if the boy should attempt to dive from a considerable height it would be very painful and perhaps result in very serious internal injuries. Therefore it is important to know just how to enter the water the first time.

You should of course learn to swim before attempting to dive. Probably most of my readers have already learned

this. Make your first dive from a point about two or three feet above deep water or even four or five feet, but no less than two. Do not stand upright and expect to jump off and turn head downward in the air, but first bend far over in the manner shown in above photo. Bend down as far as you can, with head downward and forward, between the arms. You are then ready. As you make the dive, be careful that you do not raise your head. If you follow these directions closely it will be impossible to make a "splasher." Always hold head down when entering the water.



## Hand Wrestling for Boys and Girls



AND-WRESTLING is a most valuable form of exercise for both sexes. It is of course just as valuable for persons in adult life as for children, and has the special advantage over ordinary catch-as-catch-can

wrestling of being suitable for women and girls. While it may appear to give exercise only for the arms, yet I would assure you that if the contest is vigorously contested between two opponents of about equal strength, then nearly every muscle of the entire body will be affected and strengthened, particularly



Illustration No. 1.—This shows the first position to be assumed by two contestants in a hand wrestling bout. Each can hold his own better if he stands with his feet pretty well apart, firmly braced in this way. Suppose that the two wrestlers are going to use their right hands. The right foot should be placed against the right foot of your adversary, in the manner illustrated, while you tightly grasp his right hand at a point which is directly above these two feet. It is usually considered that one will have an advantage over the other if he can twist the other's hand until his own palm is turned upward. You will also find that you can maintain your position more satisfactorily by crouching low than you can by standing upright. You are now ready for the struggle, and you may either push or pull, forward, backward, or to either side, so long as you do not touch or hinder your opponent by your shoulder, head or any other part of the body.



the back, sides, stomach and abdomen. You may be surprised to find how true this is when you give it a trial. There really is nothing that calls for more intense effort and concentration of mind than an exercise which consists to a contest of some kind between two determined opponents.

in such a way that he must move one foot, or if he touches the floor with his hand to save himself from falling, or if he actually is thrown to the ground, then it is called a "fall." If both contestants should touch the floor with one hand, or move a foot, then the one who does so first loses a fall.



Illustration No. 2.—First take the position shown in Illustration No. 1, from which point it is possible to do a number of different things. If you are strong it might be to your advantage to simply push against your opponent's hand and push him back and away from you until finally he loses his balance. In the above photo the boy to the right, in the black coat, has done this, expecting the boy in the white waist to fall. This photo also shows the manner of resisting this, after one's hand has been pushed back in this way. Simply lean far forward like the boy in the white waist. Or the boy to the left might play a little trick on the other by suddenly stopping to push or resist, and instead giving a quick little pull, whereupon it is likely that the aggressor, who in this instance is the boy in the black coat, will fall forward, either losing his balance or actually drop sprawling on the floor.

Hand wrestling is vigorous, but not rough, and will not injure or tear your clothes, unless you fall on some unusually dirty or rough ground. Usually, however, it is not necessary that either should fall. In hand wrestling each contestant is expected to stand without moving his feet. If he loses his balance

I would suggest as an excellent plan that you occasionally change from the right to the left hand, and then back, alternating in this way frequently. It is apparent that if only the right hand were used in this form of wrestling, the right arm and right side would soon become stronger than the left.



# Physical Training for the Baby

By BERNARR MACFADDEN

Play Exercises the Only Kind that can be Recommended



WITH this issue, I am presenting the last illustrations of this series of play exercises for the baby. While the variety of exercises which can be given to the child in this way is practically unlimited. Yet I believe that the movements which I have presented up to this time will prove sufficient for ordinary purposes. And as you practice those described, other exercises of various kinds will, without doubt, suggest themselves to you from time to time. Always be sure that they take the form of play and are thoroughly enjoyed by the baby. The intelligence of the parent must of course be depended upon to prevent exhaustion on the part of the little one, or the overstraining of any of its muscles.

As the child grows, the number and variety of the exercises can be gradually increased. When it learns to stand, and, ultimately, to walk, it will naturally secure considerable exercise in the prac-

tice of these new accomplishments, until finally, with the added strength and the control of its muscles gained in this way, it will begin to learn how to run a little. Even creeping is a capital exercise for baby, and will do much towards strengthening the tissues of its little body. Every child should be encouraged to creep as much as possible, unhampered by clothing, as soon as it is old enough and shows any natural inclination in this direction. If convenient, it should have a sunny room to itself, devoid of bric-a-brac, in which it may be free to creep

about all it chooses, among its toys, without fear of its hurting itself or breaking anything. In warm weather there is nothing better than to allow it to creep and roll about on a grassy lawn.

It is true that every child, as soon as old enough, gets a pretty fair system of physical training in mastering the difficulties of locomotion alone, and what with creeping and learning to walk it lays the foundation for whatever muscular strength and development



Exercise No. 16.—This should not be attempted during the first few weeks of the child's life, but only after it has been somewhat strengthened by other exercises and its circulation has become sufficiently vigorous to permit of it. Grasp the child by the two ankles as illustrated, and swing back and forth two or three times, then bring to an upright position. Do not at any time keep the child's head downward in this way for more than a few seconds.



Exercise No. 17.—This is not unlike an exercise previously illustrated, in which both hands were used. In this instance, only one hand is used to support the child while standing upon the parent's upper chest. This is usually great fun for the baby.

it may possess later in life. And it may be seen that after the child is able to creep, it does not need exercises such as I have been illustrating here. It is during the first few months of its life on earth, when it is not so well able to indulge in voluntary exercise, that movements of a special kind are most needed. And if the little one enjoys the benefits of these from the very beginning, then it will learn to creep and walk far more quickly and easily.

However, the parent should continue to play with the child in various ways



as it grows older. And as it passes from babyhood into childhood, from childhood to boyhood or girlhood, remember that there is no dignity lost by the parents if they continue to practice exercises of all kinds with their childrer.

Exercise No. 18.—This consists in supporting the baby's weight with one arm, and raising and lowering to the floor, in other words, dancing it up and down gently as though it were jumping. The child will very shortly appear to understand the movement and will try to jump of its own efforts, doubling up its knees and kicking up and down in a very natural manner.



## Exercises for Strengthening the Digestive Organs

First of Two Articles for Women on Building Vital Strength and Improving the Assimilative Powers

By BERNARR MACFADDEN

NOT only is it desirable that one should build up the external muscular system for the sake of an improved appearance and the many advantages to be derived from the possession of vigorous strength, but suitable exercises to that end have an added value by reason of their influence upon the internal functional system. Indeed, and without considering the effects of exercise in building strength and bringing into being that grace and beauty of body which every normal human being admires and desires, physical activity is imperatively necessary because the accelerated circulation of the blood and the increased activity and vigor of the great vital or-

gans of the body which it induces are essential to the preservation of general constitutional vigor.

It must not be forgotten that exercise not only builds up and strengthens the muscles affected, but also influences for good the entire tissues of the body including the tendons, cords, cartilages, bones, nerves, and, in fact, every life cell within the organism. But by making a special point to thoroughly exercise the muscles of a given part of the body, it is possible to powerfully influence the other tissues and organs in that region, invigorating them and improving their capacity for performing their respective functions.

The exercises



Exercise No. 1.—Stand squarely on both feet, with hands on hips. Bend far to one side, then to the other in the manner illustrated, alternating and continuing until tired.

Exercise No. 2.—Take same position as in Exercise No. 1, but instead of bending directly sideways, rotate the upper body from the waist line, first far to the left as illustrated, then backwards, bending as far back as consistent with your strength, then around to the right side, then forward, doing it all in one continuous movement and bending as low as possible all the way around. After a few of these rotations, reverse and do the same thing, circling around in the opposite direction. Continue until tired. These two exercises are not only valuable for invigorating the digestive organs, but are very effecting in strengthening and beautifying the waist line.





**Exercise No. 3.**—Recline flat on the back, with hands on the floor at the sides. Then keeping knees straight, raise the legs in the manner illustrated until they reach a perpendicular position. Lower to the floor and repeat, continuing until tired.

illustrated in this article are intended, primarily, for strengthening the digestive organs and improving the assimilative powers. They are not only beneficial in this way in the case of one who is thin and anæmic, but are also as a most valuable factor in the cure of digestive disorders and disturbances. Indirectly, too, they will affect the entire body favorably by arousing an active circulation of the blood, as suggested above, which, while directed principally to the parts directly affected, yet will also extend in some measure to all portions of the body. Naturally, too, improved digestive vigor will benefit every part of the body by producing richer and purer blood and more perfectly nourishing the tissues in general.

Indeed, while increased strength of the digestive organs themselves is the immediate object of these exercises, yet the ultimate object is the building up of the maximum degree of vitality and best possible general health. One desires a vigorous digestion only because it is necessary in order to secure a strong constitution and provide the energy necessary for the successful achievement of one's aims in life, whatever they may be.

While exercises of this character can

naturally be commended to any one, yet they are particularly valuable to those suffering from digestive disorders or poor assimilation. If you suffer from any weakness of this nature you can unquestionably accomplish splendid results by faithful application to these special exercises. But if your digestive trouble is due partly to unsatisfactory dietetic habits, as is almost invariably the case, then exercise alone will be insufficient to accomplish the desired results. You may exercise ever so faithfully, and little or nothing in the way of improvement will result if you eat too much or too often, or if you eat unsuitable and indigestible foods and fail to thoroughly masticate that which you do consume.

For this reason, it is in order to briefly call attention to two or three of the most important considerations in reference to diet and manner of eating. For when it is remembered that the majority of the people of so-called civilized nations are guilty of almost every form of dietetic sin, including the use of stimulants with their meals, it is not at all surprising that so many suffer from poor digestion, constipation, and stomach trouble of many kinds.

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Ordinarily when diet is referred to, even by physicians, the term is understood to refer only to the use of some special articles of food, or in other cases, the limiting of the foods used to a certain few. While this may indeed, be important in many, if not all, cases, yet the quantity of food consumed and the manner of eating is usually of equal and often of even greater importance. The habit of over-eating is a most common one, and the consequences are likely to be of a most serious nature. While it is of course possible to eat too little, yet it is far from likely that any one will injure himself or herself in that way, and as a usual thing, one who follows the conventional habits of diet would immediately improve in health and strength by reducing the amount of food consumed daily. Two meals a day are sufficient for almost every one, while the writer has known a number of people who thrive much better on one meal per day. There are some who may prefer to eat three times a day, but in such cases, each of the meals should be

very light. It has been repeatedly determined, by scientific experiment and by the experience of innumerable athletes and others, that one can maintain the very best degree of strength and vigor on a very much lighter diet than that consumed by the ordinary individual. Granted that a limited quantity of food is sufficient to maintain the body, then it must be plain that any in excess, is a burden to the digestive organs—a tax upon one's functional energy and vitality.

But as if an over supply of food were not a sufficient source of trouble, the average individual adds insult to injury by sending this mass of unneeded material to his stomach in a condition altogether unfitted for digestion. Every mouthful of food should be prepared for the stomach by thorough insalivation, and if this is not done it cannot be readily acted upon by the digestive juices. The drinks, too, commonly used at meal time serve to dilute the fluids referred to and hinder digestion just that much more. If one drinks freely of pure water between meals there is no



Exercise No. 4.—Place a pillow upon the seat of a chair, then recline across same upon the small of the back, in the manner illustrated. Let the head hang far backward, and lower the extended arms as shown, as far as possible. Then, simultaneously, lift the feet off the floor and raise arms, head and legs as high as you can conveniently or comfortably. Lower and raise again, and continue until tired. This is a rather vigorous exercise for the muscles in the region of the abdomen and stomach, and will be found very effective in building internal vitality. Do not exert yourself too much when first attempting it.



occasion for drinking at meal time. Every mouthful of food should be very thoroughly masticated, in fact, should be retained in the mouth as long as possible or until reduced to an absolute liquid before swallowing. Strict attention to this one essential alone will be sufficient in many cases to remedy digestive disorders, while under its influence, the appetite will tend to become so normal that one is much less inclined to overeat.

Many who eat considerable quantities of food are nevertheless in a more or less starved condition, partly for the reason that they do not properly assimilate that which they put into their stomach, and partly because the food they eat is deficient in nourishing qualities. If, after having acquired the habit of perfect mastication and learned to limit the diet to a quantity consistent with

the actual needs of the body, you also take pains to avoid all unwholesome, indigestible and stimulating articles, then you should soon be able to establish a normal, healthful, condition of the entire alimentary tract. Some fasting, as a cleansing and purifying agent, may be necessary to accomplish this. Then, when you no longer have to contend against these other hostile influences, you may expect to accomplish much by means of the exercises illustrated herewith, in the way of strengthening and invigorating the digestive organs, and also effecting favorably the liver, bladder kidneys and other vital organs adjacent to the muscles involved. But do not forget if suffering from digestive weakness of any kind, that these movements will be of great assistance to whatever other measures may be adopted to remedy the trouble.



THE MERMAID CLUB OF PHILADELPHIA.

This is one of a number of ladies' swimming clubs recently formed, and is another evidence of the increasing interest among women in healthful out-of-door sports.

The best of the medical profession are beginning to recognize that genuine and permanent healing can not be put up in bottles and bought and sold at so much an ounce, but that it is primarily the result of coming into harmony with Nature's laws and the intelligent use of such physiological remedies as exercise, air, proper food, hydiatic measures, electricity, and simple confidence in God.—Good Health.



# Detailed Menus for Three Days

By MARGUERITE MACFADDEN

## MONDAY.

### Breakfast.

Peaches and Cream,  
with  
Shredded Wheat Biscuit,  
Green Corn Mufferettes,  
Postum.

### Dinner.

Cream of Spinach Soup,  
Rice Nutettes with Celery Sauce,  
Fresh Lima Beans,  
Bavarian Salad,  
with  
Cream Dressing,  
Jell-O and Cream,  
Lemonade.

### Supper.

Radish and Young Onion Sandwiches,  
Stuffed Pears,  
Quick Cakes,  
Milk.

## TUESDAY.

### Breakfast.

Pears,  
Triscuit with Stewed Fruit,  
Scalloped Eggs,  
Graham Bread,  
Cocoa.

### Dinner.

Cream of Green Corn Soup,

Nut Tomato Special,  
New String Beans,  
New Potatoes—Parsley Sauce,  
Midsummer Salad,  
Fruit Blanc Mange,  
Milk.

### Supper.

Stuffed Green Peppers,  
Fruit Salad,  
Cream Dressing (No. 2)  
Whole Wheat Sandwiches,  
Fruit Punch.

## WEDNESDAY.

### Breakfast.

Cherries,  
Grape Nuts and Cream,  
Rice Waffles,  
Postum,  
Dates.

### Dinner.

Okra Gumbo Soup,  
Cauliflower and Nut Scallop,  
Green Corn, New Peas,  
Salad Simple,  
Fruit Custard.

### Supper.

Hominy Muffins,  
Stewed Cherries,  
Water Cress,  
Cocoa.

## SEASONABLE RECIPES

### *Green Corn Mufferettes.*

Two cups of sour milk, one teaspoonful of soda, one teaspoonful of salt, one egg and enough flour to make the mixture roll out like biscuit dough. Cut into squares of four inches each, place a spoonful of corn that has been previously boiled and cut from the cob, (or canned corn may be utilized, if you are unable to get the green corn, which latter is much more delicious of course) with a tiny dab of butter in the centre of each square, fold over cornerwise, first dampening the edges of your crust so that they will adhere closely. Then drop into hot cotton seed or olive oil as you would doughnuts or croquettes, or fry in a spider as you would anything else, turning and browning on either side.

### *Cream of Spinach Soup.*

Pick, wash well, and boil spinach in salted water. Then drain and rub to a smooth paste. Have melted in your saucepan a tablespoonful of butter, a little grated nutmeg, a teaspoonful of salt and dash of garlic or onion. Add to this a pint of spinach, cook together for ten minutes. Now add three pints of milk, let boil up and rub all through a strainer. Set it again on the fire and when it reaches boiling point stir in one tablespoonful of whole wheat or graham flour, rubbed smooth with an equal amount of butter and half a teaspoonful of granulated sugar. Serve with croutons.

Two good formulas for preparing soup croutons are as follows:



(1) Have hot in a spider, six tablespoonfuls of olive oil, now drop into this stale bread which has been cut into little half-inch squares. When browned, remove with skimmer and drain, add hot soup, and serve.

(2) Take very thin slices of stale bread, butter them liberally, cut into half-inch squares, place in a baking pan, buttered side up, and brown in a quick oven.

Croutons need not be made freshly each day, but reheated in the oven before serving will last for a week.

#### *Rice Nutettes with Celery Sauce.*

Wash and boil one cup of rice, add one cup of blanched and chopped almonds, a dash each of nutmeg, salt, pepper, and a sprig of parsley chopped fine, one tablespoonful of grated cracker crumbs, and one egg well beaten. Mix thoroughly, mould into tiny balls, roll in egg, dip in cracker crumbs, and brown in olive oil in your skillet. Serve with sauce made as follows:

Mix two tablespoonfuls of flour with half a teacupful of butter; bring to boiling point a pint of milk, stir the flour and butter in it. Chop into small pieces one large head of celery, boil in just water enough to cover, until tender, then drain, add a sprinkling of salt and pepper, and turn into the milk. Boil up all together for two minutes, then pour over your nutettes, already garnished with parsley and serve.

#### *Bavarian Salad.*

Boil a head of cauliflower in equal parts of milk and water until tender. Drain and break into small pieces, then set aside until cool. Have ready two tablespoonfuls of chopped olives, and two tablespoonfuls of minced hickory nuts. Garnish your salad bowl, and line it throughout with water cress, dip each piece of your cauliflower in the minced olives and nuts and toss into your bowl on the cress. Pour over all the following dressing:

One cup of sweet cream, or spoonful of sifted flour, the whites of two eggs beaten stiff, three spoonfuls of vinegar or lemon juice, two spoonfuls of salad oil or melted butter, two spoonfuls of

powdered sugar, one teaspoonful of salt, one-half teaspoonful of pepper, one teaspoonful of mixed mustard. Heat cream, but do not boil, stir in the flour dampened with a little cold milk, boil two minutes, stirring constantly. Add sugar and remove from the stove. When half cold beat in the stiffly whipped whites of your eggs. Set aside until quite cold. Then beat in the oil or butter with pepper, salt and mustard. When salad is ready, to go to the table (not before then) add your vinegar, and pour the dressing over all.  
Serve with cheese straws.

#### *Cream Cake.*

Two eggs, whites and yolks beaten separately, one cup of granulated sugar, one-half cup of sweet cream, one cupful of sifted flour, one-half teaspoonful of soda and one teaspoonful of cream of tartar. Add the last thing the whites of your eggs, beaten stiff. Flavor to taste.

#### *Radish and Spring Onion Sandwiches.*

Spread, and cut thinly graham or whole wheat bread, sprinkle with salt, slice very thinly a layer of radish, over this a thin layer of onion, sprinkle the latter with pepper, and finish with another thin slice of buttered bread.

#### *Stuffed Pears.*

Peel and core eight pears, and set in a baking dish, with a very little cold water. Peel and put through your meat grinder or nut mill, three medium sized quinces. To the quince pulp, add one large cup of granulated sugar, stir thoroughly, fill the cavity in your pears with this latter, and pour the remainder around your pears, and bake in a moderate oven. The quince pulp renders the syrup thick and luscious.

#### *Quick Cakes.*

Beat lightly three eggs, add to this one cup of sifted flour, in which a heaping teaspoonful of baking powder has been thoroughly incorporated. Flavor with vanilla. Butter sheets of tin, or if you have not the latter, sheets of brown paper will answer, drop a few inches apart teaspoonfuls of the batter and cook in a quick oven.



*Scalloped Eggs.*

Boil for ten minutes, one dozen fresh eggs. Slice them thin. Butter a baking dish liberally and sprinkle thickly with a layer of saltine crackers rolled to crumbs, then a layer of sliced eggs, dabs of butter and sprinkling of pepper and salt. Continue thus until your dish is full. Crumbs on top layer. Over all pour a cup of rich cream, and brown in a moderate oven.

