

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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THE AMERICAN OLYMPIC TEAM

Photo of the Group of Champion Athletes who Represented America at Athens, taken on board the Steamer a few moments before sailing

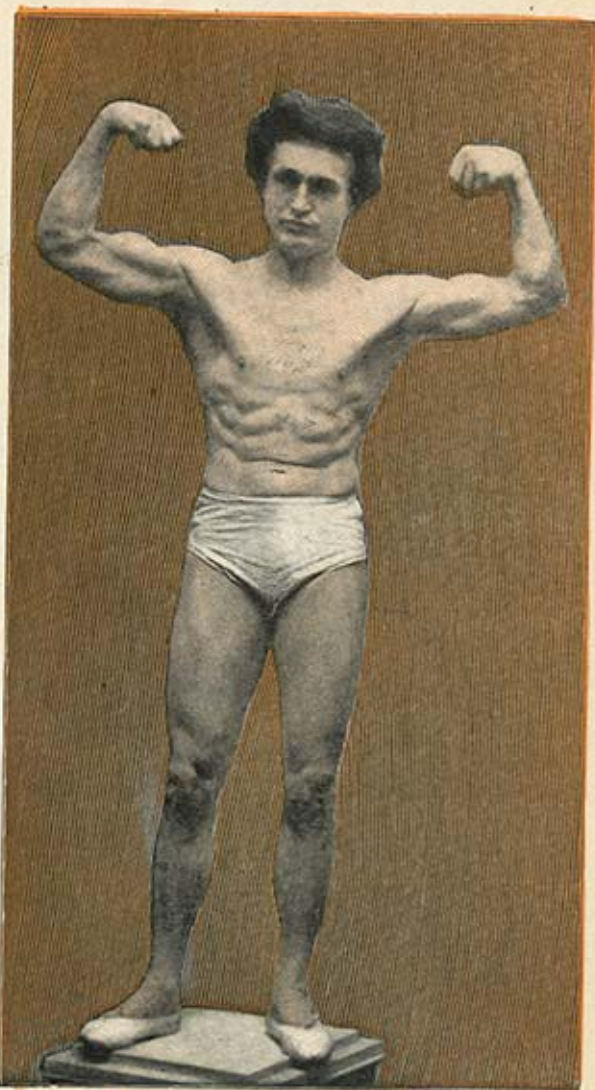
Tensing Exercises

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"



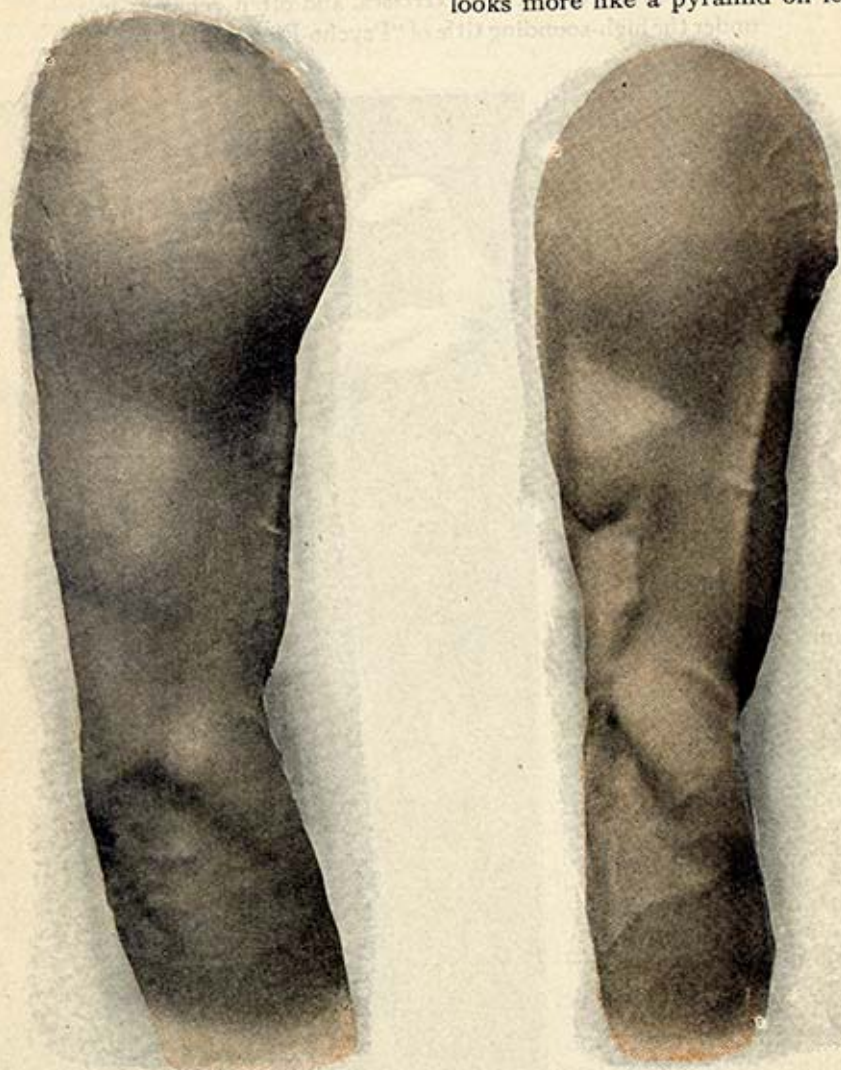
S you continue to progress in the accomplishment of the exercises which I am describing and illustrating in this series of articles, you should become more and more desirous of securing a symmetrically formed body. Any and every means which will excite your interest and increase your desires in this direction are to be commended. For instance, a study of those classic, and for that matter, modern, works of art which represent a perfectly proportioned human form are to be recommended, as are those entertainments at which one can witness the feats of acrobats or gymnasts. Besides that, a sight of the sculptures in question or a scrutiny of the forms of professional gymnasts will enable you to more accurately determine just what is physical perfection, and in what you fall short in attaining the same in the case of your own body. I may add in this connection that but few persons have a clear idea as to what constitutes perfection of form. The body, thanks to the prevalence of prudery, has been for so long looked upon as a lewd and indecent creation, and its contour has been so hidden by ludicrous clothing, that the average individual knows practically nothing as to what or what is not true symmetry of