*Cream of Green Corn Soup (No. 3).*

Cut the corn from the cob, and boil your cobs in water with one pepper and one small onion for an hour, allowing a dozen cobs to three quarts of water. This will boil down to less than two quarts. In a separate vessel boil the corn which you have cut from the cobs in half milk and water, until tender. Remove from the fire and cool. When cold add two well beaten eggs, salt and pepper to taste. In the stock in which your cobs were boiled, while still hot, stir two tablespoonfuls of butter blended with the same of flour, and boil for two minutes, now add your cold corn with egg, etc., boil up once and serve.

*Nut Tomato Special.*

Choose six large firm tomatoes. Scoop out the inside. Mince one cup of mixed nuts with half a cup of rolled oats, one egg, one chopped green pepper, salt to season and one tablespoonful of cream. Mix all thoroughly. Set your tomato shells in a well buttered baking pan. Fill with the mixture; on the top of each sprinkle lightly a little cracker dust, and place a tiny dab of butter. Bake for fifteen minutes in moderate oven. Add to the insides removed from the tomatoes one teaspoonful of minced onion, the same of parsley and the same of celery, with a dash of salt, pepper and soda. Bring to the boiling point one pint of milk to which has been added one small tablespoonful of flour, blended with one dessertspoonful of butter, into this pour your other ingredients, remove at once from the fire, pour around your baked tomatoes, and serve.

*Midsummer Salad.*

Chop finely one cup of firm, white, cabbage, one cup of lettuce, one cup of celery, one cup of tomatoes, one onion, one green pepper and a sprig of parsley. Mix all together, though each should be chopped separately, (otherwise it will become a pulpy mass, which would spoil the salad entirely). Mix the following dressing: The juice of two lemons and one orange, three tablespoonfuls of olive oil, two finely chopped radishes and a little salt. Pour over the salad just before serving.

*Fruit Blanc Mange.*

Reserve half a cupful of milk from a quart, and put the remainder on the stove to come to a boil. Mix five large tablespoonfuls of cornstarch and a teaspoonful of salt with the half cupful of milk. Then stir this into the boiling milk, and cook for ten minutes. Add to this one heaping cupful of stoned cherries, peaches, strawberries or whatever fresh fruit you prefer, and remove immediately from the fire. Pour into your serving dish and set aside to cool. Serve with cream and sugar.

*Stuffed Green Peppers.*

Choose eighteen good sized peppers. Remove the centres. Reject the seeds, and mince finely the remaining portion of the inside. To this add one tablespoonful of melted butter, one-half cup of chopped pecan nuts and two sticks of celery, with three tablespoonfuls of soft whole wheat bread crumbs. Fill your pepper shells, and then pour on each a teaspoonful of cream, place a dab of butter on top of each, and bake for fifteen minutes. Serve with white sauce.

*Fruit Sa ad with Cream Dressing (No. 2).*

Chop one pineapple, one sour apple, two bananas and a cupful of plums, separately, then toss together, place on a bed of lettuce leaves and pour over the following dressing: Two tablespoonfuls of whipped sweet cream, two of sugar and four of lemon juice; beat well before turning over your fruit.



*Rice Waffles.*

Take one pint of flour, and one pint of boiled rice and wet with a little sweet milk, boiled and cooled, then gradually add milk enough to form a thick batter. To this put a tablespoonful of melted butter, a teaspoonful of salt, and a teaspoonful of baking powder. Next add two well beaten eggs. Heat your waffle-iron, butter it well and fill it with the batter. Two or three minutes will bake it on one side; then turn the iron over, and brown on the other side. Serve immediately.

*Okra Gumbo Soup.*

Brown one large sliced onion in two tablespoonfuls of butter, but do not burn. Scald, peel and cut up two quarts of fresh tomatoes, and cut thin one quart of okra; put them together with a little chopped parsley, in your preserving kettle, with one quart of water. Cook slowly for two hours. Now add three pints of hot milk in which has been dissolved a pinch of soda with seasoning of pepper and salt, and serve.

*Cauliflower and Nut Scallop.*

Boil your cauliflower in salted water until tender. Cool and pull into small pieces. Chop finely two cups of blanched almonds. Line your buttered baking dish with cracker crumbs and sprinkle

alternate layers of cauliflower, nuts and crumbs until your dish is filled. Over this sprinkle a layer of cracker crumbs and grated cheese, and lastly turn over all two well beaten eggs in one cup of rich milk or cream, seasoned with pepper and salt and bake in moderate oven.

*Salad Simple.*

Take equal portions of lettuce and water cress, sprinkle with chopped nuts, dress with olive oil and lemon juice.

*Fruit Custard.*

To one quart of rich milk add four well beaten eggs, sweeten and flavor to taste, and boil, stirring constantly until thickened. Slice peaches and pears in equal quantities in your serving dish and sprinkle with powdered sugar and the juice of a lemon. When custard is quite cold, pour it over your fruit, and serve.

*Hominy Muffins.*

One cup of boiled hominy; beat it smooth in one and one-half cups of sour milk, two tablespoonfuls of melted butter, one teaspoonful of salt, and one tablespoonful of sugar: Add two eggs well beaten, one-half teaspoonful of soda dissolved in a little hot water, and one cup of white flour. Bake in a hot oven.

## ASUNDER

"Whom God hath joined let no man put asunder,"  
But who's to tell whom God hath joined, I wonder,  
The uninspired might sometimes make a blunder.  
Is God a slave to fetch and carry  
For every Reverend Tom, or Dick, or Harry,  
Who takes a license out to preach and marry?  
A thousand creeds there are, a million preachers,  
They cannot all be right or trusty teachers,  
But all are money-needers, cash-beseachers.  
No couple is so hopelessly mismated,  
No hasty twain so patently ill-fated  
That each by each must soon be loathed and hated,  
But somewhere they will find a needy pastor  
To mumble words that make misfortune master,  
And drag long generations to disaster.  
Always a little church is 'round the corner,  
Where there's a needier pastor and forlornier;  
Ten dollars makes him Satan's own suborner.  
The world's a Gretna Green, whose wedding bell  
Decoys mad couples down the primrose dell  
That skirts past heaven into lingering hell.  
And so we see the church's benediction  
Sentence two souls to one lifelong affliction  
And call it sacrament—a pleasing fiction!  
They wed young runaways still out of breath;  
They wed pale invalids on beds of death;  
And men whose hiccups spoil the shibboleth.

They wed at church, at home, at county fair,  
In wild beasts' cages, or balloons in air,  
By proxy—anyhow and anywhere.

They wed old dupes to maids of seventeen;  
Gold-hunting youths to cronies of withered mien;  
Young princesses to kings they've never seen.

They wed the white and black, the halt, the blind,  
The heiress and the coachman, kith with kind,  
The hopelessly diseased, the weak of mind.

They see the unwilling daughter forced to wed;  
Her lips are ashen, but the words are said,  
Her finger clasped with gold, her heart with lead.

They see the leering rake hale to the altar  
The white young virgin, and they do not falter;  
They fix the bit and throw to him the halter.

And then they dare to call these souls "united!"  
They look with calm on futures so ill-plighted—  
Yet breathe "divorce" and they are all affrighted!

When marriage fails, it proves God was not witness,  
Else, proves in Him a lack of sense of fitness,  
Or cruel joy in torment's exquisiteness.

Shall we not rather say—"Tis we that blunder?  
And He demands divorce in voice of thunder,  
Whom man misjoins—behold, God keeps asunder!"  
—JOHN LOMAX, in *Life*



## Ideal Babyhood

By MARGUERITE MACFADDEN

Beneath those red brown tresses  
Two honest eyes of blue—  
Tell all her tongue could utter,  
Of baby's love for you.

If baby has the food which Nature has provided for it, there is rarely any necessity for special care of the mouth. Yet it is altogether a wise plan, as well as a simple precaution, to wipe out the mouth each time with a piece of soft old linen dipped in a weak boracic solution, after baby has nursed. This tends to keep the mouth sweet. But while this is, as I say, not absolutely necessary where a mother nurses her baby, it is certainly most essential with a child that is fed in early infancy upon artificial food of any description. Such food not infrequently disagrees with the little one, souring and regurgitating, so that it is well to have the mouth cleansed after each such feeding, otherwise it is apt to become coated and ultimately sour. Special directions have already been given as to the preparation of artificial food, care of utensils used in such, etc., and if these are closely followed, there is little or no trouble to be looked for from this source.

Mention may here be made of the unfortunate habit that people have of kissing a baby on the mouth. It is a custom that cannot be too strongly condemned, at least upon the part of persons outside of one's immediate family. It is unhygienic to say the least of it, and yet the poor wee helpless baby has to submit, being unable to make any protest.

If the lips become chapped from any cause whatever, it is well to apply a little olive oil to them while baby sleeps. Should tiny cankers, or what is commonly known as "baby sore mouth" make its appearance, (which certainly will not be the case if baby is properly

cared for), a sprinkling of powdered borax to such, or frequent washings with the boracic solution will readily cure it. Also the bowels must be induced to perform their normal function. Let me here again emphasize the necessity for the baby being given pure cool water frequently, more especially as the little teeth begin to make their appearance and the gums are hot. Plenty of pure drinking water is then a source of great comfort to baby, but of this I will treat more fully later on.

Now let us pause awhile to get a glimpse into baby's eyes: It is not often that its eyes cause any anxiety provided that proper attention is given them at the time of birth, and presuming that parents and offspring are healthy. Yet there are instances where in some unknown way, and in spite of every precaution, the eyes have become infected at the time of birth. Should such be the case, they call for exquisite care, and untiring attention, so that permanent injury, if not actual loss of sight, may not result therefrom. A darkened room, or shaded section of the room, will be essential for the little sufferer. The best preparation for the cleansing of the affected organs will be the boracic solution as recommended in a previous article, made by dissolving one teaspoonful of boracic powder in one pint of boiling water. The best way to apply this is to drop it from an eye dropper (which latter can be procured from any chemist for a few cents) holding the lids of the eye open and suffusing it with the solution, which will then run over on to a piece of absorbent cotton, which latter should be placed close to the eye so that the cotton may absorb



the fluid instantly and prevent its running into the other eye. It is also well to place a little piece of the cotton over the bridge of the nose as well as under the eye before beginning treatment. Finally dry the eye with a tiny piece of old linen, always wiping from the outer angle of the eye inward toward the tear duct. Should only one eye be affected be careful not to run any chance of infecting the other by allowing a particle of the fluid from the sore one to reach it. Constant care will effect a cure, and fortunately it is a rare thing for a child's eyes to give any uneasiness after infancy. The scraps of absorbent cotton and linen used for cleansing purposes should not only never be used a second time but should be burned immediately after use. Such light as must be admitted to the room should always come from behind the bed, so as to prevent it from falling directly upon the child's face. The ancient idea that the nursery or any room where baby takes its nap, must be shrouded in darkness is a very erroneous one. Accustom baby to light, just as you do to air, from birth. No sleep will be as beneficial to it as that enjoyed out in "God's Open." My baby has taken her daytime naps winter and summer ever since a month old, out on the piazza or lawn, being laid down to rest without parasol or shade of any description unless it was raining or snowing, or intensely hot, when of course natural precautions were taken for her welfare and comfort. She slept out of doors, rain, snow or shine, always awaking happy and refreshed. Indeed when travelling, or under any circumstances prevented from enjoying such, she appeared uncomfortable and ill at ease for the balance of the day, apparently as a direct consequence, while light, be it daylight or artificial, as well as ordinary noises, are entirely unheeded, as disturbers of her peace.

Then another part of baby's organism which will call for and reward your care, are its ears. Nature has provided a certain amount of wax for these organs for specific reasons, but an excessive accumulation of it is highly injurious. However, if proper care is given them, no disturbance will occur in this direc-

tion. Probably nothing has ever been devised which serves the purpose of cleansing the ears that is superior to the piece of soft old linen twisted into a cone, dipped in warm soap suds, squeezed fairly free from water, gently inserted in the ear, turned about a few times, then withdrawn when the operation is repeated with a dry piece. In this manner, you can keep the ear perfectly clean without the slightest fear of danger of injury to that delicate structure, the ear drum. Many will advise the ear sponge sold by druggists or a hair pin, or match with linen covering. But I should advise you to beware of any of these, while baby is too young to tell you "if it hurts" as a grown up could do. The other plan is absolutely simple, safe, and sure. The outer ear of course can be cared for in the usual manner.

Be careful always to see that baby's ears are flat to its head, when lying down to rest, and not doubled over, for what is more unsightly than a couple of protuberances suggesting the sails of a ship, attached to the sides of one's head, in later life, all because a little care was not exercised in this direction in infancy. Should baby suffer from earache, which will not be the case if it is normally healthy, a drop or two of warm olive oil placed in the ear cavity with a tiny bit of absorbent cotton to exclude the air, will soon afford relief.

Now let us consider "baby's crowning glory," its hair. It matters not if it be white, black, red or golden, straight or curly, so that it gets proper care, and is full of sun streaks, soft and glossy. In all cases it certainly requires and rewards care. The first essential to a good head of hair, is cleanliness. The scalp must be kept clean. Should there be the slightest accumulation upon its surface of that dandruff-like deposit generally alluded to as "scurf" it must first be entirely removed. Never attempt to do this by means of a comb, or scraping process, but instead anoint the surface with a little olive oil, allow it to remain on for a few hours, then wash off with warm water in which a little borax has been dissolved, or if preferred, simple castile soap and warm water. Baby's head should be washed daily just as the



rest of its body, and rubbed dry. It should also be accustomed to go bare-headed as early as possible, when the weather permits. A splendid head of hair, with a freedom from catarrhal colds and such like conditions will reward the adoption of this method. If exposed to the direct rays of the sun it is certainly wise to provide something in the form of head covering, but even then such should be of the lightest quality, so that the air may have free access to the hair.

Next, baby's nose, one of the "sentinels" guarding the air passages requires attention. Frequently you hear people say "Oh! Nature takes care of that, unless baby has a cold, when it may become obstructed." Such is not necessarily the case. The dust and tiny particles which we are breathing constantly, are bound to lodge themselves more or less in baby's tiny nasal orifice, thus it needs cleansing at least once in twenty-four hours. Probably the best means of doing this is a soft feather or tiny quill dipped in olive oil, but if you are unable to procure this latter, a tiny hair pin with its smooth round end enveloped in a piece of soft linen and freely oiled serves as an excellent substitute. This should be done daily at the time of baby's bathing. If baby is overfed or in such condition as to acquire a cold, anoint the bridge of the nose with olive oil, each time she sleeps, and this lubrication will do much to banish a clogged condition. Also smear a little oil about the nostrils so that they will not become sore or sensitive.

Baby's basket if properly equipped should contain all the requisites for the little attentions just told. And here we might consider the basket itself. The basket may be of wicker, natural, or enameled, as the baby baskets purchased in the stores, or if mother be hampered for means, with a little taste and ingenuity she may provide a dainty substitute. For instance the ordinary bushel basket, which can be bought for twenty-five cents at the market, when lined with cambric, as well as covered with the same, with an over-cover of muslin, plain or dotted, with tiny pockets, pin cushion, etc., etc., forms a very attractive as well as useful

one, its size especially recommending it, for the average baby's basket is so small as to be more ornamental than useful. The pretty custom of "blue for a boy," and "pink for a girl" aids you as to color, but for myself I think there is nothing daintier than white. As to the fittings they are readily procurable in varieties enough to please all, from the dainty cheap celluloid sets, to the more expensive ones of silver, ivory and tortoise shell. They consist of brush and comb, tray, puff box, pin box, olive oil jar and soap box. A tiny silk bag or two are also requisites, one to contain absorbent cotton, the other scraps of soft old linen. A small pair of scissors attached to a ribbon and fastened to your basket are needed. The pins invisible hair pins, feather or quill for the nose, eye dropper, syringe and such useful things should always be found therein, as should your miniature scales, so that baby may be weighed from time to time.

Then there should also be a nail brush of soft bristles, which although not required in the first few months, will begin to suggest its usefulness later. A very painful ordeal indeed is the cleaning of nails. To use the end of the scissors or some other sharp instrument to free the nails of any accumulation of dust, etc., is little short of torture to the tiny sensitive finger tips. So baby squirms and endeavors to extricate its little hand, or foot, as the case may be.

The result is, that the suggestion of cleaning an infant's nails is as a rule the signal for an outcry. This therefore is obviated by beginning early to use the soft brush. Soap it well, and then in a playful way you can brush the finger tips and toes at will. Let me assure you that the care of the nails is not a trifling matter, but is second to that of the teeth, and should be begun in early life if one is to hope for the best results. No matter how large the hand may be, or unlovely in form it is all redeemed by good care as evinced by shapely, well cared-for finger nails, while much of the discomfort with ingrowing and kindred troubles of the toe nails is due to either neglect or injudicious care in infancy combined with tight shoes.



## Women's Question Column

By BERNARR MACFADDEN

### Sea-Sickness

Q. Kindly suggest preventative of and remedy for sea-sickness.

A. If repeated experience has shown that you are invariably afflicted in this way on a sea voyage, then it might be best to fast absolutely during the trip and for a day previous to it. Certainly it would be more comfortable to fast than to endure the agonies of this illness. Probably an exclusive diet of fruit, principally of the fresh, juicy varieties, would enable you to make the journey in comfort. If you have an unusually sensitive stomach a light diet of one or two moderate meals a day, easily and thoroughly digested, would enable you to avoid the affliction. If you are in the habit of over-eating in any degree or manner, you will assuredly suffer the consequence when on the restless ocean. The treatment in case you are attacked, in addition to fasting, is free drinking of water and the flushing of the colon. The drinking of hot water, to begin with, would help to cleanse the stomach, after which use cold water. Of equal importance is the necessity for a good supply of fresh pure air. In fact, no matter what dietetic precautions you take if you are confined in close, ill ventilated quarters you are liable to be sick. If a light, wholesome diet is adopted several days before your departure, including plenty of fruit acids and avoiding all grease and oils of every nature, and you remain where the air is pure at all times you should be able to take a sea voyage with at least a fair degree of comfort.

### Healthy, but Pale

Q. I feel very well and my health is fine, but I don't look the way I feel. I am too pale and thin, though my chest is high and my muscles and nerves strong. But my hands are easily chilled and in my airy room at night I often get cold. Why is this? Am a physical culturist in every respect.

A. I have known of a number of cases of this kind, in which the individual is more or less anemic and of a somewhat weak constitution. This may be the result either of heredity or of one's own past wrong habits and conditions of life, perhaps of both. In your own case, you enjoy health and have strong muscles and nerves, simply because of your current good habits and the physical culture regime which you follow, these too in spite of your delicate constitutional condition. If you continue your present mode of life, you can unquestionably strengthen your constitu-

tion, though this may take time. In the meantime, you should at least be grateful that you feel so well, even though your looks belie your feelings. An exclusive milk diet for a few weeks might be of advantage.

### Corsets and Stout Ladies

Q. What will the stout young lady do about corsets? She surely cannot go without them, for people would call her clumsy.

A. For a stout person to attempt to improve and mould her figure by means of a corset would be to attempt an "improvement" which is not only not an improvement, but an aggravation of the original defect of form. She should instead, try to better the appearance of her figure by such a course of exercise and diet as will bring her to as near the normal as possible. We intend to publish special exercises in a coming issue of this magazine, by which one may reduce flesh to a greater or less extent. Furthermore, she should realize that corsets weaken the muscles about the waist, with the result that they gradually disappear and are replaced by an accumulation of fat. An exceedingly stout woman must necessarily look clumsy when she leaves off her corsets. But it is her excessive fat that is responsible for this. Personally, I never see a stout woman wearing corsets without feeling profound pity for her. She is boxed-up, bound-up, pinched and almost suffocated while her fat is made all the more conspicuous above and below the waist, especially the latter. With her surplus adipose tissue a dozen corsets would never make her look graceful.

### Ulcerated Stomach

Q. Is there any cure for an ulcerated stomach? Stomach very dry. Frequent spells of vomiting. Patient is a girl of sixteen years, has bad headaches, occasional pain above the stomach, and is generally constipated. Kindly advise treatment.

A. The fact that the patient in this instance is habitually constipated clearly indicates that her methods of living are totally wrong. To accomplish a complete and permanent cure, it would be necessary for her to make a radical change in her general habits, otherwise, even if cured once, the trouble would recur. The bowels positively must be kept regularly open, and the colon flushing treatment should be used to help establish this regularity. A



prolonged fast would no doubt, result in a complete cure, and it would indeed be difficult to cure it by any means unless fasting was also adopted as part of the treatment. The free drinking of water is of great importance. At first, a little hot water could be used in order to thoroughly wash out and cleanse the stomach. In addition to this, the patient should take regular exercise, live out-of-doors if possible, and follow a strict physical culture regime in general.

#### Removal of Moles

**Q.** What is the cause of moles? Can they be removed, and, if so, how?

**A.** The underlying cause of moles is still somewhat of a mystery. They can be cut off by a knife, but this is a dangerous operation and is not recommended. Or they can be removed by tying a silk thread around the base, and tightening it slightly each day. Neither of these methods is infallible, however. I understand that the root of the mole can be effectually destroyed by the electric needle, by an operation similar to that for removing superfluous hairs, but this should only be done by a physician skilled in electrotherapeutics.

#### The Whipping of Children

**Q.** What in your opinion is the physical effect of corporal punishment on children? Does it make them more hardy? Do you advise it? On what part of the body should they be whipped? We have five girls and whipping has always been a prominent feature of their training. We use a strap or stout cowhide and whip them thoroughly on their bare feet and legs. The oldest, age fourteen, is whipped more than the younger ones.

**A.** Though this is a question upon which there is great difference of opinion, yet to many, your methods would appear most shocking. Those parents who get along without whipping their children usually rear a finer, more loving and in every way better family than the whippers. If a child cannot be made to understand certain things without being whipped, then it is hardly likely that a thrashing will help it to see and understand. By means of force the child's conduct may be affected, but its mind not influenced. Brute force does not educate a child into an understanding of what we call right and wrong. The child to think right must be taught aright and such teaching can only be done by love and patience. Your own experience should show that you really accomplish nothing by it, as is proved by your statement that the oldest girl is whipped more than the others. After she has been whipped repeatedly for similar offences, it should be evident to you, that previous punishments have not accomplished the results intended.

For an adult person, even though a parent

or school teacher, to strike a little, defenceless child is a despicable act. It is both brutal and cowardly, and though the child may not clearly understand the ethics of the act as such yet, inwardly, it instinctively feels the wrong that you have perpetrated on it. Often it cries out not so much on account of the physical pain as on account of the humiliation it suffers, and because of the despairing realization of the fact that it is so hopelessly at the mercy of a cruel and stronger power. You cannot make a child "good" in this way. The physical effect cannot be beneficial, for only happiness is conducive to health and strength, grief and pain to ill-health. You may "harden" the child, but it will be a hardening of its heart toward you that in time may breed a hate of you in place of love.

#### Maternity Late in Life

**Q.** How late in life can a woman bear children? Is thirty-nine or forty too old if she has children before? If near the change of life, although she has had no signs of this, would pregnancy be dangerous?

**A.** In answering this I would say that a great deal must depend upon a woman's physical condition. If she is in a healthy and normal state there is no reason why she should not have children at the age of thirty-nine or forty, or indeed at any time up to the change of life, provided she has had children before. Even though she may not have had children before, if she is in a healthy, vigorous condition, she would probably go through the experience in a satisfactory way, though as a general thing it is far better for a woman to have her first child before the age of thirty.

#### Treatment for Tumor

**Q.** Can physical culture cure a tumor of a cancerous nature on the side of the womb?

**A.** Though considerable hope can be extended to one in the earlier periods of this trouble, yet in the advanced stages, nothing very definite can be promised. However, in any event, you could certainly accomplish more by physical culture methods than by any other treatment. Fasting would be absolutely necessary, together with exercise, free water drinking, an open air life if possible, air baths, sun baths, dry friction baths and a strict physical culture regime generally. An operation might temporarily remove the trouble but would not really cure the disease, for it is due to the abnormal conditions of the blood, and hence would almost surely assert itself again either in the same place or in some other part of the body. Therefore the entire system should be purified. Of course in some severe cases where there is much tissue poisoned with the disease, removal by operation might be advisable, but even in such a case, the physical culture treatment should also be adopted in order to make the chances of a complete cure even greater.



## Comment, Counsel and Criticism by Our Readers

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

### Physical Culture as an Aid to Study

TO THE EDITOR:

As a reader of **PHYSICAL CULTURE**, I take pleasure in saying that it has done more for me than all the medicines and all I have ever had to do with doctors. I am going to describe some portion of what it has done for me.

When about two years of age I had scarlet fever, which left me in a bad condition, including catarrh of the head. So they began doctoring me with patent medicines such as "Hornings' Specific," which cost about ten dollars and did no good. Next was "Cooper's Remedy," ten dollars, then C. E. Gauss' Remedy, five dollars, all which did more harm than good. They left me weak, and in a stupid state of mind.

I had begun to think that I wouldn't last and maybe die of consumption, when thank the Lord one day when I was in a dentist's office I saw on the table **PHYSICAL CULTURE**. I read some of it and asked the dentist if he would loan it to me. Since then I have been reading it regularly. I took the exercises as it directed and found that I gained strength in body and mind. I am now eighteen years old, enjoying good health, haven't been sick for over a year. I take daily exercises and am gaining in every way. I weigh 148 pounds and am looking fine. I used to have "sour stomach" and headache often; now I haven't had them for over a year.

I am in the M. H. Schools of this place and stand at the head of my class of forty-eight and expect to graduate in two years. I do not smoke, chew, or drink any kind of intoxicating liquors. Wishing you all success.

RALPH FLEMING.

McConnelsville, O.

### Shall Comstock be Suppressed?

TO THE EDITOR:

Shall Comstock be suppressed? Let the victims of prudishness, "the mother of ignorance" speak. Speak ye young men who through ignorance of yourselves have

destroyed your manhood. Hark! From every side, in voices blending fury and despair, comes the answer, Yes! Yes! a thousand times, Yes!

Speak, ye women, who through lack of knowledge have fallen by the wayside. Ah! me, that is the saddest voice of all. Yes! Yes! for pity's sake, Yes!

Let the fond mother speak, as she sees the fruit of her folly in the sunken eyes, the hollow cheeks of her sons and daughters. Let the fathers speak, as they see, too late, their mistake in withholding from their sons the vitally important knowledge of their bodies. Speak, ye who are denied the clinging of tender arms around your necks, who listen in vain for the patter of tiny feet!

From all comes the same cry, Yes! Yes!! Yes!!! And from thousands of early graves, from the graves of suicides, from the dark waters of many a river, comes the same cry. And if millions yet unborn could speak, the reply would be the same.

Speed the day when parents shall feel no shame in making known to their children the divine secrets of life and sex.

Speed the day when the human form divine shall hold the place, to which it is entitled, of the most wonderful, the most beautiful work of God.

Sincerely a friend to the cause,

ALSTROP M. NATLESTAD.

Seattle, Wash.

### A Tragedy and Its Lessons

An announcement in one of our daily papers some time ago had to do with the death of a three days old babe by suffocation. The child had been put to sleep covered head to foot with the heavy "comfortable" used to keep the mother warm, for three hours. We all know that a grown person could not live five minutes without air still this little thing just beginning life's struggle was left three hours without one breath of fresh air. The result I have told. It was found dead. Now it is wrong to cover the face of a new born babe no matter if it is the



coldest day in winter or the warmest of summer. How can you expect your children to make strong healthy men and women with such a start in life? It may take years to undo the harm done in a few weeks, that is, if your babies are not taken as was the little one I read of.

I say this last word to mothers: see that your babe has plenty of fresh air from the moment it comes into the world and you need never fear colds, coughs and the many other diseases which children fall heirs to when allowed to breathe foul air.

MRS. GERTRUDE BROADHURST.  
Kansas City, Mo.

#### Forestry an Ideal Occupation

In the issue of PHYSICAL CULTURE for March, the editor called for articles relating to physical culture work. My occupation is Forestry, and I consider it an ideal occupation. It includes pruning, grafting, trimming, etc. on ornamental fruit and shade trees.

We work for nine hours daily, most of that time being spent in climbing trees. The work is somewhat strenuous, and also a little dangerous, but this only adds the needed zest to the work. Forestry (scientific) is practically a new business in this country, but during the last few years has advanced very rapidly. I know of only a few forestry firms in the East, the largest being the one I am with, whose headquarters are in Boston.

We have taken work in all the states east of the Mississippi River; so that there is also the chance of seeing Nature's beauty spots without expense. There is of course sometimes a little difficulty in getting the proper food, but we board mostly at farm houses, and one can almost always get wholesome food on a farm.

Personally I eat raw oatmeal, raisins, apples, milk and nuts and sometimes cocoa. I have worked for several winters at my business lightly clad, and have not suffered in the smallest degree from cold.

To summarize I don't think it would be possible to find a more ideal physical culture occupation than that of forestry. The remuneration is fairly good, but as in everything else, a lot depends on the energy and adaptability of the employee.

The course of Forestry taught at Amherst College is a good one, and Cornell University has a correspondence course on the market, but it is not necessary to take a course in Forestry to get a job. Anyone by asking can have the name and address of the writer, from the editor of this magazine. I will do my best to help anyone who is interested in physical culture and who may wish to secure employment at this business.

Your articles on Quacks, etc., remind me that I know a worthy (?) deacon of the church, who gets drunk on Peruna.

B. I. E.

#### Where it is a Blessing to Kill

TO THE EDITOR:

To advise the taking of a human life sounds brutal, but it would be a blessing in the case

of a child that is born disfigured or crippled, or with hopeless ills. I know by experience for I was born with a red birth mark on the face, and for that reason I cannot enjoy living. I am alone, I am deprived of the society of the opposite sex, although I consider myself a true man, sober and industrious and have a home, but no one to greet me when I come home at night. I have many a time wished that my mother had wrung my neck when I was born.

I knew of a boy who lived to be twenty, or more, but he never was able to raise his hands nor his head. Can you imagine what there is in such a life? Dr. R. H. Gregory, of Iowa has introduced a bill, legalizing killing, for the purpose of ending the misery of those in great physical pain from a disease which must prove fatal in the end, and as a means of preventing the rearing of children who are hideously deformed or hopelessly idiotic. The Ohio Legislature has passed a bill legalizing the killing of incurables who are suffering great pain. Dr. E. B. Foote, M. D. suggests a good plan in his *Plain Home Talk* how to prevent the rearing of children of criminals which I highly indorse.

H. G. I.

#### A Voice From the West

TO THE EDITOR:

I wish to congratulate you upon the success you are making of PHYSICAL CULTURE. It gets better with each number. I sincerely hope to see the time when it will be in the hands and homes of all our people. You are not a hero, but you are doing a heroic work in a heroic manner, i. e., a most important work, with all your energies concentrated upon it. Your reward will be as you would probably choose it—the blessings of the thousands whom you are leading into a cleaner, purer, stronger manhood and womanhood.

As to the magazine, there is little to criticize. The spirit of fairness that marks all your editorial utterances more than makes up for an occasional "over-heavy" shot. Personally, I should like to see a short story each month. However, I am enjoying the serial. Duffey is all right, too. The young people's department should be more important. Don't neglect that. The Anti-Vaccination columns are timely. We need education along that line, and need it badly. Don't pay any more attention to Comstock than you can possibly help—not that I am not in sympathy with you in the fight—but he is getting too much notoriety and is an obstructionist. With best wishes for yourself and PHYSICAL CULTURE, I am, as the boys say, Yours for keeps,  
Little Rock, Ark.

J. E. T.

#### The Greatest of Curses

TO THE EDITOR:

I have received manifold benefits, both physically and morally, from the glorious teachings contained in your magazine, and would no more think of being without PHYSICAL CULTURE than I would of going without any other necessity of life. Your articles



on health and reform are the most practical, common sense teachings I have ever read.

I have a boy three and a half years of age and a girl five and a half, and thanks to you they take their exercises and cold baths with a vim and pleasure that is unequaled by most adults.

The articles on "Prudery" alone are worth many times the price of the magazine. If each and every reader will only join hands with you in advocating your principles and securing subscriptions to the magazine, I can easily see the finish of misshapen bodies, human weaklings, patent medicines, quack doctors, and, best of all, the sunshine of right principles shining through the darkness of "Prudery." Let us form an endless chain of workers that are not bigoted or afraid. Some one might laugh at us but cannot deter us from working for the greatest of causes, the betterment of human beings.

C. O. EDWARDS.

37 Hill St., Battle Creek, Mich.

### The Spread of a Good Work!

TO THE EDITOR:

One word of gratitude among the many may carry little weight, but I can no longer leave it unsaid—for I feel that my present happiness and what the future holds for me are in a great measure due to your clear, legial ideals of living, and to your courage in proclaiming and defending them.

I know I am only one of hundreds you have so helped, and I wish to congratulate you upon your wonderful success in this work.

It has been through reading your magazine and books that I have gained a clearer insight into natural laws, and now that my dreams of home and family are about to become realities, I realize that so much of my happiness and success will be due to you—that I want you to know how deeply I appreciate that fact and what you are doing for the human race.

My fiance joins me in wishing you every success in the future; and we will lose no opportunity to further, by every means in our reach, the great work you have begun.

Already a number of my acquaintances have adopted a vegetarian diet and the habit of daily exercise and we are doing our best to aid in the "corset crusade."

I cannot conceive of any one philanthropy that could accomplish greater or more lasting benefits than the establishing of your regime of daily life. I hope you may live to see some of the good results in the next generation.

OLIVE MAY FITZPATRICK.

Arkansas City, Kan.

### On the Comstock Controversy

TO THE EDITOR:

It is quite surprising to me that a reader of PHYSICAL CULTURE should take the position that A. B. Hurtin does in a letter written to you in the April issue on the Comstock Controversy. It is perhaps excusable, however, owing to the fact that this writer advances no argument whatever, but only

attempts to cry out somewhat sarcastically against the editor for the position he has taken. It seems to me that he should be able, before writing such a letter, to give some palpable reasons for his assumption that Macfadden is all wrong, and that Comstock is entirely right. He speaks in particular of the nude pictures published by the PHYSICAL CULTURE, but, does he not consider that in order to show the development of the physical man he must necessarily be nude or partially so? It seems to me that the "evil" in this matter lies wholly within his mind and should he give the subject proper thought he would certainly come to the conclusion that he was "looking through a glass darkly."

He refers to the attack on Comstock in the December issue as a "weak, contemptible attack on so brave, and noble" a gentleman as Mr. Comstock. Now I take exception to this. The "attack" was anything but a "weak, contemptible" one, and I cannot see wherein Mr. Comstock is "so brave and noble." He may be conscientious, but he certainly is mentally distorted on the question of the human body. When will the human race awaken to the awful mistake of PRUDERY? When will people; such as A. B. Hurtin, open their eyes to the wholesome truth and cast away the iniquitous influence of IGNORANCE. May the good work of your magazine be continued and be blessed with the success it so richly deserves.

T. E. GRANT.

Washington, D. C.

### Saved From Comstockery

TO THE EDITOR:

Having read the Comstock articles in recent numbers of the magazine, I feel it my duty to give my testimony. The PHYSICAL CULTURE Magazine and the practice of such principles of Physical Culture living as I have been able to carry out in my home, together with the strength given me by the Lord Jesus Christ, have rescued me from the living hell caused by my not being taught as thousands are not taught, anything of sex. I now thank God that I can look at all your pictures without evil thoughts. They have been a great help in purifying my life.

When the right teaching finally did come I was skeptical of the possibility of any harm coming from evil practices and when I woke up to my condition I found that I had absolutely no will power, and was near suicide. But I thank God that by means of physical culture He has strengthened my will power and my body till I confessed Christ and now am delivered from that hell. To any one struggling for freedom I will say, persistence in systematic exercise can save you. Never give up the fight

A. W. T.

### A Brother Doing What a Comstock Father Fails to do

TO THE EDITOR:

I have noticed that many of your readers are denouncing Comstockery. Permit me to



add my protest to the others against a crime that is causing more intellectual and physical degeneration than any other evil known to this sin-cursed world.

I was born of Christian parents, but unfortunately when quite young was thrown among playmates who boasted of their superior knowledge of sin and vice. I of course fell into their ways and without a parental word of warning was allowed to drift on, and on until I was transformed from a gay and joyous youth into a prematurely sad and sober old man.

Many nights has my dear mother leaned above my restless pillow and tried with a kiss to rout the bad dreams that were disturbing my slumber—and yet she knew not the cause. Oh! had my good Christian father talked with me and warned me; but he said not a word.

When I was twenty years old I chanced upon a copy of PHYSICAL CULTURE, and from that purchased Mr. Macfadden's Superb Virility of Manhood. From that day on there seemed to be a cloud lifted from my enfeebled mind and low degrading thoughts were banished, being replaced by higher intellectual and spiritual ones.

But habit is habit and is not to be thrown out of the window by any man, but coaxed down the steps one step at a time. Oh! what a fight I had, what terrible headaches, and sleepless nights! But that has all passed. Two years have elapsed and from an emasculated shadow, I have built myself up to the resemblance of a man, and am now just beginning to enjoy some of the pleasures of this life.

My father is a man of splendid physique, measuring 6 ft. 1 inch in height and weighing 203 pounds, while I, his first born, am only 5 feet 5 inches in height, my growth having been stunted by my unfortunate habits of the past.

I believe, though, that God has saved me for a purpose. I have several brothers younger than myself and I shall teach them that which I was left to learn for myself.

I have one brother just turning sixteen, and I have already given him dozens of fatherly talks. I have placed in his hands your books and believe I have made a man of him. I shall watch also, with eagle eyes, my younger brothers, of which there are four, and I hope also to raise them up to pure and noble manhood. Think of it, my younger brothers growing up to a stature that I can never hope to attain because the prudish attitude of loving but *oh! so silent parents!*

Oh Parents, save your boys and girls, lest by your silence those lips that gave you your first baby kiss may prematurely be forever closed and those sad, tired, eyes may have opened in eternity and then—but then it will be too late.

Wheeling, W. Va.

A SUFFERER.

The Suppression of Vice Society Should  
Co-operate With Physical Culture

To THE EDITOR:

Now that your grand work is being threat-

ened by the agent of a society that should be in heartiest co-operation with you, I feel that a word of sympathy from one who is a friend of both the Physical Culture movement and the society whose misguided representative is attacking you, may not be out of place. There can be no doubt but that the people who stand for what is best in life, who stand for purity, for decency, are with you. There can be no virtue without knowledge. The so-called virtue which is founded on ignorance is but a short-lived innocence which at the first blast of temptation will be scorched and withered.

As for the effect upon the mind of photographic reproductions of the nude human body, I can testify that the picture of a beautiful, well-developed body, far from producing unclean, lustful thoughts, has rather the opposite effect, in that it awakens admiration and an intense desire to be strong and beautiful in body myself. The effect is very similar to that produced by gazing upon the beautiful Greek statues in our art galleries: they appeals to the higher, and not to the lower nature.

I believe that the society that Mr. Comstock represents has a legitimate field of activity in no way opposed to the physical culture movement, but in hearty sympathy with it. As we all know, there is literature that is foully obscene, and pictures which are even more disastrous in their effect upon morals. No well-thinking man or woman can object to their suppression, but on the contrary endorse it, and further it with all their might. But in his ill-advised attack on the editor of PHYSICAL CULTURE, Mr. Comstock has shown himself to be incompetent to judge as to what is obscene and what is not.

With one word of personal testimony I close. Out of an abyss of misery caused by ill health I have been lifted to a joyous, normal existence by following the simple rules of life laid down in the PHYSICAL CULTURE Magazine. It was the old story of unhygienic living; bad air, stuffing of poorly selected foods, inactivity, etc., ad nauseum. I became a nervous wreck, and knew little of the joy of living that is the birthright of every child of nature. But I thank God I found a way of escape, and although the road to health was a long and weary one, yet I persevered and am now enjoying that most blessed of all earthly blessings—good health.

I am a believer in prayer. In the midst of my trouble I asked God to show me a way to health, and in answer He sent me first the *Ralston Health Club*, which got me started, and then the PHYSICAL CULTURE Magazine, and your other publications, which I found to be more practical in their helpfulness than the *Ralston Club*. Do not let anyone think that the road to health is an easy one! It took me years to undo the past years of folly: it took determination and perseverance. But I can assure you, the investment pays good dividends.