Exercise No. 10.—Assume position as shown above. Wrist downward and inward. Arm partially flexed. Shoulders drawn forward, and muscles of the abdomen strongly tensed. Assume position and hold it for a few seconds. Relax and repeat.

form. His ideas in this respect are more likely to be the outcome of his observations of the tailor's fashion plates, than of his knowledge of anatomy or his acquaintance with the first principles of art. This is not to be wondered at if we stop to consider the grotesque absurdities of fashion and the

tampering with the natural outlines of the human form on the part of the makers of these same fashions. One season for example, the fashion-plate man will have shoulders of a totally disproportionate width and of a squareness that is anatomically impossible; the next season he will be the owner of shoulders so narrow and sloping that he looks more like a pyramid on legs than



Exercise No. 11.—These two photographs illustrate the difference between a tensed and relaxed arm. Photograph A shows the muscles relaxed. Arm hanging by side. Photograph B shows the same arm with the muscles all tightly tensed. Arm held rigid and straight. Fist tightly closed. This exercise can be taken while walking along the street, or at any time desired. It practically requires no movement except the closing of the hand. In fact, this is not necessary when one secures full control of the muscles. By the mere action of the will, the muscles can be changed from complete relaxation as illustrated by photograph A, to the tension shown in photograph B.

a human being. At one time, his waist-line is, according to the tailor, in the neighborhood of his chest, and the next, it has descended to many inches below the hips. In short, the male garment or garments as they usually are, seem to disguise rather than to suggest the natural grace of the body which they envelop. This leads me to remark that physical culture includes amongst other things, a teaching of the hygienic value and artistic worth of proper clothing. Let it be added that improper or ugly clothing is not only a crime against beauty of body, but in nine cases out of ten it is distinctly harmful, constricting where it should give full play to the muscles, causing perspiration and overheated flesh, where there should be coolness and easy access to air, and rendering impossible that ready action of muscle which is an essential in the case of him who would attain that ideal development of form, which these exercises are intended to bring about. I feel that I am justified in interjecting these remarks about clothing in this article, inasmuch as the subject is more or less directly connected with the underlying principles of physical culture in general and the

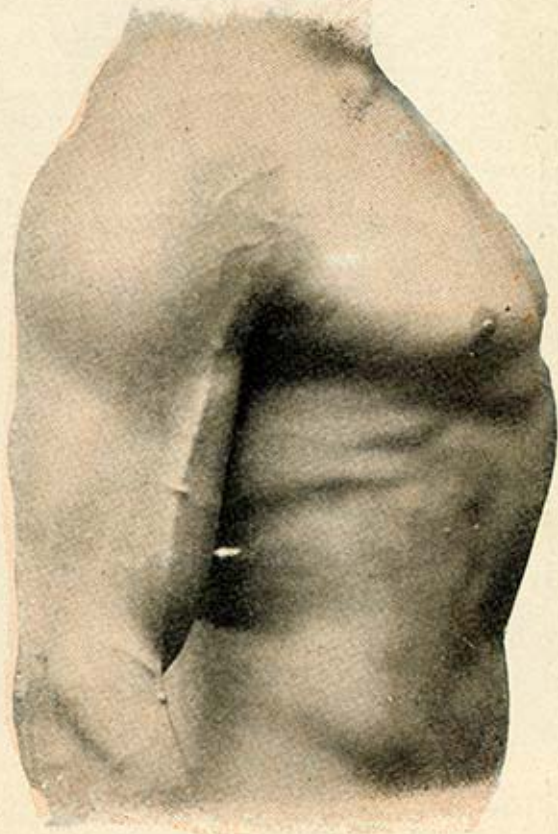
trend of these articles in particular.

Still, one does not need to be an artist in order to be able to note the difference between a body that is normal, and in consequence beautifully formed, and one that is abnormal and so inharmonious in outline. However vitiated one's tastes may have become through custom and abuse, there nevertheless always remains more or less of that instinct which prompts us to love and recognize the true and beautiful. It is for this reason that even those who have been de-



Exercise No. 12.—This exercise is especially useful in remedying round shoulders, as it strengthens and develops the muscles of the back of the neck and those between the shoulders and the back. Interlace the fingers behind. Bring the shoulders as far back as possible, tensing the muscles of the arms, and at the same time bringing the head far back. Maintain this position a few seconds, making an effort to bring head and shoulders further back. Relax and repeat.

based physically and mentally by the evil influences of life in civilized cities, can still, dumbly and feebly, appreciate the charm of a perfect human form, and, if they have an opportunity of seeing it either in flesh or marble, it begets in them a desire to become likewise. It is true that this desire may never get beyond a passing wish, but it is there nevertheless, and provided that it is given opportunities, and is encouraged by contact with or the sight of more beauty of the same nature, it is likely to bear fruit in the way of turning the weakling into a man of fair proportions and considerable strength even if it does not transform him into an athlete. It is for this reason that the perfectly formed man through the efforts which he makes to obtain perfection, not only does good to himself, but is an education and a help to others. Remember this when you take these exercises. The time may come when you, with the help of these exercises, having attained that muscular development which they are intended to promote, may by the exhibition of that same development, light in the breast of some poor, feeble fellow creature a flame of emulation, which will fin-



ally lead to his emancipating himself from the bondage of weakness, and thus enable him to enjoy the freedom and privileges of glorious and virile manhood. I speak of what I know. Example is always better than precept. You may preach as much as you like about the advantages of being possessed of well developed muscles, of a broad, deep chest, of untiring legs, of the strength that enables you to protect you and yours, and afford succor to those who stand in need of it, and your listener will probably permit your words to go in at one ear and exit by the other. But let him witness a perfectly developed man pose in a

cabinet on the stage, or let him attend an athletic meeting, or let him be in the audience at a boxing or wrestling match, and in nine cases out of ten he will be at first envious of the perfect proportions of the athletes, and subsequently desirous of being likewise. So that again and to repeat, if you conscientiously adopt these exercises and thereby acquire that development which they are intended that you shall attain, you will become a center of wholesome and manly influence that will always work for good.

Exercise No. 13.—Bring shoulders back and downward as far as possible. Hold them in that position, making an effort to bring them still further back. Continue the efforts for a few seconds. Relax and then repeat. This exercise is also of great use in remedying the defect called round-shoulders. It strengthens the muscles between the shoulders and back, and as these muscles hold the shoulders back in their proper position, the defect referred to quickly disappears.

The Modern Art of Self-Defense

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

The Editor of the magazine has been actuated by two motives in securing this remarkable series of instructions, with its adequate illustrations, from the champion exponent of the art of boxing. One motive is identical with that which Mr. Hagan refers to, below, as having induced him to consent to the request; this being the fact that however peaceable of disposition and law abiding a man may be, at some time in his life he is almost certain of experiencing an emergency in which he must be prepared to defend himself and when he needs a knowledge of boxing as urgently as a man in deep water needs know how to swim. The second consideration is that considered simply as exercise, sparring in moderation is of much benefit to every man in fair physical condition.

It need only be added that in selecting the Champion, Jack O'Brien, as the expositor of the subject, the desire was not merely to secure the leading boxer of the time, but it was sought to have the instructions come from a man whose life has been conspicuously clean, whose physique approaches most nearly that of the general reader, and whose knowledge of the theory of boxing is linked with an intelligence that thoroughly qualifies him to impart the same to others.
—Bernarr Macfadden.

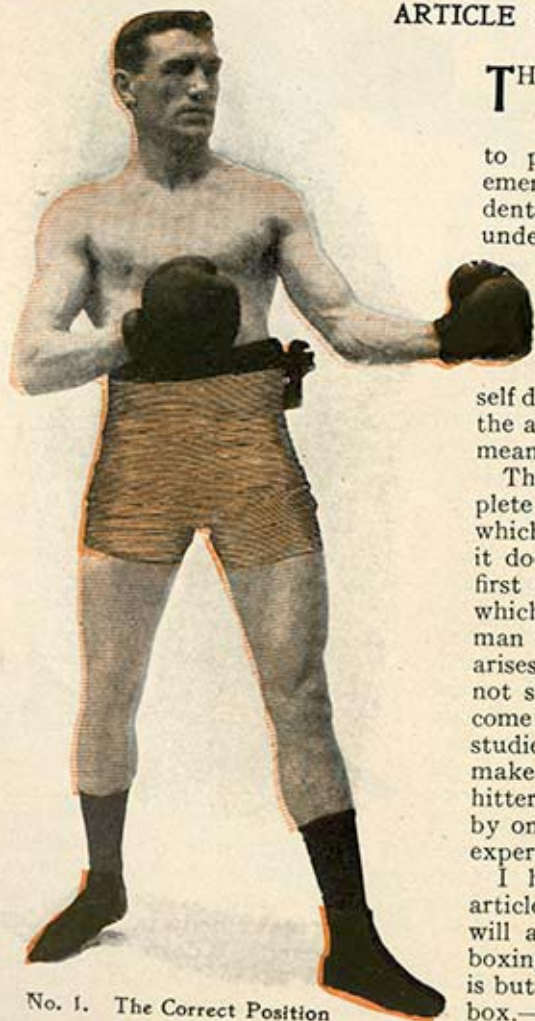
ARTICLE I.

Position

THE object of this series of articles is not to make a fighter of a man. Its aim is, simply, to enable him to protect himself and to guard, in emergency, those who may be dependent on him for protection. I have undertaken the task of explanation because I myself, am an average man and so probably a good exponent of what the average man can accomplish when he seeks to become proficient in self defense. I am but little taller than the average and, proportionately, by no means heavier.

The series is not intended to be a complete exposition of the art of boxing, which is continually developing. But it does aim to be an exposition of the first principles and of those essentials which shall prove sufficient to enable a man to protect himself when the need arises. The lessons, as given here, will not suffice to teach a man how to become a champion fighter. But, properly studied and duly practiced, they will make of him an expert boxer, a hard hitter, and a fighter conquerable only by one wholly above his class or by an expert of much skill.

I have endeavored to make every article as explicit as words and poses will allow. But, above all other arts, boxing is a matter of practice. There is but one road to perfection; box, box, box,—until the lessons, which seem so



No. 1. The Correct Position

clear in the reading and if not thoroughly practiced prove so elusive in actual contest, become second nature when the need arises.

And, when you are quick, are strong, are a dangerous fighter—don't fight. If, by any honorable means, you can avoid "trouble," avoid it. But, if you are forced into it, fight as hard as you can and aim to give your adversary a summary lesson within the briefest time practicable, for the sake of deterring him from repeating his insult or injury upon other members of the community who are not so well prepared as you are to protect themselves.

The first instruction of the series is given up, in its entirety, to the explanation of position, for that is the prime essential in any boxing contest. The position of the feet is of the utmost importance because, in both attack and defense, they must work in support of the activities of the arms. In the adept, feet, arms and head—all parts of the body, in fact—contribute simultaneously to the success of a defense or an evasion of the enemy's attack, and to the damaging value of any blow you may launch against him. The fundamental principles of position, which should be grasped in order to appreciate the rationale of the detailed explanations that follow, are two.

First, readiness for instant change. That is, every position assumed should be one which permits of a side step to the left or the right, and of advance or retreat without loss of balance.

Second, security of position. That is, every position, while it must keep you in readiness for change, must be one that cannot allow you to be toppled over by an attack. The importance of maintaining a secure position may be readily demonstrated by standing with both feet together and receiving a blow from even a light adversary. It knocks you over at once, for your body has no sufficient breadth of supporting base to make it firm.

The Correct Position

The feet are the foundation of the fighter's force and activity. He should stand with his left side projected at a pronounced angle towards his opponent,

and with the right foot about fifteen inches back of the left, the right foot springing from the ground so that its heel is raised a couple of inches. With such a poise, all the leg muscles are in taut readiness for advance or retreat. The left arm is extended until the forearm, held horizontally, is almost on a level with the waist line. The right



No. 2. The Line of the Body

hand, placed over the upper stomach, is prepared to protect that most vulnerable spot of the anatomy, the solar plexus. The whole upper body takes a sidewise angle of about 45 degrees toward the opponent. The position, as defined and illustrated, is that assumed by all expert boxers, from the time of Jem Mace,

the father of modern boxing, down through the days of Professor Mike Donovan until the present period, when theories are numerous but practical



No. 3. Position Preceding Attack

boxing is generally regarded as being fixed as to its basic principles.