Most cordially yours,

EDWARD LYTTON SPAULDING.

State Agricultural College, Colorado.



## Opposition to the Pure Food Bill

Manufacturers of Adulterated and Poisonous So-called "Food" Preparations are Arraying Their Forces in Order to defeat the Measure which has Passed the Senate, and is now before the House—Startling Statements by an Authority who is Conversant with the Evils with which the Bill Deals—the Poor Robbed, Sickness Increased and Graves Filled by Food Adulterators

**R**ELATIVE to the Pure Food Bill which has passed the Senate and is now before the House of Representatives and which is being bitterly opposed by the lobbyists in the employ of the makers of adulterated food products, Dr. L. E. Landone in his book entitled "Foods That Are Drugged," further declares that:

The so-called egg powders consist for the most part of starch, sugar and deleterious coloring matter. One sample was found to contain 73% of starch, 17% of protein and 3% of fat. The normal egg contains no starch and 12% of fat. Custard powders are composed of skim-milk powder, baking powder and coloring substances.

Dr. Landone's revelations regarding fish, canned and otherwise, are simply appalling. For instance, saltpetre, boric acid and borax are used in the preservation of nearly all fish. Clam juice is doctored with salicylic acid. Cold storage fish have been known to have been stored for four years or more, and are from time to time, treated with washes and preservatives. It seems almost impossible to believe that there are things who walk on two legs and who claim the title of men, who could be guilty of such crimes against their kind as are these cold storage men.

Those gluten flours which are claimed to be "prepared especially for those who suffer from diabetes," and from which "all starch and sugar have been eliminated," are, according to analyses made at one of the government experimental stations, absolute frauds, and worse than that, inasmuch as they mean death to the diabetic who uses them.

To quote; "Of the many brands of gluten flour now in the market, all claiming to be 'practically free from starch,' some contain less than 1.3 starch, while some of the 'pure' brands contain as high as 60% to 80% of the starch products." For example; the much advertised "Cooked Gluten" contains 76% of starch or carbohydrates: "Whole Wheat Gluten" 73 per cent., "Plain Gluten Flour" 34 per cent., "Breakfast Cereal Gluten" 44 per cent., "Gluten" 82 per cent., "Pure Vegetable Gluten" 56 per cent., "Glutine" 82 per cent. Ordinary wheat flour does not contain over 70 per cent.

Strained honeys are largely adulterated with sugar and commercial glucose. Bee raisers set dishes of glucose near the hives and upon this, the bee feeds until it itself is adulterated.

As an example of the misdirected ingenuity used by the maker of adulterated foods is the following: A sample of alleged honey was purchased by the Massachusetts State Board of Health. It was contained in a glass jar in which was a large amount of honeycomb and a dead bee. Yet the honey so-called, consisted of glucose, and cane sugar, while even the comb was artificial. The bee was there to impress the purchaser with the fact that the contents of the jar were genuine.

The revelations in regard to jams and jellies are simply astounding. Many of these preparations contain not a particle of the ingredients of actual fruit except perhaps water. "Warranted Pure" strawberry jams which were examined by Dr. Landone, did not possess a morsel of either strawberry or strawberry



juice. The majority of so-called jams that are on the market—at least those of the cheaper kinds—are composed of apple pulp, glucose, fuchsin, sulphuric acid, sodium benzoate, and artificial flavors. In the case of "strawberry" jam, grass seed is added to imitate the pips of the fruit. At a conservative estimate, at least 92 per cent. of the fruits and jams on the market are more or less—usually more—adulterated. Fruit juices contain salicylic acid, while fruit syrups are largely adulterated with gum arabic and soapbark.

Dr. McKitterick, another authority, has this to say: "Many jams are sold in large packages, among them 'strawberry' jam, which is composed of starch paste, glucose, artificial strawberry flavor, saccharin, coal tar dye, salicylic acid and hayseed. Blackberry, raspberry and also grape jams are made in the same way, except that the dyes and flavors are changed. Apple butter is composed of starch, glucose, saccharin, coal tar dye, salicylic acid and artificial flavors. When these preparations are actually made from the fruit whose name they bear, the latter is invariably refuse or spoiled. In such cases it is treated with coal tar, anti-ferments, colored with coal tar dyes and flavored by chemicals. A price quotation sent me recently offers 'apple butter' for 19 cents a pail; currant jelly 5 cents a pound jar and other 'preserves' for a like price and like quantities. Table syrups are made of glucose, coal tar dye and flavored to suit the name. Is it to be wondered at that children fed on such poisonous stuff are subject to diseases?"

In a recent issue of *PHYSICAL CULTURE*, an ex-employee of a Chicago packing house told of the revolting manner in which lard is prepared and packed. It now seems that not only does the public consume the product of diseased offal in the manner told, but in addition, the adulterators still further poison the poisonous compound, so much so indeed, that "compound lard" very often contains no particle of lard at all but consists entirely of cottonseed oil, and the fats of any animal but the pig. The usual adulterants of lard are cotton seed oil, beef stearin,

sesame, peanut and arachis oils, while water is forced into this compound to give it weight. Think of all this: your lard in the first place is not infrequently extracted from filthy and decomposing animal carcasses, in the second it is adulterated with the substances spoken of, and in the third, you are compelled to pay the same price for the water that it contains, as you do for the alleged lard itself.

One of the substances that has especially suffered at the hands of the adulterators is maple syrup and sugar. So much so indeed, that it is practically impossible to buy real maple syrup, or if there is a basis of the actual article in the compound, it is adulterated with drip syrup, glucose, molasses, etc. Some brands of alleged maple syrups are made by compounding glucose, syrup and extract of the bark of hickory trees. Lead and copper have been found in the syrup, these however being due to the utensils used in the manufacture of the adulterated product. The "pure maple syrup" which one generally buys at the grocer's or candy stores, is invariably made as follows: equal quantities of light brown cane sugar and water, with an addition of burnt sugar to give it a good color. This mixture is melted, boiled and then flavored with a decoction made from corn cobs, hickory bark and maple chips. Such "syrup" costs about 14 cents per gallon and sells for \$1.25.

Not so long since twenty-five brands of maple syrup were tested by the Indiana State Chemists, and only one was found pure. One brand which contained many adulterants was labeled in the following fashion: "The syrup contained in this package is pure evaporated sap fresh from the maple tree. It is evaporated in the forests and is handled with great care. It is the first run and hence the bright color and exquisite flavor. It is absolutely pure and is put up for those who desire the very best."

The foregoing quotation is a sample of the regard for truth and the general morality of the man who makes a business of putting up adulterated food products. Investigators have come to the conclusion that on the whole, about 95 per cent. of all sorts of maple syrup



are adulterated, and in addition to the adulterants already named, coal tar flavor and coal tar dye are used.

The general use of meat and meat preparations make such foods the special marks for the satanic ingenuity of the professional adulterator. Hence we find that the majority of the canned and deviled meats are anything but what they are proclaimed to be by their labels. For instance; cheap pork and beef are often prepared with chemical flavors and sold as various types of fowl and wild game. Bacon and hams are cured by preserving in cane sugar, boric acid, borax, calcium and bi-sulphate, saltpetre being used to preserve the red color of the meat, and sulphurous acid for a similar purpose. Where the meat is pale, as it often is in the case of the diseased or poorly nurtured animal, red ochre, coal tar dyes, and cochineal are injected into or painted over the surface, in order to heighten its color. Nitre is used in quantities to preserve the normal color of healthy meat, as much as 4 ounces per 100 pounds having been found in some instances. In some cases hams are made of old meats, a thigh bone is inserted and the whole pressed together and solidified by means of mucilaginous substances. "Canned chicken" is not infrequently made of beef and pork, indeed, there are some firms that make a specialty of such "chicken" but who have never purchased a single pound of real chicken meat. Canned "pheasant," "wood-cock," "grouse," etc., are invariably made of the common domestic fowl, flavored to taste.

The average canned sausage is pretty thoroughly adulterated with so-called preservatives such as boric acid and sulphite. Saltpetre is always found in these preparations, while in some instances, there is an excessive amount of starch. The worst of the average manufactured sausage is, that the meat of which it is composed is more than open to suspicion. Again referring to the article in PHYSICAL CULTURE by the ex-employee of the packing house, it will be remembered that he asserted that all meats, decomposed, diseased or what not, that could not possibly be used for any other purposes, were

"sweetened" by disinfectants and then sent to the sausage machine. In London, sausages are known by the suggestive name of "Bags of Mystery," and the title seems well deserved. But the greatest mystery in connection with them is, that there are thousands of persons who buy and consume food products like sausages, of whose history they know nothing, but of whose ill effects on the digestion they have repeated and nauseating proof.

One of the amusing features of the results of recent investigators of certain famous food preparations, was that in a great many cases "imported" pate de foie gras, which, as everybody knows, is supposed to be made of diseased livers of geese, was as a matter of fact composed of beef and pork. While there can be no objection to such a substitution on hygienic grounds, still the individual who pays pate de foie gras prices for everyday pork has been swindled. Something of the same kind of petty larceny obtains, so it appears, in the case of the majority of imported pates and purees of alleged and various games.

Doctors Harvey W. Wiley and W. B. Bigelow, of the Bureau of Chemistry of the United States Department of Agriculture, who have been inquiring into the genesis of pate de foie gras and other compounds as stated, make the reassuring statement that in this country, horse meat as a food, is practically unknown. It is true that there are two thousand horses killed annually in America for food, but it would seem that all of it is cured and exported. The flesh of the horse is of a coarse texture and of a darker and brighter color than beef. It has a characteristic odor and the muscle fibres are shorter than those of the ox. Consequently, it is hard to use in connection with the ordinary meat preparations. In view of the absolutely conscienceless methods of the adulterators, however, it is obvious that it would be used in place of less expensive meats were it not that it is almost impossible to disguise its origin. It is said that the only authentic instance in which horse meat was substituted for beef, was that of a Wisconsin butcher.

(To be continued)



# General Question Department

By BERNARR MACFADDEN

In the past we have at times published detailed information for the treatment of various diseases by natural means. As it is impossible for us to repeat these instructions in this column from month to month for the benefit of individuals who have not read them, we have therefore adopted the following method of helping those who are in need of detailed advice of the character in question. We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily regime. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

## The Meaning of Prudery

Q. I have noticed your frequent reference to the subject of "prudery," but I am ignorant of the exact meaning of the term. Kindly enlighten me.

A. I quote the definition of prudery in the Standard Dictionary: "Exhibition of extreme propriety in conduct and mental attitude; an undue and sometimes insincere display of modesty and delicacy; primness; overparticularity." This does not entirely express it. It is important that you distinguish between true modesty and prudery. One may be ever so modest, and yet consider and discuss the subject of sex in every detail, in a pure-minded, wholesome manner. The term prudery, however, refers to excessive and affected modesty, and implies a degree of insincerity. Prudery involves hypocrisy, which is only another name for dishonesty and deceit. In fact, hypocrisy is a most contemptible form kind of lying. Prudery is distinguished by its indisposition to accept and face the truth, or to tell the truth. Its representatives would have us believe that ignorance in regard to sex means innocence and virtue. Prudery simulates this innocence and virtue by a conspicuous silence, and would if it could stifle the entire subject of sex by crying out "shame, shame" every time it was approached. In this way, not only boys and girls, but even men and women are kept in ignorance of the sexual quicksands and pitfalls which they are bound to come across at some time of their lives when as is manifest they should be possessed of that knowledge by which they would have thorough understanding of the dangers in question. Ignorance is always dangerous. Philosophers have said that "ignorance is the only sin." The more vitally important any subject is, the more dangerous it is to be kept in ignorance in regard to it. The great facts of life and sex are of the very first importance and those who would encourage ignorance about them are public enemies of the most dangerous type. The prude is invariably

inclined to pruriency, indeed, it is difficult to conceive how one can be prudish who is not prurient. Moreover, the prude fails to realize that morality is a matter of behavior, and not an attribute of any special material thing or organ of the body. Because of the very common misconduct and perversion in sex matters, even on the part of the prudes themselves, all being due to ignorance, they have placed upon the reproductive function the stigma of impurity. They fail to understand that there can really be no indecency attached to sex except by reason of the misuse they have made of it, and that the reproductive function in itself is as natural and as pure a function in human beings as it is in flowers. Still and in view of his abnormal vileness, it is conceivable that the prurient prude would find something vulgar and degrading in the reproduction of plants.

## Bad Air in Large Rooms

Q. I am employed as a book-keeper in a large loft in New York City, in which a balcony is now being constructed midway between the floor and ceiling for the accommodation of office workers. The question has arisen as to whether this would be more unhealthful than work on the floor, some claiming that bad air rises to the top of the room, and others that it settles to the floor. Kindly enlighten me.

A. It is probable that work on this balcony would enable you to secure air that is more pure than that on the floor of the room, though without doubt it will be somewhat warmer. Carbonic acid gas is heavier than the ordinary atmosphere, and consequently sinks to the bottom. Warm air always rises, and even carbonic acid gas, when first exhaled from the warm body, may rise somewhat, but ultimately settles down. Accordingly, the purest air in a vitiated room would probably be found midway between top and bottom.



A dog has been suffocated by carbon dioxide gas on the floor of a room in which a man, standing erect, felt no inconvenience. However, no part of the air in any enclosed apartment is really good to breathe unless it is constantly changed and renewed, and it is unlikely that you will find an ideal environment in which to work at your business until the world at large has come to a better understanding of the importance of thorough ventilation than is the rule at present.

#### The Use of Bananas

Q. Kindly advise me regarding the food value of bananas, and their digestibility.

A. The banana is an exceedingly valuable article of food. In fact, it is claimed that one can live very well upon bananas alone. It is of the greatest importance, however, that the fruit should be thoroughly ripe, otherwise it is hard to digest. The banana is only at its best for food purposes when plucked ripe from the tree. When shipped green to foreign parts it is often eaten when not fully ripe. However, even in such a case, one can to a great extent overcome any real or actual indigestibility on its part by perfect mastication, letting it fairly melt in the mouth before swallowing.

#### Night Air on the Water

Q. I wish to inquire whether fresh air should be admitted to the state-rooms during sleeping hours, when on the river? I am told that I should keep my door and window closed and thus avoid the unhealthful night air. It is also claimed that I am taking chances of contracting malarial fever.

A. By all means get all the fresh, pure air you can, wherever you are and at all times. The idea that night air is unhealthy is only a superstition. There would be much greater chances of your becoming ill if you breathed the confined, foul air of an enclosed room all night. The only difference between day-air and night-air is, that one has the light shining through it, and the other hasn't. If the night is an unusually damp one, it is exactly the same kind of air that you have on foggy or rainy days.

#### Working at Night

Q. Kindly advise what is the best time to sleep during the day for one who has to work nine hours each night. Is night work conducive to the best of health?

A. The best part of the day for you to sleep under the circumstances is that time when you feel most tired and in need of sleep. If you arrive home very sleepy it would be best to go to sleep immediately. Night-work is not as favorable to vigorous health as work in daylight, but if your habits of life are good you may retain fair health in spite of that. For instance, a physical culturist who lives

a clean, wholesome, healthful life in other respects, may be far more vigorous even when working at night than a person who works by day and is careless in his general habits.

#### Dilated Stomach

Q. Kindly give a brief outline of treatment for a dilated and prolapsed stomach. As I understand it, this condition is quite serious and difficult to treat successfully.

A. When one considers the methods often used by the medical profession for the treatment of this complaint, it is not surprising that cures are much deferred even if they take place at all. The malady is the result of general physical weakness and abnormal habits of eating and living, and unless these causes are removed, it is useless to expect any improvement. I would suggest an exceedingly light diet, taking care never to eat a great deal at any one time, and such exercises for the muscles about the stomach and waist as will build up the most vigorous degree of strength in these parts. The vitality-building exercises published in this magazine in January, February and March of this year would be excellent for your purpose, as would also the percussion exercises described and illustrated over a year ago.

#### An Athlete that "Feels Lazy"

Q. Have followed track athletics for five years, but always "feel lazy." How can I remedy this?

A. The symptom you mention is quite common among athletes who engage frequently in competition. Competitive athletics spur one on to the limit of his physical powers, and unless he is in an unusually good condition his energies are liable to be so completely consumed in his athletic efforts that he has little strength left for other mental or physical work during the balance of the twenty-four hours. If in addition to this, the athlete overtaxes his functional system by over-eating and other bodily abuses, then he is still more likely to feel "lazy." You have probably exerted yourself a little too much. If you lessen your efforts somewhat you will bring about a change in your feelings for the better. A lazy feeling is Nature's signal that rest is needed, in other words, that either your muscular or functional energies are or have been over-drawn. The remedy is obvious.

#### Nervous Indigestion

Q. How can I cure myself of a slight attack of nervous indigestion?

A. If the attack is really a slight one, as you state, then probably just three things would be sufficient to insure recovery, namely, the two meal per day plan, avoidance of overeating at either of these two meals, and, perhaps most important of all, perfect mastication of all food consumed. Such mastication means that each mouthful of food should be chewed to a liquid before swallowing.





The Georgetown Crew at Practice

## The Athletic World

By ARTHUR F. DUFFEY



ATHLETIC World readers may be interested to learn that on Decoration Day I reappeared on the cinder-path after an absence from it of just over a year. Perhaps some of those who have followed my career as an athlete have remarked upon the unusually long time during which I managed to stay at the front and beat rival champions from practically all over the world. The average period during which a champion sprinter enjoys his honor is about three years. But perhaps all of my readers do not know that my career as an athlete has broken all previous records, for I successfully won championships after five years of active competition. And my reappearance served to emphasize the fact that I am still good for many years of active athletic life.

The occasion was the PHYSICAL CULTURE Games held on Decoration Day at the Recreation Grounds of Physical Culture City, New Jersey. The Games were a great success, in every particular. Right here I wish to extend

my hearty congratulations to the Games Committee on the efficient manner in which the contests were conducted. All sorts of sports were enjoyed, and the many spectators present were loud in their praises for the management and the winners of the various events alike. I will not tax the reader's patience by describing the numerous contests in detail but suffice it to say that all present enjoyed a pleasant afternoon of sport and recreation.

My appearance on the track naturally attracted some amount of attention. The spectators were evidently anxious to see if it were possible for me to duplicate any of my old time form. That I was not far from my original form was proven by the fact that in the 50 yards sprint I succeeded in doing the distance in 5 3-5 seconds, just 1-5 of a second slower than my previous world's record.

The sports were the first of a series of gala athletic events that are to take place at Physical Culture City. The next meeting will occur July 4th.

I will again test my abilities and we





Sammy Reid, Princeton's Clever Leader

expect many other athletes of repute to appear and add zest to the occasion.

I present herewith the Field Day program for July 4th. First, second and third prizes consisting of gold, silver and bronze medals will be given for each of the following ten events:

Event 1, 100 yard dash (men); Event 2, 50 yard dash (women); Event 3, 1 mile race (men); Event 4, 2-5 mile race (women); Event 5, Wrestling Tournament (catch as catch can); Event 6, Running high jump; Event 7, Boxing Tournament; Event 8, Running broad jump; Event 9, Bicycle race (one mile); Event 10, 100 yard swimming race.

Entry fee to each event, twenty-five cents, should be addressed to me.

As a forerunner to the College Track and Field Championships at Cambridge, the various colleges had their usual try-outs and practice spins in the dual meets and in the minor Intercollegiate Championships of the New England Association. This year, unusual attention was given by the college world to the various dual meets, owing to the closeness that was expected to take place in the many contests. The one which attracted the greatest attention was the Harvard-Yale meet, which was won by the Crimson by a score of 57½—46½. In these contests, the Harvard athletes displayed unusual form, even better than they did later in the Intercollegiate Championship. A noticeable fact about these games in the past,

has been the first time that has been recorded in the various events, but when the duplicating of these performances have been looked for in the case of the major college championships, the athletes seem to have been unable to accomplish the expected feats.

This year, two new records were made these being in the two mile run, which was won by Stone of Harvard, who defeated Hall in 9 minutes 53 3-5 seconds, and the broad-jump which was won by Sheffield in 23 feet, 7½ inches, a jump which has been only surpassed by the Indian, Mt. Pleasant, who accomplished 23 feet 9 inches.

In the dual meet between Princeton and Columbia, the former college easily outclassed the latter, winning by a score of 72-32. Armstrong kept up his good work of previous meets by winning the high hurdles in 15 3-5 seconds, the best performance of the year.

In the New England Intercollegiate Championship held at Brookline, Mass., Dartmouth College finished first with a score of 35 points. Brown was second with 23, Technology third with 20 5-6 and Williams fourth with 19 5-6. The other competitors were Maine 14½, Wesleyan 11½, Amherst 11½, Tufts 8, Bowdoin 5 and Trinity 2.

Outside of the hurdles and the discus event the performances were only of medium class. In the hurdles, Hubbard of Amherst won the low hurdles in 25 1-5 seconds, but accomplished faster time in the semi-finals, breaking the former record by 2-5 of a second. In the discus event, Dearborn of Wesleyan broke the record by throwing the missile 120 feet 11½ inches.

The Intercollegiate Championship at Soldier's Field, Cambridge, brought to a close the college track season. For the first time in the history of the celebrated contest, the Harvard stadium was selected as the scene of the annual Games and from the amount of interest made manifest and the attendance, it was apparent that in the future it would be a good idea to keep the Games at Cambridge. As in the case of all Intercollegiate contests, there is a more or less rivalry between the respective colleges



Last year, much to the surprise of the followers of college athletics, Cornell brought down a most formidable team and carried away the honors. This year, of course, many followed Cornell in her showing in the open meets and dual contests, but as she did not show up any too strongly, owing to some of her star men being unable to compete, things looked extremely blue for the champions.

By many it was thought that Pennsylvania would win the meet, with Yale second, Harvard third, and Cornell fourth. Contrary to all predictions, however, Cornell again won. Her victory was solely due to the tireless work of Moakley, her efficient trainer. There is no getting away from this fact when one stops to consider that Cornell won the championship by her fine all-round work, winning points in nearly all the events. She took three firsts, four seconds, and split on one first, as well as capturing two thirds, and two fourths, and tied for another. Her work was especially noticeable in the distance runs, which proved that her cross country runs was one of the prime factors in her winning the championship.

Although in only one event was there a record broken, still the performances as a whole were characteristic of the fine showing of typical college champions. A disagreeable wind swept across the field which hampered the runners considerably. Especially was it so in the sprints. I am inclined to believe that if it were not for the wind Cartmell would have done evens in the century, and done much faster in the furlong. The work of Whitham, also from Penn, was closely followed, owing to the rumor that he was reported to have equalled the world's record of 9 3-5 seconds in a meet just previous to the intercollegiate. The report evidently was a myth, for Whitham showed that at his best he could not beat evens.

In the 440 yards, Rogers sprang a surprise on Dives, the Harvard sprinter, by defeating him in 51 1-5 seconds. This materially aided the Cornellians winning, as the up-State college never expected to land this event.

In the other events many experienced the inevitable fate of all champions and

so went down to defeat, these including Amsler of Penn, Shevlin of Yale and Parsons of Yale. In each particular instance the previous champion was defeated by a new light. Amsler has shown no particular form all the year, a fact which stands true of the others.

Parsons' Olympic trip resulted in a sickness he contracted while abroad. He is, however, deserving of all praise for his endeavor to reach America in time to represent his college at the Games, even if he did not win.

Shevlin has gradually gone off. Evidently this giant athlete is lacking in interest in competitive athletics and right here I may state it is practically impossible for a champion year after year to follow the games with the keen interest which is necessary for the winning of a championship and the defending of the same.

If American college sport comes out of the terrible chaotic condition in which it is at present, it has a sturdier constitution than many are wont to believe. There probably never has been or will be, such a generally confused condition of affairs in regard to athletic sports in colleges as exists just now. Without



Jackson, Yale's Star Pitcher





The Doherty Brothers, British Tennis Champions

any question, this state of affairs has been caused by the fuss over football. Hence many colleges are in that frame of mind that they do not quite know where they are at. Outside of Yale, Penn, Princeton, Michigan, Chicago, Dartmouth, Amherst and some other of the good old New England colleges, in Cornell and others in New York State, the situation is distinctly hazy.

Columbia is more or less responsible for this peculiar condition, with the result that other colleges have followed her unwise policy and hence it is that the athletic authorities do not know just what to do. And yet with the exception of Harvard, the opposition comes from colleges that never have contributed much to the development of college athletics. Columbia especially, who was one of the first to abolish the grand old sport of football, could never really play the game. Outside of her crew,

which is the only thing Columbia has supported consistently, her athletics never have been of a high order. She really did some generations back succeed in winning the Henley Regatta in the late 70's and got another win at Poughkeepsie in 1895. Since then however, the New York colleges have had but little fear of her crews. It must be admitted by all followers of athletics, that it is extremely unfortunate in allowing the "licked dog" to beguile the other leading institutions, to the extent of drawing them into the tangle of abolishing practically everything in the nature of athletic sports. The adviser of Columbia, I believe his name is Kirby, recently stated that in the future, the college would abolish the training table for the track teams, and this, so he claims, is a step in the direction of pure sport. I have heard some one state that Kirby, in his college days, was an athlete. But we have different kinds of athletes. Some athletes cannot accomplish anything in their particular event unless they train and diet conscientiously, and on the other hand we have a class of so-called athletes who do neither, as it would have no material effect upon them if they should. The result in both cases is sufficiently apparent. Evidently Kirby belonged to the latter class. At any rate, the training table at Columbia, following Kirby's unwise advice, is no more. Trainers and athletes of repute who have made a careful study of diet and the other necessary adjuncts of preparation, would not for an instant think of allowing their charges to go into races or the athletes themselves would not think of entering in active competition without following some special routine in the line of diet. It is absolutely essential that they do so for the training of form and endurance. No more nonsensical decision could have been reached than that of Columbia's adviser. Our athletes, in particular track men, must have suitable training food. I cannot understand how Columbia's men stand for such stupid actions.

In the government of college athletics, the way to legislate and reform must be by easy gradations. No radical reforms are in order. The precedent established



by Columbia in the athletic college world has made itself felt for harm in many ways, especially among the minor colleges. She has many advantages over the other small institutions, therefore when she inaugurates a new move, many of the latter institutions follow her example like a flock of sheep.

It is pleasing to note that such colleges as Yale, Princeton, Penn, and Cornell are not bamboozled by the action of Columbia. Should colleges such as these, however, decide that followers of amateur sport are as inclined to deceit and bribery as Columbia would have us believe that they are, radical steps should be taken of the same kind as those inaugurated by the New York college. But the big universities still have faith in the honor and integrity of their athletes. And as these universities are to a certain extent the shining lights in the college athletic world, it is well to let them dictate the growing needs and broadening policies of college athletics.

In the case of the college baseball league, Princeton still continues to lead in the struggle for Eastern University honors.

It has been some time since the Tigers have had such an evenly balanced team, and the chances are very favorable for the New Jersey collegians winning the Championship. In the twenty-two games played to date, the Tigers have won seventeen and lost five, a most remarkable record. Of the games lost, two were taken by professional teams, while Georgetown, Brown, and Mercersburg Academy accounted for the others. The defeat of Princeton by Mercersburg came as a surprise to the Orange and Black followers, but it only goes to prove the formidable strength of many of our leading preparatory institutions.

Princeton's best work was shown when she defeated Harvard 5-0 and took two straight games from Cornell.

Although at the opening of the season, Yale did not show up strongly, still, despite her past defeats by minor college teams, she continues to hold her own in the struggle for Big Six honors. The team has shown brilliant championship form at times, and with many contests



Malcombe Ward, who with Wright will meet the Doherty Brothers in England



yet to be decided, the Elis hope to gain at least second place before the season ends. In twenty-four games played to date, the Elis have won fourteen and lost ten. The error column counts against them, having made in all, close to eighty.

The strong Cornell nine has shown up well in all the departments of the game. Aided by two excellent pitchers, Deshon and Umpsted, the red and white have figured in a number of shut-out games, capturing eight contests without their opponent crossing the home plate. In the twenty-three games played the Ithacans have won seventeen and lost six.

Harvard as yet has played fewer games than any one of the other college teams. The Crimson showing to date has not been anything remarkable. Just why the Cambridge team does not strike its gait is undoubtedly due to the fact that there are a number of new men on it and consequently it lacks steadiness and determination. The annual test of the Harvard team however, comes when she meets Yale and Princeton, and despite her many defeats she may prove a great surprise.

Penn and Columbia seem to be hopelessly out of the race, although at times they show good form but as a whole are very inconsistent.

The interest and enthusiasm aroused by the homecoming from Athens of our victorious athletic champions, was more or less duplicated in the case of the competitors of other nations. But especially did it manifest itself in Canada, Sweden, Austria, Italy and Greece. Each nation in some form or the other, paid fealty and homage to the athletes who gloriously strove to uphold the honor and prestige of the flags that they represented.

In America, banquets and reunions were tendered to the athletes by the various clubs, and the victors as well as the vanquished were alike praised and feted. The champions have been wined and dined. Their marvelous feats of endurance and skill have been lauded to the skies. Everywhere that they turned were they the recipients of con-

gratulations and favors. Everybody seemed to unite to sing their praises in song and verse. American sportsman are to be congratulated on the glorious reception that they extended to their homecoming champions.

So has it been in the foreign countries. Each individual populace abroad turned out so that it might have an opportunity to voice its appreciation of its countrymen's grand showing. In Sweden there never was such an outburst of general enthusiasm. The Swedish people were thoroughly elated over the wonderful showing of their athletes in securing second to America. In the past, Sweden has devoted its attention almost entirely to gymnastic exhibitions and the like, but now that they have done so well in specialized athletic events, we may look in the future to a new competitor in the Athletic World. England on the other hand was rather crestfallen at the poor showing of her athletes. John Bull has to awaken, or the other nations will gradually usurp his present proud position in the world of athletics. In the sprints Britain has always acknowledged the Yankee to be his superior, but now that the middle distance championships have become annexed to America, it is a bitter pill for the Englishmen to swallow.

Greece, Italy, and Austria likewise have shown due consideration for their champions. All are aware of the volatile temperament of the inhabitants of southern Europe, and had a Greek or an Italian won the celebrated Marathon race, no pen could portray the riotous scene that would have followed.

It was up to Canada, however, to upset all the cherished athletic traditions of the Olympia. The allusion is to the fact that it was a Canadian and not a Greek who won the Marathon race. Also have the Canadians established another precedent, which may perhaps be seriously rebuked by the American organization. The praiseworthy treatment of Sherring by his countrymen is and has been the chief topic of conversation among all athletic followers. In this connection, I would call the reader's attention to the treatment accorded Sherring as compared with the treat-





The Beautiful Tennis Courts of the Chevy Chase Club, Washington, D. C.

ment tendered to Martin Sheridan. In both cases were the praises of the nation manifest in some way or other. But in the case of Sherring, of how much more substantial a nature was that of the Canadian people, than that of the Americans. Canada in this respect has followed the ancient Hellenic custom in the matter of gifts to the victor and I feel safe in saying that had a Greek won this particular event, the same treatment would have been accorded to him as that given Sherring.

In America, the Powers that Be do not approve of making public bequests, as houses, purses, etc. to athletes. But to the man with good reason and common sense, it will appear that in no more fitting manner could honor be shown a public hero, be he an Admiral or an athlete. In each case the principle is the same. In the one instance he has conquered a foreign foe, and in the other, he has caused his country's flag to wave triumphantly over its foreign athletic competitors.

Congratulations, and praises, and dinners are all very well in their way but they soon pass. How much more befitting would it have been if the American public had treated Sheridan in the same manner as Sherring was treated by the Canadian public.

Following on the victory of our athletes at Athens, will, in all probability be a victory for our tennis players in the forthcoming International Tennis Championship in England this summer. The chances of our winning the Davis trophy this year are exceedingly bright, in fact, much more so than they have ever been in the past. Our team players have always put up a formidable game abroad, on each occasion forcing the famous Doherty brothers to display their greatest ability. Last year in the matches with the Englishmen, the American representatives lost, but the games were very close. With a little more practice on the foreign courts, and with their becoming acclimated to the English atmosphere, the chances of our players winning this year will be much better. The Doherty brothers however, are hard men to beat. They seem to have no weak points. Still it stands to reason that these wonderful players cannot continue their marvelous form forever. Wright and Larned on the other hand, especially the former, are younger men, and with the form they have been showing in practice lately, we may look forward to a wonderful battle between all these great players. Wright has been playing as he never did before, and



already having one year's experience abroad, he has a much better chance of winning. Collins on the other hand, the new member of the team from the West, has not struck his gait, which as one can well imagine must be very disappointing to him. Let us trust however, that he will strike his form abroad, when the occasion demands it.

The only regret that seems to be expressed by tennis followers in regard to the forthcoming games is the early time of the season in which they take place, which compels our players to begin practice when the weather is not at all suitable. Our American players tried to persuade the Englishmen to play later, but the Britons dislike being dictated to in matters of sport and so refused.

Many have been following the career of Jay Gould abroad in his matches in the racquet tournament. His showing on every occasion has been that of a veritable champion. What seemed strange to many was, that after the American had disposed of all his competitors in the preliminary games, he was compelled to play last year's runner up before he could meet Miles. On the other hand the latter was holding himself in readiness awaiting for young Gould to dispose of his preliminary competitors. Next year however, Gould will have the privilege of resting on his oars until the survivor of the fittest in the minor games bobs up.

Training of the crews is on in earnest in the case of both colleges and **Rowing** clubs. Judging by the number of boats that are just now in evidence in rowing waters, the regattas this summer will be notable affairs in the matter of the number of contestants.

Cornell again proved herself mistress of the water. Once more has she won her annual race with Harvard on the Charles River. Her victory robs to a certain extent the usual interest in the coming annual Harvard-Yale boat race, for in the past, these two Institutions were considered the leaders in the aquatic world.

We may look to another Diamond Sculls Henley winner in young Ten Eyck, now a freshman at Syracuse University. Following the footsteps of his famous father and brother, this

young sculler seems to be our forthcoming champion.

This year, the college crews represent a tendency toward weight which is indicated by the coaches endeavoring to muster as beefy crews as possible. This in the main, is due to the fact that in order to successfully row four miles it is absolutely essential that the men of the crews are built on substantial lines, as it would seem as if lighter crews were unable to withstand the terrific strain. As a rule, rowing men who have taken part in the Poughkeepsie Regatta in the past have rarely reached 175 pounds on the average, there seeming to be a decided prejudice by coaches against crews that went much over 168 pounds. For instance, the ideal Cornell crew was composed of men who weighed about 168 pounds, and were 5 feet 11 inches in height. Such a crew was supposed to have the power and length of leg-drive necessary to secure a victorious finish. But this year as stated, the college crews are way up in weight. With a few exceptions, all the colleges that are to compete at Poughkeepsie have the weightiest crews that the Hudson has ever seen. Cornell's boat-load will undoubtedly average no less than 177 pounds, Columbia's will be approximately 180 pounds. The Syracuse, which ordinarily are of the agile, lean type, will likewise be increased in weight. Penn will also have a weighty crew, and Georgetown, which generally has the lighter crew of all, will be about the heaviest that the Southern college has ever sent to the historic meeting.

The question as to whether or not it is advisable to have heavy crews, has caused considerable discussion among rowing authorities. Of course, the success of the new departure depends more or less on the peculiarities of style taught to the oarsmen and the conditions under which they row. I have heard our leading coaches many times state that they would rather have a lean, long-bone, raw-built crew that was quick and active, than all the beefy ones that could be secured. As a matter of fact, Dempsey, one of our foremost coaches, has accomplished more with a light crew than he has with heavier ones. So it can be set down that on the Hudson at



least, the matter resolves itself into a question of the personal fancy of the coach.

The Public School Athletic League of New York deserves considerable praise for the manner in which its young members have turned out for the medals offered by the *Sunday World*. Here is an institution that is accomplishing great good in the case of the school boys of the metropolis. Nearly every schoolboy is ambitious to perfect himself in athletic sports of some kind. But in his anxiety to reach the goal of his ambition, viz., that of winning the laurels of the champion athlete, he is often apt to overstep the limits of his physical powers.

Every public school, especially in the cities, should have some such organization as that fostered by the New York League, because its benefits do not stop with the physical upbuilding of the boy. To many people especially those who have younger brothers or perhaps the parents of the boys themselves, it has been a much mooted question whether it is or is not for the well-being of boys to allow them at a tender age to compete in sports of practically the same nature as those of the older boys of the high school and colleges. Our boys need athletic exercises of some form or other, but it seems there is in some cases at least, the danger of "forcing" our future American manhood in an athletic sense. It is my candid belief, and experience has proved, that, as a general thing, no boy should enter competitive athletics until he has at least reached the age of sixteen. How often do we find that the prep star athlete is totally unable to make a creditable showing when he becomes a college athlete. This, simply, because he has commenced his athletics at too young an age and consequently his body has been unable to withstand the constant wear and tear imposed upon it. Consequently, if the physical development of the boy was confined more to the gymnasium than the competitive course, it would not be long before we would have a much stronger race of men in the country, morally as well as physically. Indeed, one of the crying needs of the day is

teachers who are capable, not only of instructing the minds of youth, but of training their bodies as well.

The showing made by school-boys in many of the events in the inter-scholastic field-days is worthy of considerable attention. As a matter of fact, they compare most favorably with the athletic performances in many colleges. Especially is this true of the teams of the New England preparatory schools, such as Andover, Exeter, Worcester Academy, Lawrenceville and others. From these schools do many of our leading colleges look to for their athletes. The New England inter-scholastic has, since its commencement been a nursery of college athletes, many of whom have developed into world champions in their respective events. At one time, New York City was annually the scene of a national interscholastic championship but for some reason or other this has become obsolete, which is greatly regretted by all inter-scholastic athletes as well as followers of athletics in general. In this respect, it is interesting to see how the local schools have fallen from the position of importance that they once occupied. Schools such as Berkely, Barnard, Adelpi once bred fine athletes and they used to cut quite a swath in track athletics. So did the New Jersey schools; Pingry and others boasted their stars, but not so today. Nowadays the New Jersey schools are decidedly inferior in an athletic sense. The athletic association is reduced to Cutler, Barnard, Douglas and De La Salle, but the good athletes that these produce are few and far between. In the meantime, it is schools such as Mercersburg, Lawrenceville and Hill that are sending out the star performers. The public high schools are also developing first-rate men, and in a short time the athletic prestige of New York schoolboys bids fair to be established. But although the high schools are sending out fine material, as a general rule it is to the private preparatory school that we have to look for our real star performers.

Throughout the western states also the school boys are continually showing greater interest and skill on track and field, the result of which is to be seen in the recent record performances.



## Athletic Question Department

CONDUCTED BY ARTHUR F. DUFFEY

Q. Kindly inform me through PHYSICAL CULTURE whether the high jump and the half mile run can be trained for successfully at the same time.

A. The high jump and half mile run cannot be carried on together successfully. The half-mile would take all the spring out of you. Train especially for the event you like best—then occasionally try the other event for a little recreation.

Q. Kindly let me know through the columns of PHYSICAL CULTURE if in your style of sprinting you keep your knees practically stiff and therefore stride direct from the hip? Also please inform me if you think the said stride could be used to advantage in longer distances than the sprints?

A. At the commencement of the stride, the knee should not be too stiff; as it strikes the turf the body is drawn forward gradually, and the knee becomes practically stiff. This style could not be used to advantage at any distance over 220 yards.

Q. I would like your advice on jumping. I just started a few days ago and can jump standing 9 feet, 7 inches and 30 feet in 3 jumps. Would like to know what exercise would be best for me and if any rubbing or such would be of benefit and what kind of shoes are best for the standing jump: with heels or without.

A. Your 9 ft. 7 in. for a standing jump is most commendable for a beginner, and I would advise you to continue at it. Also the same may be said of your 30 feet in three jumps. The best exercise I can recommend for you is rope skipping, and the raising of the heels from off the floor alternately. In this manner, you will cultivate a control over the muscles of the lower limb which will prove of great benefit. Standing high jumping would also be of help to you. Always wear heels on your shoes when jumping.