The Line of the Body

In the position habitually assumed for sparring, a factor of the highest importance is the line of the body. From the left knee to the left shoulder, it should make an angle with the ground of about 75 degrees, or about fifteen degrees from the perpendicular. The brace of the backward leaning body is on the right leg. The head, coming forward, leaves the spinal column in the neck almost exactly upright and absolutely braced, while the chin is protected by the shoulders and chest. When the spinal column in the neck is not braced, a left hand jab, striking the head anywhere, takes immediate effect upon the spine. A continual jarring of the head when hanging forward and relaxed soon shows its results on the whole system of nerves and muscles governed by the spine. Most of the men with whom I have fought were gradually weakened by just such repeated jarring, while the spectators wondered that work could prove so effective when it consisted, apparently, only of light jabs on the head with no great amount of blood letting or of bruising. The least expert man, in any street fight, instinctively strikes for the head, and the student who seeks to learn merely for his own protection must, above all, guard the nervous system connected with the spine.

Position Preceding Attack

However long a boxer may remain on the defensive, the work that wins the fight for him is his attack, although the latter may last only a minute while his defense may be adhered to for half an hour. The man who fights habitually on the defensive must at some time, assume the offensive. The fighter assuming the offensive, immediately before an attack on his opponent, stoops the head between the shoulders so that his chin is almost entirely protected, or "covered," by his chest and shoulders. He leans backward, resting on the right leg, and so secures a base in applying the force for his blow. His left arm is extended and slightly dropped, in complete readiness for delivering a left hook as well as for an uppercut to the stomach,

Position for the Solar Plexus Punch

First Photo (Illustration No. 4.)

No. 4. Position for the Solar Plexus Punch

which is one of the most effective blows in boxing. It is the blow with which I won the championship in the contest with Fitzsimmons. The right arm rises upward, covering entirely the solar plexus and ready, not only to serve as guard, but to meet the antagonist with a straight right or an uppercut should he put himself directly within range. The position is the one habitually used for offensive work by Nelson, and a number of quick, brainy, light-weight boxers. I have found it to be fully effective for attack and, at the same time, it is a complete protection for both the point of the jaw and the solar plexus, the two most vital parts.

The position by which one can be in readiness to administer the famous solar plexus punch is, apart from the ordinary, first-principle attitudes, the most valuable emergency poise of the body for the amateur to have at his command. The quickest victory can be attained with most certainty by the solar plexus blow, if it is well enough understood. The fight may end with that same single punch, and the man who can use it, is able, within a minute after the fight is forced upon him, to depart with his antagonist knocked out beyond hope of resuming the contest. Because of its value, two illustrations of the position



No. 5. Position for the Solar Plexus Punch.

are given, the first showing a front view of the body, the second the rear view.

Position for the Solar Plexus Punch

(Second Photo Illustration No. 5)

The position in which you are prepared to deliver the blow on the solar plexus of your opponent, is one in which you are almost wholly in repose and yet are braced to meet a fighter of the rough and ready order, such as one is most likely to encounter on the streets. The fighter of this type rushes at you, delivering blows right and left and leaving his vital parts open for a variety of counter blows. Meet him with the body bent slightly inward at the hips,

which holds the abdomen well out of reach, and guard the stomach carefully with the right elbow and forearm. The head should be stooped between the shoulders, which will give it full protection. The body rests fully on the right foot, but both legs are slightly bent and are so ready for the counter, when your man, rushing at you, thinks you open for attack. The right hand, in its position, is out in a manner, puzzling even to the most adept and finished sparrers. The left, drawn back at the side of the body, is in place for the terrific uppercut on the stomach, which is the solar plexus blow; and it carries with it the whole, lifting spring of the body, from the right foot upward.

PHYSICAL CULTURE AS AN AID TO STUDY



GYMNASIUM CLASS AT THE IOWA STATE NORMAL SCHOOL, CEDAR FALLS.

One view of the new gymnasium, which cost \$100,000.00. Every one of the fifteen hundred students attending here is required to take physical culture work regularly. These young women will go out to teach in the public schools of the state, prepared not only to train the minds of those in their charge, but to help them build perfect bodies also. The building has two large exercise or drill rooms, each 160 feet long, a swimming pool 22 feet by 54 feet, besides over half a hundred needle, shower and other baths. Ventilated by a double system of fans.

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Yours truly,

George Stuart Graham

P. O. Box 194. Mena, Ark.,

The "Crawl" Swimming Stroke

By E. H. ADAMS

The New and Wonderful Australian Stroke
Recently Adopted by L. J. Goodwin, American
440-Yard Champion Swimmer

This is the first time, I believe, that this remarkably effective but simple stroke has been clearly illustrated, although a number of publications have attempted to do so, without satisfactory results.—Bernarr Macfadden.



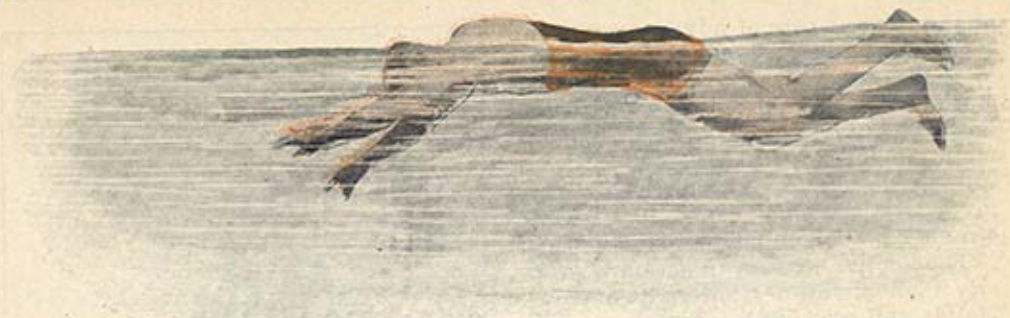
HAT the much-talked-of Australian "crawl" swimming stroke, which, during the past year, has aroused so much interest among followers of this sport all over the United States, is everything that has been claimed for it by its enthusiastic advocates has been frequently demonstrated of late by the great inroads made upon all American short-distance records, but at no time more conclusively than on July 22 of last year, when Leo. J. Goodwin, the giant swimmer of the New York Athletic Club, decisively won the United States quarter-mile championship at Travers Island from the best field of swimmers who ever took part in a championship outdoor swimming race in this country. And it is a noteworthy fact that the contestants who pushed Goodwin the hardest in this great race, were those who had also mastered the "crawl" stroke, the swimmers who were using the double overhand or "trudge" stroke at no time being factors in the contest.