Q. Would you kindly inform me what was Maxwell Long's height and weight when he was at his best.

A. Maxwell Long's weight was 160 pounds stripped, and he stood 5 ft. 11 inches.

Q. I would like to ask you a few questions. Is cross-country walking a good thing during training season? Does T. F. Keane, whom you mentioned in April issue, hold any records?

A. Cross-country walking is always good training. If you are a sprinter cut it out just previous to race. Professional runners don't believe in records. Keane does not hold any record in particular—but could defeat many athletes who have so-called world records.

Q. I would be very much obliged if you would inform me if you think walking matches will come into the athletic events this season, as I am deeply interested in them and I hear they are all the rage in England so I would like to try my ability.

A. Walking will not come into prominence in America. It has become obsolete. In England it is quite popular.

Q. As a subscriber to PHYSICAL CULTURE I would like to ask a question. A number of us go out several nights each week for a run on the streets. Some of the fellows think the correct way to breathe is through the nose, others say through the mouth. I would like to know which is correct.

A. When running breathe naturally through the mouth. It is necessary for the lungs to get a large amount of oxygen as soon as possible, owing to the vigorous nature of the exercise.

Q. I have been a reader of your magazine for over two years now, and I have gained a good deal of health through reading your books. I see that you have opened an Athletic Question Department, which I think is a good step, as there are a lot of athletes who read your magazine. Please advise me through this Department the best training for one mile flat race.

A. I would advise you to practice rather slow work at first over one mile and a half, then change occasionally to the development of your sprint by running from 220 yards to three-quarters of a mile.



## The Navy and the Advantages It Offers to Young Men

By THOMAS MACKLIN



As the Editor of **PHYSICAL CULTURE** asked recently for articles having to do with physical culture occupations, permit me to suggest the Navy as one of the most remunerative as well as the most healthful occupation a man

Why? Because of the plain food, the regularity, both in meals, sleep, and work, pure water, continual exposure to God's pure air and sunshine and freedom from the nervous hurry and worry as witnessed in the larger cities which one has in the Navy. Let me give you the details of our daily life on board the U. S. S. "Arkansas" as an illustration:

The day commences at 5.30 A. M., when reveille sounds and there is a hurried lashing-up of the hammocks, fifteen minutes being the limit of time allowed. There is no roll over for another sleep; you must get up. My own habit is to jump under the needle shower and have a good cold shower followed by a brisk rub down. Turn to at 6.00 A. M., when hose and scrubbers are broke out, and the ship's toilet commences. This is an excellent exercise, you being bare-footed, pushing a long handled scrubber and using every muscle in the body. Breakfast comes at 7.30, and what an appetite you have!

Then comes turn to at 8.15 A. M., "Bright Works" sounds on the bugle, and you start to polish your allotted piece of brass work, and your cleaning station at the battery. Then comes morning quarters. You fall in and your divisional officer inspects you as to your cleanliness, etc. This is followed by a fifteen minute "setting up" drill; this alone will develop a man. Next the



One of the Exercises in the Setting-Up Drill in the Navy

divisional drills, some days with rifles, or you man the battery or perhaps "general quarters." On other days you have fire-drill, collision drill, all of which are gone through with a snap and call into play both mind and muscle.

Dinner comes at 12.00 M., a good plain and wholesome meal.

At 1.30 P. M., comes an hour's drill, after which you are at leisure until 5.00 P. M., unless you are a member of the ball-team, or track team, both of which are called drills, as all members of the team must go ashore and practice



every afternoon. The ships exchange games at every opportunity and the incidental rivalry is equal to any college or professional game. Track meets are held twice a year, the prizes ranging from three to twenty-five dollars. The Navy has turned out some famous athletes.

To come back to the routine, quarters again at 5.00 P. M., followed by 15 minutes "setting up" and a run around the decks. This "setting up" is compulsory for officers and men under fifty. Supper arrives at 6.00 P. M., the rest of the evening is spent in recreation, some play stringed instruments furnished by the ship or the piano with dancing on the main deck. Physical culturists adjourn to the bridge deck and start the punching bag and dumb bells and cubs also furnished by the ship, and follow the teachings of Bernarr Macfadden. Tattoo at 9.00 P. M., when every one turns into the hammock for sleep. Did you ever sleep in a hammock? Well, there is no finer bed in the world, with a hair mattress, with a linen cover and two blankets.

The Navy is a breeder of healthful men. Consumption is almost unknown in it. In seven years I have been ship-mates with some twenty-five hundred men, and in that time met only two consumptives. Our pure water is made from sea water, evaporated and distilled and cooled by an ice machine to about the temperature of spring or well water. There are no spiced dishes, no rich pastrys, our bread, while white, is not filled with chemicals. When you are sick you report to the surgeon, whose duty is to cure you quickly, and he does it, generally using physical culture methods. Look at our clothing. Where would you get anything more comfortable? The loose trousers, and open neck jumper, the white clothes in summer, and bare-footed if you wish.

Take the remuneration, the pay ranges from \$16 to \$70 per month and this clear money, to save or spend as you may desire. Take myself from 1898 until 1901, when I supported my mother and left the service with \$850.00. Think of saving \$850.00 in three years and leading a healthful life.

### IS ENGLAND'S KING A PHYSICAL CULTURIST?

King Edward VII of Great Britain, who is over sixty-three years of age, is declared to be a man of perfectly sound constitution by those who are in a position to pass upon the matter. It is also asserted that there is no apparent reason why he should not attain as long a life as did his mother, the late Queen Victoria.

The people who are responsible for the foregoing statements regarding the King are members of his household. They further allege that he is to all intents and purposes a physical culturist and it is to that fact that they attribute his present excellent health, his good nature and that marvelously clear and tactful mentality which causes him to be the most popular monarch in Europe and which also has brought about the cordial understanding between England and France, to say nothing of the extrication of Great Britain from several awkward situations which, without King Edward, might have resulted seriously.

"He is," says an authority, speaking of the daily habits of the king, "scrupulously careful in the matter of drink and diet, and is almost a slave to the golden rule that enough is as good as a feast. His dinners are short and temperate. It is directly due to his example and influence that the tedious, long-drawn-out meal which was customary some years ago, has been largely abolished.

He is the most faithful of believers in the virtues of fresh air and exercise, and there is no man of his age who is constantly in what we call 'better condition' than he is. He yields dutifully to the full demands of Nature in the matter of rest. For many years he subscribed to the eight hours rule; but three or four years ago he began to cut his nightly sleeping period down to seven. 'It is sufficient to refresh me, and what more do I want than that?' he asks.

"The King belongs to the new school of health makers, who, in course of time will make us all live longer. He scouts all the namby-pamby methods of old-fashioned sick rooms. He believes in the sunshine and the open air, which we once used carefully to shut out of the apartments of consumptive patients, but which we now use as the specific cure for the most terrible of all diseases. And then he is an optimist. That is the secret of secrets of first-class health—confidence and optimism.

"Sir Frederick Treves, His Majesty's favorite physician, is one of the heartiest and common-sense of practitioners, the kind of men whom the King likes to have about him, for their presence in itself does good. They are all optimists, and the King is an optimist, and he is as loyal to them as the planets to the sun." We would do well to follow the example of royalty in this respect.



# Farm Life and Its Possibilities

By JOSEPH B. KEIL



THE farm, with its many kinds of work and the diversified knowledge required, with the comparative isolation from the undesirable things in modern society, affords an ideal condition for the development of the individual.

The amount of mental and physical labor involved in the course of a year, even in this day of improved machinery and appliances, is something which is beyond the comprehension of the average inhabitant of a large city.

But, on the other hand, the heaviest manual labor of former days, such as the reaping and threshing of grain, hand sowing and planting, mowing and curing of hay, etc., which called for the muscles of physical giants, is now accomplished by automatic machinery. The farmer of to-day takes care of the product of 100 acres as readily as he could of 15 or 20 acres four or five decades ago.

The advent of machinery and modern research has necessitated the farmer knowing at least something about pretty nearly every other business and profession in the land. For he handles machinery, uses commercial fertilizers and knows the chemical constituents of the same. Also, he studies the analyses of the food he feeds his live stock, (and himself, if he is wise), and can mix up a balanced ration for any animal on the farm. He deals in commodities on which are based some of the largest mercantile transactions, and his money makes a large proportion of that handled by our banks. He is acquainted with the laws relating to his profession. He is actively engaged in having new laws made or old ones removed, which will make conditions more favorable for him. These facts enforce the conclusion that modern agriculture affords opportunities for the acquirement, maintenance, and increase of a high degree of knowl-

edge coupled with practical application and experience.

But the possibilities of physical culture on the farm lie mainly in the freedom of the rural life and the disregard for the mostly artificial conventionalities of so-called society. The farmer may practically do as he pleases. The American farmer; if he owns his farm, is the most independent man on earth.

Being thus unhampered by "what the neighbors say," he can go into the physical culture life just as far as he wishes, eat and drink what he pleases, take special exercises if he feels the need of them, without worrying as to what impression he makes upon the—"beasts of the field and the fowls of the air."

If the farmer will train himself to be ambidextrous, he can hardly find better exercise than in his daily work.

There are other and many varieties of work which are complete exercises in themselves. The writer can testify that he never felt so thoroughly tired as after a day's work with a crosscut saw in the woods. In a day's plowing with a walking plow a man travels from 10 to 15 miles driving the horses and guiding the plow the entire distance besides jerking it around at the ends in turning. A day's work with a walking cultivator in growing corn amounts to the same thing, besides requiring considerable skill. To pitch a ton of hay on the wagon from the field and some of it up to the extreme reach of a six-foot man and a six-foot fork, and do it in 30 minutes, serves to awaken all the latent energy one may possess. To throw a load of 1750 pounds of ear corn into the crib, with a shovel weighing when filled perhaps 20 pounds, and do it in 15 minutes, is also a test of strength and endurance.

Besides the above, the writer has made a personal record of handling sheaf wheat and oats—20 tons of grain in the sheaf, thrown on the self-feeder of a threshing machine with a fork, in a



day of 8 hours, exclusive of one hour for dinner at noon.

Climbing apple trees and picking apples all day in all sorts of positions, and oftentimes reaching to the extent of taking a full breath in order reach a little farther for a fine apple, is also good for both nerves and muscles.

But perhaps the greatest advantage of the farm is the variety, and most of all, the quality of food one may have. A resident of the city hardly knows what it is to have grains, fruits and vegetables fresh from Nature's store house nearly every day in the growing seasons of the year.

When we consider that the larger part of the flavor and aroma of fruits is developed in the last few days of ripening, we can easily account for the difference in taste of fruits picked green or half-ripe for market in order to ship well, and those taken ripe from the tree or bush. Added to this better taste is also the pleasure of having had a part in the production of the things one eats.

And there is the joy of seeing things grow and fulfil the purpose of the Creator, the satisfaction of having participated in improving the product in quality or quantity—a reward which means much to the earnest student of nature.

Then the flowers, the birds, the fresh air, the pure water, the sunshine, the refreshing rain of summer, the sparkling snow and hoar-frost of winter. The boundless freedom of earth and sky, the quiet enjoyment of everything that a beneficent Creator has placed upon earth to gladden the heart of mankind, far removed from the artificial things and conditions of what we are pleased to call civilized society of modern cities, are matters which cannot be measured.

Of course the factor of distance from one's friends must be taken into consideration. But this is not so serious as many people think. For with the Farmers Club, the country church, the comparatively short distance between cities and villages, good roads, the interurban electric railway, rural free delivery, the daily newspaper, the telephone and even the phonograph, the conditions are rapidly changing and the farmer is being made neighbor to the far ends of the earth.

In regard to the financial possibilities of the farm, there is a growing realization that a farm is a very good investment and many conservative men who have made a study of social conditions, declare that modern agriculture presents opportunities to young men beyond that of the majority of other enterprises. There are many Ohio farmers who have made and are making from 8 to 20 per cent, on their investment in land and buildings.

Those who have attained the higher figure, have done so through many years of careful and painstaking experiments. But he is a very poor farmer who cannot or does not make a living and support a family equally as well as his city brother who has a salary of \$50 to \$75 per month.

The farmer's profession is not like other professions or trades where the income stops with inability to work. With proper physical culture living a farmer should not be disabled by age before reaching four score, and with reasonable care, the chances of injury through accidents are very rare.

The best plan for a person who wishes to become a farmer to acquire the necessary knowledge would perhaps be to apprentice himself for a year or more to some intelligent, broad-minded, honest farmer in the vicinity where he wishes finally to make his home, and so be taught the principles of agriculture as related to that particular section of country. In the meantime he should read and study everything available relative to the farm.

Or if capital permits, a course in an up-to-date agricultural college will give him the needed knowledge in a concentrated form.

The writer is an advocate of general farming, which consists of agriculture and horticulture, dairying, gardening, poultry or bees, and floriculture for pleasure and home adornment. In some sections a little practical forestry can be included, both for pleasure and profit. The reasons for general farming are that these branches fit into each other and serve to provide congenial employment for the entire year, thereby being the more profitable.

Last, but not least, the farm is the best place to raise that most attractive



of all farm "crops," boys and girls. That the farm produces men and women of sterling worth and ability, can be seen in the annals of our country's great men and notable women. The country life almost compels a man to be original, to think for himself, to meet existing conditions with the desire to overcome and turn to good that which may be unfavorable. These are qualities which count in any direction or line of business.

The moral surroundings are also vastly better than those of the city and with such training as a physical culturist will give his children, no farmer's boy or girl need go to the bad because of the influence of a few immoral acquaintances.

While this article may seem lengthy to some, the subject of agriculture is so broad and far-reaching that this serves

barely to scratch the surface. The writer believes that the American farmer is but waking up to the possibilities of his profession.

If our worthy editor has been judging farmers by the examples he finds around Spotswood, he is doing we farmers of the Central States an injustice, and since he is "from Missouri," the writer would be pleased to "show him" how we do things in central Ohio.

A man recently moved from Ohio to Maryland and in writing about the country there to a prominent farm paper said, "The soil here is all right, but the farmers are a hundred years behind the times." The writer would rather live in central Ohio on a farm than any other place in the world, but as a second choice would consider Physical Culture City or a farm near it favorably.

## WHAT THE M. D.'S GIVE US

By Rev. J. F. Packard, D. Sc.

The standard remedies in the doctor's medicine chest are rank poisons. Aconite, belladonna, arsenicum, strychnia and nuxvomica are well known "remedies," and they are deadly poisons.

Before a "remedy" becomes recognized by the profession, it must have its "provers." How did the doctors come to the conclusion that a certain poison would prove helpful (?) in certain diseases? By testing its action upon human beings! Think of it! Think of your loved ones being experimented upon by a man who comes into your home for the professed purpose of saving that loved one from death! Think of his giving that one a drug not knowing what its action will be, and then watching to note the effects! And all in the interests (?) of science and suffering humanity! And, there is no doubt whatever but what in this process of experimenting, many lives have been sacrificed which might have been saved, if proper means had been employed.

A medical publisher in Philadelphia has issued a book called "A Manual of Diet," written by Dr. Chambers of London, England. Upon page 299, this very learned and scientific (?) authority in speaking of fish oil, says: "I then advise the oil to be taken as a parenthesis in a mixture of quinine or of strychnine or of both together. If there is persistent nausea afterwards, a few drops of hydrocyanic acid may be added each time!"

I have used italics to call particular atten-

tion to the words. Notice what he recommends: *strychnine and hydrocyanic, or prussic acid*, and of the latter enough to kill a half dozen patients—"a few drops!"

The late Dr. George Dutton, author of "Dutton's Illustrated Anatomy," but a believer in natural methods of curing disease, in commenting on Dr. Chamber's advice, said: "Of course he meant the dilute acid, but he does not say so. And even the dilute acid we do not advise. Excitement of the nerve centres, which strychnine produces when given, is not life; 'tis rather a manifestation of the danger of approaching death."

A well-known firm of manufacturing pharmacists, with stores in six of the leading cities of the United States, sends out its price list of drugs of all kinds to physicians. From its list of special remedies, I select the following, the quotation marks indicating the exact language employed in the price-list.

"*The venom of the Gila Monster*" as a remedy for "Paralysis Agitans and heart failure with excessive coldness."

"*The lobster poison* \* \* \* \* has been very successful."

"*Latrodectus Mactans*." From numerous cases of bites of this spider" it was "reasoned that *Latrodectus* was a remedy and in practice this has proved correct."

"*Malaria Officinalis*." "It is made by the decomposition of swamp vegetation. One of the provers, a consumptive, contracted a severe case of chills and fever from the drug."



## Surgical Butchery Under the Name of Appendectomy

BY A NATURAL CURE M. D.

TO pray for the speedy death of every victim of appendectomy would seem a brutal action; but the more fatalities there are from the unpardonable practice of thrusting the knife into every sufferer from pelvic inflammation the sooner it will cease. It is not that the surgeons are actually vicious in their pursuit of big fees or of the "practice" arising from the free hospital treatment of the poor. It is simply "the craze for cutting and being cut" (as a celebrated "regular" physician of Vienna recently put it), in the hope of speedy cure, that does the mischief.

"What we want," declared Prof. Wm. McEwen, a famous English surgeon before a medical society in this country, "is the courage in high places to stop the present practice of putting the knife into patients upon the slightest provocation" This is all too true. Even if we abandon all thought of improper motive on the part of surgeons, and of physicians, we can still condemn the supreme ignorance of medical men as to the function and importance of the appendix as an organ having to do with the normal function of the colon. The doctors' notion that the appendix is only the remnant of what was an organ ages ago, but is now only a menace to life, is an obvious blunder. We may admit that we have lost our horns and tails through the process of evolution; but there is no history of disease, in consequence thereof. You will see the point.

This curious and mischievous ignorance in high places seems to justify the condemnation meted out to the medical profession by writers, from Plato down to Harold Frederic and Maarten Maartens. The latter finds this to say of doctors in his great novel, "The Healers" (p. 336): "As a rule, the medical is the least conservative of the profes-

sions, for in their incertitude and tomfoolery of ineffective nostrums, the doctors naturally snatch at any new chance of an accidental success. It is that which so enrages them against patent medicines, the thought that, possibly, here might be an opportunity of doing something, only the other quack will not tell how it is done. The surgeons, while fascinated by every form of 'section,' turned in scorn from the methods of the Salpetriere, and openly proclaimed even the immortal Charcot a three-quarters humbug."

The fact of the matter is, when we come down to the true argument of non-surgical treatment for most if not all of the pelvic inflammations, including "appendicitis," skilful hydrotherapy fully answers the purpose, as the writer has over and over again proven in his practice, in one instance wiring directions for treatment several hundred miles in the case of a young woman, 22, whose family doctor and consulting surgeon declared for an operation for appendicitis. Within a very few hours it became evident that the right thing was being done, and the final outcome was eminently satisfactory. The treatment consisted of the simple appliance of a cold compress over the entire abdomen, freshened as often as it became hot, and the "medical" part of the treatment consisted of a therapeutic fast, which in this case extended about four days, the patient taking moderate portions of moderately hot water at frequent intervals, and, of course, all the fresh water she cared for.

In this connection the story told me by a consultant recently concerning her own case is very interesting. She was critically ill with appendicitis, according to her family doctor's diagnosis, and there was doubtless inflammation of the peritoneum. He applied a hot fomen-



tation over the abdomen, a procedure which would tend to cause an attack of peritonitis in the case of a perfectly healthy person, as any one, inside or out the profession ought to know; the doctor also strictly forbade her from drinking water, only allowing her to take one teaspoonful of hot water once an hour! She was to be operated on the following day; but when her little girl brought the mug of hot water and teaspoon, the poor thirsty woman seized the mug and drained it to the last drop, and she managed to get more of the same blessed fluid during the afternoon. That night she forced herself to get out of bed, dress, pack, and leave for a visit to friends in Maine, where she fully recovered her health. This reminds me of another case, that of a man who in the delirium of typhoid escaped from his nurse, rushed into the open air, and in nightgown and barefooted ran down the street (the season being midwinter) and into the river, from which he was fished out after a fifteen-minute struggle in the icy water and returned to bed, practically convalescent. He had had a practical Brand bath, with active exercise in lieu of the friction always practiced. Dr. Ernst Brand, of Stettin, Germany, a famous hospital physician, has had almost no death-rate in typhoid fever. In 1223 cases in private and hospital practice there were but 12 deaths, and not one of these deaths occurred in any case which came early under his care. Say 1% against the "regular" 15% at the Massachusetts General Hospital, here.