Notwithstanding that the new stroke is so exhausting, and in the face of the assertion of many swimming experts that no swimmer was strong enough or had endurance sufficient to hold this most modern and trying method of propelling one's self through the water, yet Goodwin maintained the stroke during the greater part of the distance and clearly showed that it can be used for distances as well as sprints. Goodwin missed the best existing record of 6:18 by only four seconds, and yet he had been practicing the new method only about ten months, whereas two years or more are usually required to perfect a new stroke. This time was even better than the record, for the force of the tide was so great that the powerful swimmer was frequently carried completely out of the course, which meant a loss of many seconds.

No better test of this novel stroke and its utility could have been furnished, as the quarter mile is regarded by all athletes as the hardest distance to negotiate at any kind of athletic endeavor. The



Goodwin swimming the "Crawl" Stroke, showing first position of both arms and feet



Second position, showing first movement of feet

value of the stroke has now been recognized by all swimming experts, and in the future will be the first taught to beginners.

Goodwin began his swimming career in 1900 as a member of the Knickerbocker Athletic Club. He is now twenty-four years old, and weighs 190 pounds, being gifted with wonderful strength and endurance. In the hands of Alec Meffert, the well-known swimming coach, he soon mastered the "trudge" stroke, which was the vogue at that time, and so came into prominence as a fast swimmer. His best performance was when he won the half mile A. A. U. championship at the Pan-American Exposition at Buffalo in 1901, creating a new record for the distance. In 1902 and 1903 he led the swimmers of the New York Athletic Club in the number of points, and at the Cleveland Sportsman's Show in the latter year won almost every race in which he entered, breaking many records. He captured thirteen first places, among them the American 100 yard indoor championship. In 1905 he won the 100-yard metropolitan championship in New York.

There is no better exponent of the "crawl" stroke than Goodwin. With a number of other N. Y. A. C. swimmers he started to learn the new stroke upon the return of the team from the World's Fair at St. Louis. In the Olympic championships two of the foreign contingent used the "crawl" stroke, viz., Zolton Holomay, the Hungarian champion, who by using the stroke won both the fifty and one hundred yard Olympic championships, and Francis Gayley, of Australia, who also used the stroke when he landed several very close seconds. Holomay afterward won the English 100-yard championship in 59 seconds flat, being the first foreigner to capture this event. The New York swimmers were quick to see its good points, and since then of all the many times that inroads have been made in the records, the "crawl" in every instance has been responsible.

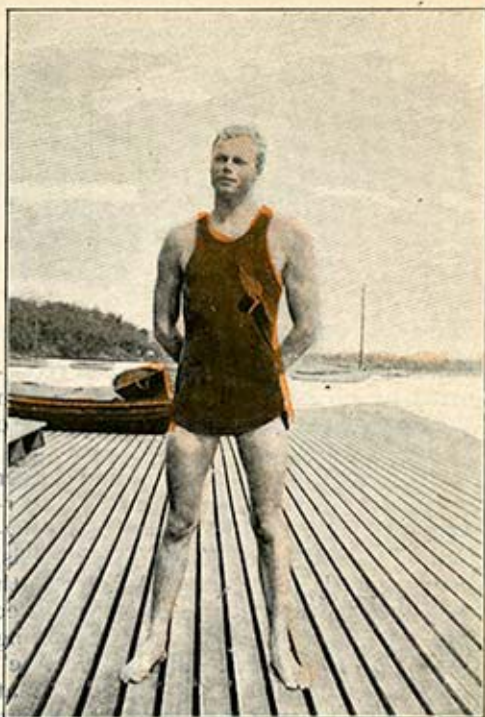
The "crawl" is by all odds the speediest stroke ever known to exponents of swimming. A swimmer who has mastered it can simply romp away from another who is using either the single or double overhand stroke, which latter



Third position, showing both arm and leg movements

at the present rate of advancement, will soon be numbered among the obsolete methods along with the side and breast strokes. The stroke is very exhausting, however, and the average man cannot maintain it more than a few yards at full speed, but for that distance, or as far as the swimmer can hold it, other strokes cannot compare with it for speed.

The "crawl" stroke in action is properly named, for it is literally a crawl. Hands and feet work together continuously in what appears to be one grand effort to see how much splash can be made, but which nevertheless sends the body skimming along the surface of the water. The swimmer lies on his breast, with his face in the water. He takes only enough breath to last him for 25 yards, if his race is for that distance. If the distance is longer he will breathe at regular intervals. Then his arms work alternately as they do in the double overhand stroke, but a good deal lower in the water, while he keeps up a constant action with both legs, making no attempt to work the arms in unison, all the limbs acting independently of each other.



C. M. Daniels, N. Y. A. C., Record Holder and American Champion at 100 Yards

The legs are straightened out directly behind, near to the surface, and the kick is produced by simply moving the feet up and down alternately, allowing the most of the power to come from the thigh. The feet are not moved more than a foot either way each time, and have an effect something like that of sculling a boat with an oar. By this leg movement the body can be sent through the water at fair speed without using the arms. The arm movement is somewhat similar to the double overhand, or "trudge," but is much quicker than in the latter stroke.

The secret of the power and speed of the new stroke is that there is nothing about it to retard or hamper one's movements. In the old strokes a swimmer often "gets in his own way," and the action of recovery for a new stroke often destroys much of the momentum gained from the one first made. But with the "crawl" stroke the tendency is always to go forward, with no retarding movement. The arms come cleanly out of the water, as the body is resting flat on the surface, and the legs move up and



Daniels Ready for the Plunge

down naturally without interfering with each other's movements.

The use of both hands and legs so continuously naturally produces the great exhaustion that invariably follows a fifty-yard dash with the "crawl." But to obviate this is only a matter of practice. The new stroke brings into play an entirely new set of muscles. When these are properly developed there is no reason why a swimmer should not use this stroke with as little effort as any of its forerunners.