What is termed "newspaper medicine" is usually inspired by physicians. If, for example, the blundering notion that the only source of yellow fever is a mosquito bite; and that rats are the sole cause of bubonic plague, the proper reply to the theory is, "rats." If these were only the imaginings of newspaper writers, instead of the imaginings of medical men who have been "educated" out of their native or normal good sense by professors in the medical schools, it would not be a very serious matter. But, as it is, the poor devil of a laity has a pretty slim chance for its life. All of the above named diseases are pure and simple filth-diseases engendered

chiefly within each individual's own body. Every case in the north of jaundice, or bilious fever, is incipient, or actual yellow fever. Epidemic yellow fever in the south results chiefly from the use of a diet which is in quality and amount suitable for cold weather in a northern climate, and is further favored by unhygienic conditions such as filthy streets, cesspools, lack of ventilation in the home, etc., etc. When, finally, the disease has had its run among the ones especially predisposed to it, when the city has been made clean, so that the little scavenging mosquito has been starved to death, the disease disappears, and the word goes forth that the disappearance of yellow fever is due to the banishment of mosquitos!

Of all the fatalities attending operations for appendicitis, in my opinion 90 per cent., at least, of the victims would have lived on and in health if the simple treatment which I have described could have been had. But, it is always true that prevention is better than cure; and if people would live more rationally there would seldom occur anything like the present frequency of this, that and the other disease. Statisticians have informed us that those nations using the larger proportion of animal food and fine flour are most subject to appendicitis. So much for fact; theoretically, we have every reason why this should be so. Doctors seem to know nothing of hydrotherapy and its potency in all manner of pelvic inflammations. The hale, hearty man who has some intestinal trouble, which a brief fast and moderate local cooling would have soon set right, is operated on, robbed of his appendix, fed into pneumonia, then fed and drugged to the finish, while all the world is a-mourning, yet overlooking or ignoring the true lesson of it all.

Ethel Barrymore will apparently prove too hardy to succumb to her attack of surgery, but it is costing her several thousand dollars, due to her being compelled to cancel a successful Boston engagement, to say nothing of the big price she'll pay the surgeons. But, alas, for dear Prof. Shaler, the much beloved dean of the Lawrence Scientific School at Harvard, whose epitaph should read: "Stabbed to death by Surgeons."



# The Sour Milk Question

BY A FARMER

I HAVE been reading with interest your recent articles on sour milk as a physical culture food, and must say I am greatly surprised to see it considered in a favorable light. I am a farmer and dairyman, and therefore have all possible chances to observe its effect on animal life. This is of course not considering its effect on human beings, as no farmer around my locality would drink sour milk any more than he would eat sour fruit or any article that had commenced to decay. It is my belief that sour milk is milk that has commenced to decay. It is most certainly not the fresh food which PHYSICAL CULTURE advocates. But I will let this aspect of the discussion pass for the present and speak of its effect on animals, which naturally should be of the same nature as on human beings, and I must say it is not a very beneficial effect. Of course I, as most dairymen do, have several hogs to feed this same sour milk to, that is being recommended as a physical culture food. Its effect on them is to *intoxicate them*. This may seem a most startling statement, and perhaps horrifying to those following this sour milk diet, but it is true nevertheless. I have many times seen hogs "drunker than lords" from drinking sour milk and nothing else. They would chase around, roll, jump, and in every manner act like any other bum "feeling good."

The cause of sour milk being intoxicating is, that the sugar in it turns to alcohol the same that it does in the process of making liquors. Therefore it is of the nature of hard cider and would

make persons drunk just as quick if they drank as much, and if they did not drink enough to get drunk it would be just as bad as drinking moderately of any other liquor. Anyhow it would be very apt to awaken a craze for drink in any reformed drinker and would likely be his ruin if he should chance to be where he could get liquor.

It is hardly to be supposed that any true physical culturists would drink it if they knew its effects any more than they would drink whiskey. For my part, I would a great deal rather drink beer and have something that tastes decent, than to force sour milk down my throat and try to make myself believe what a "delicious beverage" it was, when the effects would be the same as drinking beer, perhaps even worse. Now that I have described its true nature it is unnecessary to comment upon its "reviving effects" upon the weary and making the old spry as the young.

I don't consider that the few old people that may be hunted out who drink sour milk, furnish any evidence that they may give this beverage credit for their long lives, as the three oldest men that I know in this locality have been downright bums and used tobacco all their life, or since they were old enough to.

I shall be pleased to see the remarks of others through these columns who may have the chance to observe the effects of sour milk on animals. Anyone can try the experiment on human beings by drinking enough but they should not try it too often.

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## Value of Our Methods Proven

### Physical Culture and Osteopathy Combined Work Wonders

TO THE EDITOR:

I feel I cannot refrain from writing to let you know how much I appreciate the physical exercises and also the many new ideas you bring out in your magazine, I had been very sick for nearly five years, I was stricken down with nervous prostration and for a long time all hope of my ever getting better was abandoned. I experienced years of intense suffering and during this time was taking all kinds of medicine. Finally, just three months ago I was induced by my wife and other kind friends to try Osteopathy, after a great deal of persuasion, I had a talk with a Doctor of Osteopathy and after a few minutes conversation, I was quite convinced that he understood what was the matter with me, I am now near the end of the third month of treatment, and I can truly say I am *well* and *strong*. I have not felt so well for years.

After taking a few treatments the Doctor handed me a copy of your magazine **PHYSICAL CULTURE**, which I read through very carefully. I immediately started in to follow the exercises as described, and it has been wonderful help to me. I now look for each copy of the magazine with pleasure, because with the two forms of treatments I have gained a new lease of life. For which I am thankful beyond the powers of words to express, and I shall always be ready to put in a good word for both Osteopathy and physical culture.

Wishing **PHYSICAL CULTURE** the greatest success, I remain yours respectfully,

WM. CARTER.

Vancouver, B. C.

### How I Cured My Catarrh

TO THE EDITOR:

All my life long I had been a sufferer from catarrh. A few years ago it became so bad that I grew desperate.

I had always been extremely sensitive to the cold. I thought I could not endure a cold bath in the morning, so only took an occasional rub-off in cold water, at which time I was careful to uncover only that portion of my body which was being cleansed. I never even allowed my body to be exposed to the air when rising or retiring, as I kept my nightshirt over me while slipping out of or into my underclothing.

But I decided to try exercising nude. After a time I came to enjoy the feeling of the air on my body, and on Sunday mornings I would often give my body a warm sun-bath. Gradually I took to going to bed without wearing any garment. It is needless to say that all this time I was taking a cold shower bath each morning, and this I continued throughout the winter.

I began to notice a great improvement in my catarrh, and I was forced to the conclusion that it was my cold water bath and my body's night long air-bath that was effecting the change. I determined to continue the latter as far into cold weather as I could.

I had grown much less sensitive to cold. I would arise in the morning and walk about my room with the window open and the air at a temperature which a few years before, would have made my teeth chatter even when my body was protected. Now I felt no discomfort whatever.

I have slept entirely nude throughout the past winter and have been rewarded not only by the enjoyment of a keen sense of freedom of body but also by the almost total disappearance of my catarrh and a complete immunity from colds.

W. C.

### A Rheumatic Cripple Becomes an Athlete

TO THE EDITOR:

I think the following may prove of



interest to your readers, and also prove the great benefits that can be derived from following physical culture.

Four years ago I was practically speaking a helpless, rheumatic cripple, having just sufficient strength to feed myself. The doctors that I had consulted pronounced me incurable. However, I would not give in, though everything was against me. I got so that I could sit up in bed, and then I commenced to massage myself, and in a very short time, I could tell there was a difference in me. I had more desire to be out in the fresh air, I seemed to feel fresh life flow through my veins.

At last I got to hobble about with two sticks. (This was a great improvement on crutches, which I had to use before I took to my bed.) And then it was that I saw one of your magazines. I read those pages in the manner that a drowning man would clutch at a straw, and from that day to this, I have never missed an issue. I picked out different exercises that I thought would do me good, and stuck to them. And with exercise in the open air, and proper diet, I soon found that my muscles, and in fact my whole body was greatly on the improve. I got at last to a point where I could walk without the sticks, and then it was that I fully realized the great benefits I had received through physical culture.

I then commenced a series of walking exercises and gradually increased them from two miles, until, at the present time I can walk forty miles on end, and enjoy it too.

I am also a keen cyclist, and this last season I won our club's standard gold medal and broke the club's 100 miles amateur record.

I have not gone in for any special development, having exercised merely for health's sake. I have never used dumbbells or exercisers, and do not intend to, for I firmly believe that one derives more benefit in exercising through concentration of will. I am a non-smoker, although at one time I was an inveterate smoker, but found that smoking and physical culture would not go together. I gave it up and feel myself greatly benefited by doing so.

The work that I do keeps me out of

doors from 6 A. M. to 5 P. M. and from 6 P. M. to 10 P. M. I am always out in the open air exercising.

I have never had a recurrence of my trouble and I think I may safely say, that from the date of starting my walking exercises up to the present time I have walked over 6,000 miles.

I remain one of your firmest believers in physical development,

C. BARR.

Scarborough, Yorkshire.

### Chronic Stomach Trouble Cured

TO THE EDITOR:

I notice your appeal for short letters from experimenters in diet and exercise. I am of the opinion that I have a typical case.

About seven years ago I was suffering from a very aggravated chronic case of stomach trouble of twelve or thirteen years standing. I had given every physician who would take my case an opportunity to cure me, but was finally given up by all of them, saying that I could not live more than six months. I decided to take advantage of the six months granted me and see what I could do for myself. The first change I tried was in diet. Colon-flushing then brought more relief, but still was a long ways from a cure, but was now able to work, which had not been the case for several years.

Any book or magazine that talked of health without drugs attracted my attention; naturally I came in touch with PHYSICAL CULTURE and read it closely for several months, with the results of my taking two five days fasts, and then cutting out eating and breakfast, quit using meat, drinking coffee and using tobacco, when lo and behold I was born again, made a new man, regenerated.

Patience and proper physical culture treatment I am satisfied will cure all trouble with the stomach, besides clearing up all kidney, liver and bladder troubles, as it was in my case. *Drugs cannot do it.*

Does it pay to work for health? A thousand times yes.

Very truly yours,  
ELMER S. CAYLOR.

Columbus, Ohio.



## How May Degeneracy Be Avoided?

By HAROLD G. SMITH

Not by Shutting our Eyes to the Great Facts of Life, but by Seeing and Understanding them—  
Ignorance and Prudery the Primordial Causes of Degeneracy

A MAN living near Andalusia, Rock Island County, Illinois, recently made application to the authorities to have four idiot children placed in a state institution. It appears that the father and mother are cousins, and that they have had eight children in all. The four in question were born in a condition of hopeless idiocy, having heads undeveloped, and bodies weak, abnormal and deformed. They are more than mere imbeciles, they are freaks. They are now from four to eleven years old, and the father has been compelled to provide cages in which to keep them. It requires the entire time and attention of one person to take care of the unfortunate little creatures.

And this in civilized America! And in the face of it all, the mother is about to give birth to still another child!

Doubtless the parents firmly believe that their misfortune is simply an "act of Providence," utterly oblivious of the fact that they themselves may be responsible. In the case of the first idiot born to them they might have been pardoned for not being able to foresee the possibility of other children being likewise. Still it would seem that the coming of such a child should have served as a warning, or that surely the second idiot would have answered that purpose and that the awful story would end there. But the significance of the monstrosities was unheeded.

Now it is not the purpose of the writer to here discuss the much mooted question of the inadvisability of marriages between second cousins. There is a vastly more important issue to be considered in this connection. The fact that the parents in this particular case were cousins may have had something to do with the brood of idiots, but there were without doubt other factors at

work. This is proven by the fact that in some instances cousins have produced healthy, vigorous offspring. Also some of the children born of the parents under discussion are apparently mentally and physically sound. It should furthermore be remembered that idiots have been the outcome of unions in which there was no blood relationship between the parents in thousands of cases. Who too can estimate the number of unfortunate children who, though not idiots, have yet been robbed of a greater or less degree of mental and physical vigor by reason of practically the same conditions which in extreme cases produce imbecile offspring. How utterly helpless the unborn child is! How at the mercy of forces and conditions which it is powerless to either change or affect.

Does any sane person believe that after their previous experience these parents really want another child? And right here we come to the root of the evil.

To a certain extent we will have to retract the statement that the parents were wholly responsible, for viewed in a broad light they are not individually to be blamed. They are merely what the forces of heredity and environment have made them. Their bodies, minds, beliefs, feelings, instincts, impulses are not of their own choosing. These parents could themselves no more help being what they are than could their poor, miserable, idiot children. Enslaved to habits and customs, they were guided absolutely by the latter, these including the erroneous beliefs, prejudices, prudery, ignorance and harmful practices of society as now constituted. Why should every whim of a thoughtless and self-indulgent husband be gratified? Is it essential that this couple continue



the relationship which has resulted in the bringing into the world of idiot children, simply because of a marriage which is sanctioned and approved by both church and state? Yet this condition of affairs is considered perfectly proper. And is it so important that this father and mother and other fathers and mothers and those who will become such, be kept in the dark in regard to their moral and physical duties and so be governed entirely by their blind impulses and feelings?

Going to the very bottom of this matter, we find that the real cause of the trouble is that men and women blunder along through life without once looking ahead to see what lies in front of them. Humanity stubbornly refuses to *think*, and least of all, upon this most important subject.

However, in spite of the apathy of the masses, great progress has been made along many lines in regard to the proper function and uses of sex by those who have freed themselves from the prudish superstitions. But when an attempt is made to give to others a little practical knowledge on subjects of the most vital importance, then prudery, in the form of Comstock and his Suppression of Vice Societies, steps in to prevent such enlightenment.

The prude's method of reform is a peculiar one. He would attempt to make perfect the imperfect after they are born, instead of trying to establish such conditions that no imperfects need be born. A decent state of civilization would require no insane asylums, no hospitals and no penitentiaries. For the same conditions which are responsible for the occasional birth of idiots are also active in thousands of other cases in which there are abnormal tendencies either towards insanity or crime, or which are marked by deficient vitality and susceptibility to disease. The prude is responsible for all.

Let it be understood that immorality is not confined to illicit relations outside of marriage. Within the bonds of matrimony there is a hundred times more immorality practiced than outside of it. It should not be so, but it is, and the result is that the world is crowded with human beings that were not wanted by

their parents and are, in many instances, cursed with the abnormalities and weaknesses from which undesired children are almost sure to suffer.

Men may differ as to the meaning of the word "vice," but can anything be more vicious or even criminal than conditions which can produce four hopeless idiots in one so-called home? But do the Suppression of Vice Societies interfere in this and similar cases? Here is a form of vice that Comstock makes not the slightest attempt to reach this, although it is a dangerous one, infinitely more dangerous and far reaching in its consequences than any which the Suppression of Vice Societies have attacked.

The remedy for such conditions does not lie in laws, but in knowledge. We have too many laws already. Laws have not, do not and cannot control a single one of the various social evils with which we have to contend. The laws of the present day upon this subject, laws made by prudes, upheld by prudish judges and applauded by a prudish and ignorant public are hindrances to those who are trying to educate the people in the right direction and are therefore an obstacle to the world's progress. Laws will not mend matters. Comstock will not aid in enlightenment. The world wants light instead of darkness.

The present day marriage, as exemplified in the average home, is a condition of bondage for woman. Little can be expected in the way of improving the race as long as a wife is kept in a position where she must bring child after child into the world, even when undesired, often when she is not in a fit physical condition, and in many cases when she and the father are not able to provide a decent home and education for their offspring.

The freedom of women in this respect, and knowledge along the lines referred to, including of course a good understanding of the general laws of health, are the main essentials for the building of a more perfect race. The "suppression of knowledge" societies, and the hideous superstition in reference to a woman's marital "duties" to her husband, in other words, her slavery to lust, are the greatest obstacles to our progress as individuals and as a race.



## Doctors Join Hands to Combat Tea and Coffee

The Beverages in Question are Working Havoc Among the Poorer Classes in this Country and Great Britain—Increase of Insanity in England Charged to Use of Tea

By ROBERT COULSON

A NUMBER of leading physicians in England, acting in concert with other members of the profession in this country, are taking the preliminaries to a crusade against the excessive use of tea and coffee. It is stated in this connection, that nearly 60% of nervous diseases in this country are more or less directly traceable to excessive coffee drinking, while in England tea-drunkards are so numerous, especially among women, that in some districts practically all the population are sufferers from maladies induced by the continual use of the so-called "fragrant leaf" to the exclusion of proper food. Like all other stimulants, tea and coffee, if used to excess, destroy the normal appetite, and herein lies no small portion of their danger. A properly nourished body will not, as a rule, crave stimulants of any kind whatever. But the contrary is the case in such instances where the food supply is not sufficient to satisfy the demands of the system, or the food itself is poor and lacking in nourishing qualities. For this reason, the majority of victims of the tea and coffee habit are to be found among the poor or the indigent, the result being, that, as the beverages in question destroy hunger, even the poor food available to these people is finally cut down to a minimum with disastrous effects. There is every reason for believing that the appalling increase in insanity in Great Britain is due to the factors in question—the nervous disorders produced by too much tea, and the breaking down of the system in general that follows on the use of it and its contingent destruction of appetite.

The evils of tea and coffee drinking have long been recognized.

In Graham's "Social Life in Scotland in the Eighteenth Century," tea-drinking is related to have been thought "not less mischievous than dram-drinking." Tea was much condemned by the old-fashioned people, and sparingly used. Tea and whiskey-drinking were declared to be "exceedingly hurtful to health and morals." Tea was first used in Scotland at the end of the seventeenth century. Towards the end of the eighteenth century "there was scarcely a house in the parish, except those in indigent circumstances, in which tea was not used at least once a week, and by many of the farmers twice a day." Other writers of the same period such as Professor Coldingham speak of tea and whiskey as "superfluous and pernicious articles." And Pencaitland says: "The rage for finery is much more harmless than the tea and dram-drinking which pervaded almost every town and great village."

The consumption of tea in the United Kingdom per head was in 1852, 2 lb.; in 1859, 2.67 lb.; in 1878, 4.5 lb.; in 1885, 4 lb.; and in 1900 3 6.5 lb.

According to Dr. Pavy, "tea is a light beverage, but if consumed in a strong state and to a hurtful extent, it is capable of acting in a powerful manner on the nervous system. Nervous agitation, muscular tremors, a sense of prostration and palpitation, constitute effects that have been often witnessed. It diminishes the action of the bowels. Coffee is more heating and stimulating than tea, heavier and more oppressive to the stomach. It is not so powerful in dispensing to wakefulness as (strong) tea. In immoderate quantity, it produces feverishness, disordered nervous action, tremor, palpitation, anxiety, and deranged vision."



Sir T. Lauder Brunton, M. D., F. R. S., says that amongst the Chinese, tea is only infused for a very short time; after a few seconds the water is poured off. The combined effect of very hot tea and of the tannin in a strong infusion, produces dyspepsia. Other constituents than tannin contribute to this effect. A single cup will sometimes bring on great acidity and heartburn. When long infused, its harmful action is much greater. Tea with animal flesh should be altogether avoided. Coffee is more apt than tea to disorder the digestion in many people, and in some, causes biliousness. When taken in excess it not only produces digestive disturbance, but nervous symptoms, palpitation, restlessness, irritability, and general nervous depression. It most cases of dyspepsia coffee does not agree.

Dr. Eugene Talbot, M. D., D. D. S., of Chicago, asserts that professional tea-tasters have long been known to suffer from nervous symptoms; very early in the practice of their occupation the head-pressure symptoms of neurasthenia occur. Tremor also occurs early, and also eye disorders. Symptoms of excessive tea-drinking are—nervous excitement, nervous dyspepsia, rapid and irregular heart action, neuralgia of the heart, etc.

The *Lancet*, the leading British medical publication tells of the origin of the nervous symptoms in infants whose mothers were excessive tea-drinkers thus: "It is evident that tea produces a grave form of neurasthenia readily

transmissible to descendants. Tea tends to check both stomach and bowel digestion, and thus increases self-poisoning."