The fact that the legs play such an important part in the stroke is another vital reason for the increased speed over the old strokes. Everybody knows that the legs are much stronger than the arms. This was well illustrated by bicycle riding, where a man could easily drive a wheel 200 miles in a day. And yet in the double and single overhand strokes the legs did only one-half the work of the arms. In fact, you might say nearly the whole effort fell upon the arms, as the legs did little more than keep the body in position. One kick was made to two strokes of the arms. And this one kick, which was the "scissors" kick, a most difficult one to master, more often than not retarded the momentum of the swimmer as much as it took him forward, for as the legs closed together with a sweep and a snap they would meet and pass and in that position form a drag that would take up a good deal of the power generated. Handy, the great Chicago swimmer, does not move his legs at all, but drags them along with the power all generated by his arms. Experts think he would work wonders if he could learn the "crawl" kick, but he says he can't, which is hard to understand.

One feature that will recommend the new stroke more than any other is the fact that almost any person can learn it. Notwithstanding its great superiority over all other strokes, yet an inexperienced swimmer can get the idea in a few minutes and start out with increased speed. This even applies to the man who has been struggling along for years with a poor imitation of a side or breast stroke. He will have no trouble in getting into the swim of the stroke right away and will move along at a gait that

will fill his soul with joy. The kick, which has always heretofore been the most difficult part of the old swimming strokes, is now easily learned, for the movement is not much different from the old-time splashing kick that all boys make with their feet on top of the water when they are first beginning to learn to swim.

Many swimmers who have been trying for a long time to master the double overhand stroke, with poor results, have taken up the "crawl" and now move twice as fast as they did before. Not only that, but the action of the new stroke is such that practice with it seems to perfect the arm movement to an extent that when they again try the double overhand, they find it much easier and are able to swim it to much better advantage.

The "crawl" stroke originated in Australia a few years ago. That country now and for some time past has possessed nearly all the best swimmers in the world. Dick Cavill, who last year won the world's championship, used this stroke for the last hundred yards of a mile race. For the first part of the distance he tried the "trudge," and had fallen far behind, but as soon as he started the "crawl" he rapidly overhauled his competitors and finally won the race.

Swimmers in this country have known of the stroke for some time, but it was not looked on with favor until after the world's championships at St. Louis, when upon their return from those races the New York Athletic Club team took it up, making the most extraordinary progress. Now it has been adopted by all the speed swimmers in the United States.

The stroke is a natural one, and it is a curious fact that learners very often take it up unconsciously. An amusing incident illustrating this occurred last winter. A well-known college swimming instructor, with his team, came to New York to attend a swimming meet held at the N. Y. A. C. After seeing all the latter club's experts carry off the honors with the new "crawl" stroke he declared with a groan that the stroke was not by any means new to him. "Why, six of my swimmers

last year used the stroke when they first tried to swim," said he. "It seemed to come natural to them. But they looked so awkward and made such a terrible splash that I warned them to quit trying to swim in that fashion, for I knew nothing of the 'crawl' at the time. With a good deal of trouble they broke themselves of the habit and spent all of their energy in attempting to learn the difficult double overhand stroke, finally turning out to be swimmers of the most mediocre character."

There is nothing pretty or graceful about the "crawl," as from its nature the swimmer must make more or less splash. When Goodwin first began to use it he scattered water from one side of the clubhouse pool to the other, drenching the spectators who happened to be standing by as his muscular arms and legs madly churned up the water. He was dubbed the "Mary Powell," but like the famous old boat, he soon was enabled to generate great speed, and the loss of grace to the eye was well compensated for by the speed with which he would carve his way through the water, and his damp but enthusiastic clubmates promptly forgave him.

The "crawl" stroke was used by nearly every swimmer who took part in the United States 200-yard relay championship race which was decided at the N. Y. A. C. last February. The teams were made up of four men, each to swim fifty yards, and four of the teams actually swam under the previous best record for the distance, 2:00 4-5, held by the N. Y. A. C. team, which had been made when all the competitors were using the trudgeon stroke. The latter team again won the championship in 1:48 1-5, this marvelous time being entirely due to the adoption of the "crawl."

While Champion C. M. Daniels, who now holds the world's record for 100 yards of 57 3-5 seconds, does not use an

out-and-out "crawl," still he has adopted its leg movement, and generates his greatest speed by combining the arm movements of the trudgeon to the leg kick of the "crawl," thus producing a stroke peculiarly his own. How speedy this "copyright" stroke of Daniels' is was recently demonstrated at the Olympic Games at Athens.

T. E. Kitching, Jr., C. D. Trubebach, and L. S. Crane, the three other members of Capt. Daniel's championship relay team, all use the new stroke to the best advantage, but so far have been able to hold it only for a short distance, Goodwin being the only swimmer up to the present time who has negotiated a long distance by its use.

When Goodwin commenced to use the "crawl" a dash of fifty yards would leave him breathless and powerless for some time, but the new muscles brought into action soon became set, until in the following March he easily won the metropolitan championship for 100 yards by "crawling" the whole distance. Goodwin is also one of the very best of water polo players, and many think that it was owing to his absence that the N. Y. A. C. team this year lost the U. S. championship to the Chicago Athletic Association.

He has now fully recovered from the serious case of blood poisoning which kept him out of contests for several months, and is practicing hard to fit himself to carry the stroke for a half mile, and even expects to be able to "crawl" a mile at the outdoor A. A. U. championships, which this year are to be held at St. Louis in September under the auspices of the Missouri Athletic Club.

All swimmers, no matter how indifferent they may be, should give the "crawl" a trial, for they are sure in almost every instance to master it, and will be astonished to find the increased speed which their efforts will produce.

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Amateur Athletics Exposed

By ARTHUR DUFFEY

The Impending Revolt of Athletes against the rulings of the Amateur Athletic Union—The latter body is to take action in the immediate future to deal with the situation—Indications are that it will make its rules and regulations more stringent than ever, although some of the officials are in favor of adopting a more liberal policy—Significance of the recent defeats of the A. A. U. in connection with charges of "Professionalism"—Break between the A. A. U. and Intercollegiate Athletic Association seems inevitable



I am in a position to definitely state that one of the outcomes of this series of articles is a decision on the part of the Amateur Athletic Union to take action in the not far distant future, either in the direction of making its rules and regulations more stringent than they are now, or allowing a latitude to amateur athletes which is not now accorded them. This decision has been reached because of the revolt now in progress against the men and methods of the A. A. U. In the bringing about of this revolt I think that I may claim a modest share of credit. This for the reason that in spite of the fulminations of Jas. E. Sullivan and his crowd, American athletes as a body have had the good sense to recognize the fact that what I have written was written in their behalf, and to the end of furthering their interests. It will be remembered that in the very first instance, an attempt was made to antagonize me with my fellow athletes. But subsequent events proved how ineffectual the effort was. Let me add that I wish athletes to look upon these articles as their voices, so to speak, and those pages of the magazine which come under my jurisdiction as their organ. Also that all communications sent to me will be, as they have been, treated with the strictest confidence.