Excessive coffee-drinking produces similar effects. Mendel finds that in Germany, coffee inebriety is increasing and supplanting alcohol. "Profound depression, with sleeplessness and headache are early symptoms. There is much tremor and rapid heart action."

The British Medical Journal says: "It is well known—and English physicians have laid great stress on this point—that the abuse of coffee and tea often brings on gastralgia, dyspepsia, and, at the same time, more or less disturbance of the apparatus of innervation."

Sir William Roberts showed that tea and coffee interfered with the digestion of proteid, and that "their total effect is to delay or prevent digestion."

Dr. Kellogg discards tea and coffee from the bill of fare of his sanitarium, "because they are poisons, mild intoxicants," injurious to the nervous system and to the digestion. The digestion of starch ceases entirely in the presence of tea or coffee. They also dilute the gastric juices."

Dr. John Cole, M. R. C. P., London, noticed, in a series of careful observations, the following effects of tea—Discomfort, sinking, feeling of emptiness and craving, fulness, frequent sighing, excitement, quick pulse, etc. The last symptoms also follow the use of strong coffee. It will be seen by this that tea and coffee are most harmful.

### THE PATENT MEDICINE FAMILY

Jack Spratt will eat no fat,  
Nor that that's next the bone,  
Until he takes, for fancied aches,  
A swig of Liquorzone.

Now, Mrs Spratt declares this flat;  
Her favorite system tuner  
Is sugar, ice, lemon a slice,  
And a jigger of Peruinyer.

Their daughter Jane, for every pain,  
On Whiskine makes a call;  
While brother Bill, when he is ill,  
Says; "Kurika—That's all."

Too mild all these Grandma to please,  
She let's the young folks drink 'em.  
Her special booze, to cure the blues,  
Is good old Lydia Pinkham.

—Drug Topics.

"Ma wants a package of dye and she wants a fashionable color," said a little girl to a druggist. "A fashionable colour?" echoed the pharmacist. "What does she want it for: eggs or clothes?" "Well," replied the girl, "the doctor says ma has stomach trouble and she ought to diet. And ma says if she has to dye it she might as well dye it a fashionable colour."



# EDITORIAL DEPARTMENT

We are leading a reform that aims for a cleaner, stronger and nobler manhood and womanhood. We are trying to annihilate the greatest curses that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL and TOBACCO.

THE edict has gone forth. The sign of the times clearly points towards a radical change in womanly ideals. Physical culture is coming to the front with giant strides in the feminine world. The fact that perfect health means true beauty, is beginning to be universally recognized. Physical culture was for some time believed

## WOMANHOOD OF THE FUTURE

to be a fad by those who failed to understand its scope and purposes. But it is fast becoming to be recognized as an important reality in the lives of every intelligent human being and especially by the sensible woman. Not so many years ago, the "delicate," semi-invalid maid was the unwholesome vogue. Nowadays, athletic girls are admired and envied everywhere. The change was slow in making a start. How it was that "delicacy" could be considered an element of beauty was hard to see, but anyhow it took some sledge-hammer blows of experience to force a little common sense into the mentality of the admirers of the anaemic, pallid, and sickly creatures in question.

One of the most striking proofs of the great change which is upon us in this regard, is illustrated by the attitude of the faculties of nearly all women's colleges. These same colleges have their athletic meets at regular intervals. They are events of great interest at that, and are usually attended by thousands, while the winners are looked upon as heroines of the first magnitude.

Not long ago, the athletic girls of Vassar College held their Twelfth Annual Field Day, and the strength and skill of the contestants were apparent to an amazing degree. Many fairly good male athletes might find it difficult to equal the records they made. Of course, I do not refer to specialists, but there are many men who have a reputation of possessing considerable athletic ability, who would not be able to undertake the entire list of events in which these young women competed, and beat the various records made by the latter. One must remember that these young women are not specialists. They have practiced but a short time, and are what one might term "new at the game." The fact that the interest in athletics among young women is only of recent growth, was illustrated quite clearly by this competition. The junior class won nearly twice as many events as any other class, and the probabilities are that each new class will make a correspondingly better showing. For the information of those of my readers who might like to make an attempt to equal the records made by these girls, I give herewith the events with the records.

- One Hundred Yard Dash (record, 12 seconds).—Ethel M. Hickox, '09, Batavia, N. Y., and Marguerite G. English, '08, New Haven, tied at 13 1-5 seconds.  
Fifty Yard Dash (record 6 1-5 seconds).—Alice Belding, '07, Poughkeepsie, 7 1-10 seconds.  
Throwing Basket Ball (record 72 feet 5 1/2 inches).—Frances G. Vandegrift, '08, Wilmington, Del., 56 feet 6 1/2 inches.  
Throwing Baseball (record 195 feet 3 inches).—Alice Belding, '07, 188 feet 11 inches.  
Fence Vault (record 4 feet 10 inches).—Mildred Vilas, '07, 4 feet 5 inches.  
Running High Jump (record 4 feet 2 1/2 inches).—Helen D. Clarke, '09, Boston, 4 feet 2 1/2 inches.  
Running Broad Jump (record 14 feet 6 inches).—Barbara Hunt, 1906, Bangor, Me., 13 feet 1/2 inch.  
Standing Broad Jump (record 7 feet 7 inches).—Alice Belding, 1907, 7 feet 8 inches.  
Putting Eight Pound Shot (record 20 feet 11 1/2 inches).—Clementina Griffin, 1909, 26 feet 7 inches.  
One Hundred Yard Hurdle Race (record 17 1-10 seconds).—Martha Gardner, 1907, 16 3-10 seconds.



I HAVE said so much about the effects of prudery, that perhaps my readers may at times, tire of the subject. Still I do not think that it can be condemned too often.

It is an evil of the first magnitude. It is the fundamental cause of nearly all physical degeneracy. It prevents men and women from learning the facts that are so essential to the development and maintenance of vigorous health.

#### CHILDLESSNESS AND PRUDERY

There is one despicable attitude of the prude, to which I wish to especially call attention. It actually makes one sick at heart to read the products of such degeneracy.

Please carefully note the letter that follows:

"I have been raised a prude from infancy. My mother and my people are all prudes, and to have a family of children is, I may almost say, a disgrace. I have always been told to be a lady, not to laugh loud, or to romp as does my brother. I am a young woman twenty-six years of age, and have been engaged to a young man of good reputation for two years. I am delaying the wedding day as long as possible. I love him very dearly, but several of my married friends have said to me, "If you get married, don't have children. Of course, you will love them when they come, but be advised in time." And to my certain knowledge, one of these advisers is ruining herself by a drug which she takes monthly. These advisers are women of refinement, and leaders in our church work. I have heard so much about it, and I suppose my dearest friends only intend to be kind, and to let me profit by what they have learned. My sweetheart urges me to consent, and we both enjoy superior health, but I have not the courage. My mother talks in a similar way about the possibility of a child after marriage. I hear this subject discussed from this standpoint everywhere I go and among people of education and refinement. And now, I must admit, I am growing to be afraid of marriage. I have offered my friend his freedom, but he refuses to take no for an answer. How can I tell him the true reason?"

We have published this letter because the writer is not by any means an unusual character. Everywhere you will find the ever-ready adviser on subjects of this kind and her unhappy victims. Everywhere you will find degenerates or ignoramuses, who will exaggerate in every conceivable way, the trouble and annoyance of children, and advise would-be brides to avoid having them. There ought to be a specially hot place in the lower regions for advisers of that kind. Their teachings are most vicious, and often bring about such marital unhappiness as it is beyond the power of language to properly describe.

THERE CAN BE NO HAPPINESS IN A HOME WITHOUT CHILDREN. There can be no love of a permanent satisfying character between man and wife, unless children bless their union. A CHILDLESS HOME IS LIKE A BARREN DESERT. It chills the heart to enter such a place. It dries up the emotions of both man and woman, when they are so condemned. A MARRIAGE TO BE HAPPY, MUST BE FRUITFUL. A marriage cannot be even moderately satisfactory under any other circumstances, and when the prudish degenerate comes forward with advice that promises temporary or total "relief" from the troubles of motherhood, he or she neglects to also state that the means adopted under these circumstances, frequently result in permanent barrenness. The woman who follows the advice of these miserable perverts, usually spends years of her life in vain regrets.



ONE of the most striking victories that have been won against the Patent Medicine Curse, is the action of the Government, in classing the so-called remedies of various Patent Medicine Companies, as "Alcoholic Beverages." These remedies are now just where they belong. They are "booze" pure and simple. Instead of being

#### PATENT MEDICINES, NOW ALCOHOLIC BEVERAGES

on the counters of drug stores, they should be placed in saloon bars. The ruling of the revenue authorities at Washington went into effect on the first of April. All those who sell the various "remedies" now classed as "Alcoholic Beverages," must conform to the national statute by taking out a Government liquor license. It is but a few short years ago, that I began to make startling disclosures about the patent medicine fraternity. The proprietors of these various remedies read my articles, and, in turn, laughingly or sneeringly



commented upon them. They have found out by now, that the joke was on them. Before our crusade on the quacks is finished, we will wipe out every pretender who is now deceiving the public with false claims as to the value of his so-called remedies. So far, nine remedies have been classed as "Alcoholic Beverages," and are as follows:

ATWOOD'S LA GRIPPE SPECIFIC,  
 CUBAN GINGERIC,  
 DE WITT'S STOMACH BITTERS,  
 DR. BOUVIER'S BUCHU GIN,  
 DR. FOWLER'S MEAT AND MALT,  
 DUFFY'S MALT WHISKY,  
 GILBERT'S REJUVENATING IRON AND HERB JUICE,  
 HOSTETTER'S STOMACH BITTERS,  
 KUDROS,  
 PERUNA, and  
 ROCKANDY COUGH CURE.



**B**UT few realize the wonderful advantage of mere physical force. When we see a very strong man, we usually view him merely from a physical standpoint. You admire his big muscles, his rugged physique and his general physical condition, but rarely does one understand the powers that are allied with or within easy reach of one possessed of the admirable characteristics in question.

#### A FORCEFUL MAGNETIC PERSONALITY

#### PHYSICAL STRENGTH IS MORE THAN MERE MUSCULAR ABILITY.

A superb physique puts almost anything within your grasp, within human reach. An ambitious man, backed by great physical gifts, needs but to determine on an aim and work persistently to accomplish it and it will assuredly be his. It has been said that man can almost be a god. Yet, usually, he will grovel in the mud and mire of moral and physical decay, into which he has fallen through errors and dissipation that are made possible mostly by ignorance.

Occasionally one comes in contact with forceful magnetic personalities. There is no difficulty in recognizing the owners of such. They are different from the average person. There seems to be an almost irresistible power about them. When they desire anything, they go about the securing of it with such an indomitable determination that they hardly know the meaning of failure. But back of every individual possessed of powers of this character, you will find immensely strong nervous powers, due to a perfect physical organization. They have taken advantage of their opportunities. They have developed their manhood in all its superb strength and magnificent intensities and they reap the rewards of so doing.

I want my readers to realize that great strength of character is of but little value, unless backed by a physical foundation. It must have the intense nervous force secured from physical power, in order to accomplish anything of importance.

To make a strong character you must have strong nerves. Strong nerves are almost impossible without strong muscles. They go together. One depends upon the other. Whatever may be your desires in life, a forceful magnetic personality will be of the greatest possible advantage to you, and this you cannot possibly possess, without giving the necessary attention required for the development of a superb physique. No matter how superior may have been your physical inheritance, your vital and nervous power will gradually decline unless you understand the laws of health, and follow them accurately.

**DO NOT BE A NONENTITY. BE SOMEBODY—SOMETHING.** Acquire all the marvelous power that is easily within your reach. The world is full of ciphers. But the man who has character, strength of will, and indomitable purpose is absolutely certain to achieve success. His plans will be carried out in their entirety. He will



move from victory to victory. Why then grovel in the dust of moral and physical decay, when you can just as well be a man, resourceful, powerful, capable of bringing to fruition your dearest ambitions, your most cherished hopes.



**T**HE proprietors of the "Ladies' Home Journal," are with us in our fight against the Patent Medicine Companies. Some time ago, they published an article, entitled "The Patent Medicine Curse," and made therein, a statement claiming that Doctor Pierce's "Favorite Prescription" contained alcohol, opium and digitalis. Their

**THE \$200,000 LIBEL SUIT  
AGAINST THE LADIES'  
HOME JOURNAL**

sources of information in this instance, proved inaccurate, and suit was instituted against them by Dr. Pierce, for \$200,000 damages. After considerable delay, the case was brought to trial, and was finally presented to the jury. The jury was out during an entire night, and finally compromised upon a verdict of \$16,000 damages. But there was a vast difference between the views of the various jurymen. One insisted that the nominal sum of six cents damages was all that should be awarded the plaintiff, while another insisted that the verdict should be \$168,000. The verdict of \$16,000 did not please Dr. Pierce, and it is his intention to try for a new trial. I sincerely hope that he will be successful in his effort. The longer this suit is delayed, and the more the public learns of patent medicines and the various fraudulent claims of their manufacturers, the less chance there will be of securing a jury that will award damages for any statement that might be made against a patent medicine company.



**S**OME time ago, two brothers, one aged eight and the other ten, engaged in a boxing exhibition for the entertainment of their father and a dozen or more spectators.

They were surprised by the police during the bout, and their father and the spectators were arrested. It is pleasant to announce that the Judge quickly discharged all the so-called offenders. Boxing is one of the best health building

**BOXING AND  
MANLINESS**

exercises in which one can engage. It is more than health building. It makes one quick and agile, and teaches him an art that is of very great value if, as may easily happen, he is called upon to defend himself at any time. It will make boys sturdy and manly. A coward will never make a good boxer. If he is cowardly in the beginning, it is soon knocked out of him. Boxing exhibitions, when they are absolutely free from faking, should be encouraged everywhere. Boxing is a sport that is of advantage to everyone who engages in it, and no man in a fair physical condition, can be seriously harmed by it. You hear so much talk of the cruelty of the sport. It is not half as cruel as football, and as a danger to life and limb, automobilism is perhaps a hundred times more dangerous. Though a hard contest may occasionally produce a black eye or shed a few drops of blood, yet neither of these can be considered serious. Two well trained boxers during in a contest, hardly feel each other's blows. The contest is not won by blows. It is won by the man who has the most endurance. Boxing is a very violent exercise, especially in a hard contest. The man who tires the quickest, is naturally at a disadvantage. His blows lack power, and as he is incapable of resisting the blows of his opponent he naturally loses. He does not lose because of the blows he has received. His failure to win is simply due to his inability to continue the contest. The next morning after a battle that may have been described in the newspapers as a "fierce contest," you will always find the loser in just about as good condition as ever. At the moment of losing, he was simply tired out, could not go any further, and naturally one or more slight blows, or even a slight push was sufficient to knock him off his feet, for then one is so extremely fatigued that he hardly has the strength to remain on his feet.

One of our friends has suggested that it would be a striking demonstration of the



value of Physical Culture, if we were to train various boxers and fit them for competing and winning from all the best men in this line. Undoubtedly, it would furnish a most convincing argument as to the value of our method of living, and we may adopt the suggestion some time in the future.



**M**Y proposed experiment with babies as set forth in recent editorials, has not progressed very far at the present writing. This is due to the fact, that other and pressing matters have so engrossed my time and attention that I have not had the opportunity to make the necessary preparations for receiving the little ones at

#### OUR EXPERIMENT WITH BABIES

Physical Culture City, nor have I been able to continue the correspondence incidental to securing a representative child from each of the large cities of this country. Those of my readers who are residents of such cities, and who are interested in the experiment, can render me material assistance by writing to their Mayor, asking him to notify them as to such Institutions or Homes from which a baby might be secured for the purposes in question, and also to represent the community or locality from which it comes.

I do not intend to hurry this work which promises to be of such importance to humanity at large. A proposition of this scope and nature calls for careful consideration. It is far harder to inaugurate a novel experiment, especially one of this type, than it is to follow on the lines indicated by others. Hence I intend to make haste, slowly. It may be many months before I can secure a satisfactory number of representative children, and months too, before I feel that I am in a position to properly receive and house them. But my readers can depend upon the experiment being carried out in its entirety. And I am satisfied that it will not only be of much interest to all those to have the welfare of humanity in mind, but that, in addition it will be productive of a vast amount of valuable data bearing upon the proper methods by which a new and a more perfectly equipped—mentally and physically—race may be evolved.



**A** MAN who is chronically irritable, who is always more or less mad at himself and everyone else, is really ill, mentally and physically. Such men make every individual with whom they come in contact, uncomfortable and unhappy. To these unfortunates, life, in its entirety, is simply unbearable. Women too are not

#### IRRITABILITY—PEEVISHNESS —BAD TEMPER

exempt from a similar infliction, but whichever the sex, the cause of this unreasonable and unreasoning irascibility, is the same. In each and every case, such people need treatment or sensible advice. If they do not have intelligence enough to thus remedy their ailment, there ought to be some way of compelling them to do so.

A sour, crabbed, peevish nature can make more unhappiness in the world than a dozen good-natured, wholesome-minded individuals can unmake. Nature has put her half-mark on the splenetic. Their countenances usually wear a sort of half sneer. They have a sour and woe-begone expression of face that seems to convey the idea that life to them has been a disappointment throughout as well as a terrible hardship. Their voices, gestures and expressions emphasize the discontent which they feel in regard to everything and everybody. But they themselves, are exclusively to blame for their condition and for their perverse attitude toward life in general. They have made their own careers. They are the parents of their own unhappiness.

Physical culture can, however, do much for people of the type in question. This for the reason, that a petulant, querulous disposition is always the accompaniment of an improper diet and unhealthful habits of life. Change your diet and habits, and you will change for the better your mental and physical conditions. Use a proper amount



of wholesome food. Give the muscles the regular exercise that is essential to their strength, suppleness and healthfulness, and a marvelous change will soon be noticed even in those who seem to be soured in mind, and warped and withered in body beyond redemption.



**O**NE of the best methods of promoting general physical vigor and developing the lungs, is the singing habit. It increases the activity of all the vital organs. It promotes cheerfulness and is one of the best means that I know of, for driving away the "blues." Not only is it valuable as a means of promoting health, but it can

#### SINGING AND PHYSICAL CULTURE

be especially recommended for improving the character of the voice. The speaking voice can be made much stronger, more vibrant and of a far more pleasing character through that exercise of the vocal chords which is secured by singing. I know that many will say that their voice is not musical, and not pleasant to others, but that fact should not deter them from singing. The more you sing, the more your voice will improve. If you persevere, no matter how unpleasant it may have been in the beginning, you can nearly always depend upon securing an improvement in tone and timbre that will at least, make your voice pleasing to the ear.

The singing habit promotes happiness. You will get more out of life in general if you encourage it. Song will often make the dreariest day, bright and cheerful. Not half of us make a due or proper use of our voices. The act of talking is, as a rule the only exercise that we give our vocal chords. This is not sufficient to keep them in a proper condition. If you do not sing, you should at least stretch the cords frequently, by halloaing loudly in the open air. But best of all of such exercises is singing. Sing daily as much and as often as you can. Do not bother as to whether or not your singing would satisfy the musical critic. Singing being good for you, any one who complains of your songs under the circumstances is, as a rule, not worth considering.



**E**VERY non-meateater owes a debt of gratitude to Upton St. Clair, the author of "The Jungle." He has laid bare the filthy secrets of the Meat Trust. Newspapers everywhere have made editorial comment upon the horrible conditions existing in Chicago's monster butcher shop. Plain talk like this will do more to rid

#### THE MEAT TRUST SCANDAL

Americans of the meat-eating habit than all the arguments that vegetarians could possibly present. Even the average meateater will turn up his nose at cholera hogs and diseased cattle. Nuts, fruits and cereals are, indeed, inviting in comparison with such foods as this. My attention was called to Mr. St. Clair's book some time ago, and extracts from it have been selected that will be of special interest to our readers and will be presented in coming issues.

Here is a case where I can lay back and enjoy the "Show." Heretofore, I have felt that it was my duty to be in the thick of fights of this kind. But on this occasion my services are not needed. I can enjoy the spectacle along with the average reader. Meat is bad enough when at its best, but when the greed for gain induces the Meat Trust to turn every old filthy carcass into human food, it is about time to call a halt.

*Bernarr Macfadden*

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