To resume:

As I have just been saying, I have had it from the "inside" that the A. A. U. is going to take action. I have furthermore learned that the probability is that such action will take the form of not only making the rules more stringent but of enforcing them in both letter and spirit, and that to the utmost. This as it applies to the athlete. The main officials will still pursue the even tenor of their way, while breaking their own rules and regulations, undismayed by the thought of expulsion and dread of investigation. I am almost weary of citing cases in which Sullivan and his associates have been flagrantly guilty of violating the very rules which they father. Hence I shall not give any more illustrations thereof. The fact remains that they do as stated and are not punished, while it is equally true that the athlete who unwittingly or otherwise breaks through the fences erected around him by the A. A. U. is forthwith disciplined in drastic fashion.

All of which gives emphasis to the fact that the reformation of the A. A. U. must come from without and not from within. In other words, reforms must be instituted by the athletes and not by the men whose normal functions it is to make measures having for the end the good of the athlete and the well being of athletics. As long as the A. A. U. is in the hands of a tyrannical oligarchy that

exercises the powers vested in it for its own interests, and with an utter disregard of right and the laws which it is supposed to make and honor, so long will athletes be subject to the abuses and injustices and humiliations now inflicted upon them. As I have intimated it is hardly likely that this same money-making oligarchy will oust itself. Its members would be more fools than they are now knaves, if they did so. They know a good thing when they see it, and they know enough to stick to it. Fortunately they are creatures of the athletic world and not its creators. It follows then that the athletic world has the power to unmake with as much facility as it made them, if it only has sense enough to recognize this fact, and coherency sufficient to enable it to act in concert. Too long has the young athletic manhood of America permitted itself to be scared and driven by the Bug-a-Boo Man with the gray mustache and the gruff manner. American athletes numerically, and in the matter of prestige should put away the things of their childhood and assert the privileges of their manhood, so to speak. I am glad to see so many and such emphatic indications that they are beginning to recognize the necessity of so doing. Under current conditions, or rather the conditions of the immediate past—for I believe that they are passing away—the development of an ideal athletic body was an impossibility, as far as its spirit, if not its muscle was concerned.

I said in a preceding article that it almost seemed as if the policy of the A. A. U. was to stunt or nip in the bud an athlete who showed signs of becoming a brilliant star, the usual method used to suppress him being the howl of "professional." Now is the opportunity for the amateur athlete to retaliate in kind, by asking the A. A. U. for its official definition of a "professional." If it replies—as it undoubtedly will—"a man who makes money out of athletics directly or indirectly," the athlete with a justifiable grin, could immediately extend his forefinger in the direction of Sullivan, and other of the A. A. U. officials, and cry "Behold the Man." I hope to live to see the day when some athlete with the backing of the athletic

world behind him, will bring charges of professionalism against Sullivan, or some of his associates, on the score of making money out of his or their athletic affiliations, as they now unquestionably do.

Even supposing that there is a scant foundation of truth to the charges of professionalism now being hurled by the A. A. U. against so many prominent athletes, is this to be wondered at when one considers the examples set the athletes by the powers that be? Graft and greed are twins. If the officials in question had perfectly clean hands, their outcries in the cases of such men as Sheppard, Sheridan and others, might be excused on the score of mistaken zeal. But when these men are openly making money out of their athletic affiliations, and yet howl ferociously at the athlete whom they suspect of getting a few dollars out of his ability, point is given to my remark in regard to graft being linked with greed. If you will insist upon the definition of the amateur being carried out in both letter and spirit, gentlemen of the A. A. U., suppose you begin the initiative of reform in your own persons and affairs. Suppose you decline your salaries as editors of athletic publications, or sever your connections with sporting goods firms, or waive your rake-offs of gate receipts at Sportsman's Shows, or decline expenses in connection with becoming directors of sports, or in short, dam up the whole lot of your little green and golden streams, the sources of which are the amateur athletics of America. "Consistency, thou art a jewel"—would that you could hang on the watch guards of the leading A. A. U. officials. Of course, there are praiseworthy exceptions to the cases of the officials in question. But the trouble is, that it is the unscrupulous and conscienceless element that dominates affairs in the A. A. U. Please understand me very clearly in this regard. When I criticise the A. A. U. it is not the body *in toto*, for there are many men connected with it who have their hearts and souls enlisted in the desire to further amateur athletics on ideal lines. These are unluckily in the background and indeed, are rarely heard from on the part of the outside public, and are more or

less unknown to the great number of athletes. This for the reason that they are not everlastingly working for their own interests and striving to keep themselves in the eye of the athletic world, in order that the latter may be taught to look upon them as the "Whole Thing." They are content to go along quietly and unobtrusively, seeking the good of the athlete and the uplifting of athletics. They are the reverse of the blatant, self-seeking, unscrupulous individuals who rise to the top much for the same reason that an empty bottle floats, which as you know is because it has bulk, and nothing in it. I know that invective is not argument. But in this case, pretty hard words are justified because they are based upon fact, and that which I have just said, is an argument for the removal of the men in connection with whom I have used such forcible adjectives.

Let us presume that what is very likely will ensue, viz.,—the A. A. U. will make its rules more stringent than ever. What will be the result? It seems to me that it is not hard to forecast. As they stand the rules have not only proved totally inadequate to fulfill their purposes, but in addition, they have bred all sorts of so called "evils." I need not weary you by reciting at length the several charges of professionalism that have been recently brought against prominent athletes. The only point I wish to make in connection with these same charges is, that in almost each and every instance the accusers under the rules failed to establish them. The only inference to be drawn is, that either the rules are totally futile, or else they were distorted in order that certain interests might be served by the charges against the amateurs being squelched.

Then again, the rules as they stand, lead to constant deception in which are involved, not only the athlete, but managers, promoters of games, and even the officials of the A. A. U. themselves. The rules place a premium upon evasion, and force a man, in spite of his desire to retain his integrity and self-respect, to stoop to little acts which in themselves are innocent enough, but are magnified into wrong-doing by the asinine nature of the regulations with which they come

in conflict. This being so, under the rules as they now are, it follows that if they become more stringent, they will breed still more "deception" so-called. Such "deception" exists only as a figure of speech, for it is no deception at all, inasmuch as it and the things associated with it are well known to every man, or official or athlete who has to do with the world of athletic sport. On the face of it then, there must be somebody or the other who is responsible for this paradoxical and humiliating condition of affairs. Who are they? Obviously the rule makers. Why do the rules remain as they are? Because those who are responsible for them, cannot or will not recognize the fact that the times are ripe for revision, and that many of the rules have outlived their usefulness and that, even more, they are totally opposed to the present of amateur athletics. Is it not time for the amateur athletes of America to refuse to submit longer to the discomforts and indignities imposed upon them by the rules and rule makers on the lines suggested. It seems to me that the situation is in some respects almost unbearable. The only gleam of consolation comes through the medium of the successful resistance offered to the A. A. U. by the I. A. A. C. in that instance in which the Sullivan organization sought to have Messrs. Joyce, Castleman, Melvin Sheppard and Martin Sheridan declared professionals. The total defeat of the A. A. U. will be hailed with glee by every sane athlete. The same remark stands good in the case of the victory by Director A. A. Stagg of Chicago University, over the A. A. U. Of the inauguration of the Protective Basket Ball Association, which was also a successful blow against the A. A. U., I have already spoken. And now the indications are that the Intercollegiate A. A. A. A. will endorse summer baseball for its members, the players to be paid, which is again a stinging slap in the face for the A. A. U. Of this last I shall speak later, however.

I understand that some of the officials of the A. A. U. are, however, in favor of the adoption of a more liberal policy in the future, such policy recognizing the fact that the amateur athlete has to eat, to clothe himself and to have a roof to

cover him. By which I mean that he should receive a legitimate financial recognition of his worth as an athlete, and that, too, on the part of the athletic authorities. I am doubtful as to whether this policy will be adopted, and for reasons which I have already given. Yet, if it does not come into existence forthwith, it will assuredly be a thing of fact in the future. It may be deferred for months or even years, but its final recognition is, to my mind, inevitable. The trend of amateur athletic feeling is in its direction, and will assuredly result in its adoption. Even cast-iron prejudice and chilled-steel selfish interests cannot exist in the presence of the heat of public opinion, and I believe that all athletes are getting hot over the A. A. U. and its rules in the way indicated.

The most significant and, as I well believe it will prove to be, far reaching feature of the growing revolt against the hide-bound rules of the A. A. U. is the current discussion in intercollegiate circles regarding summer baseball. The drift of feeling among the colleges is distinctly in favor of allowing students to earn money through the medium of baseball during the long vacation. Indeed in some instances, the innovation has actually been endorsed. Presuming that the rule becomes general, it is evident that there will be a break between the A. A. U. and the Intercollegiate Athletic Associations, because the members of the latter will, according to the A. A. U., have removed themselves from the domain of amateurism.

The following opinions of members of college faculties and the sporting editors give point to my assertion that the revolt is on in earnest:

"When the football question is settled enough to admit of attention being given to other phases of college athletics, there is no doubt but that the summer baseball problem will assume an important place in faculty deliberations," says the *New York Times*. "Cornell has asked the leading colleges for an opinion on the question as to whether a rule should not be adopted to admit of summer playing outside of the major and minor leagues, so that students may receive money for their athletic skill without disqualification." Ten colleges

of Ohio have adopted such a rule. The proposition was made at the recent conference of the Big Nine at Chicago to adopt the same rule, but the question was laid on the table until the next meeting, when the football problem will be disposed of. There is every probability of favorable action in a number of prominent institutions.

"To some followers of amateur athletics the idea of summer ball playing for money being authorized is abhorrent. They can see no difference between taking money for athletic skill in one sport than in another. They say that the whole essence of amateurism is the entire proscription of every kind of profit from what should be purely a pastime, and that to admit the germ of professionalism to thus enter the college athletic structure will soon see the entire fabric impregnated with it. On the other hand, the collegiate authorities seem to lean toward the other idea—that the taking of money is not in itself evil, but that the whole question is dependent upon the spirit which actuates the athlete. They say that to disqualify on hard and fast lines, without considering attending circumstances, is to do a grave injustice to some men who have, in their opinion every right to play."

The whole matter resolves itself into a question of justice to the individual. As Prof. L. M. Dennis of Cornell said recently: "As to summer baseball. Unquestionably it is worse to have men playing summer baseball and getting money by employing subterfuges to dodge the letter of the law, and then lying about it when they say they have not taken money indirectly, than it would be to allow them to play openly and get money. I cannot see why they should be forced to earn money at some menial occupation that would net them much less or to carry a stigma of professionalism and unfair practice. It becomes a question whether the injury to the individual does not overshadow any bad influence on the whole student body."

Dr. Albert L. Sharpe, one of the best known athletes that Yale has ever produced and now physical examiner for Penn Charter School, Philadelphia, advocated the doing away with rules

which prohibited one who had received an athletic emolument from any source representing his college in a contest and the substitution of simple tests based on the player's work as a student.

"I believe that many worthy fellows have been compelled to leave college in debt, when by making use of their athletic ability outside the college term they need not have done so," said Dr. Sharpe. "Why should a man be declared ineligible to represent his college in an inter-collegiate contest because he has made a little money as a member of a summer baseball nine when he is honestly trying to gain an education and is in college under perfectly proper conditions and is doing his work well?"

"I believe that scholarship, not professionalism, should be the basis of eligibility tests. The attempt to regulate these matters by the present rules has worked badly and has not accomplished its purposes."

Dr. Sharpe was a football player, baseball man, oarsman and track athlete at Yale and was placed on the All America football team. He was not alone in his position among the delegates to the convention.

"Shall a college student who plays baseball for money during the summer months be declared a professional and consequently barred thereafter from participating in any sport at the university he attends?" asks a writer in the *Evening Sun*. Such is the question that has been repeatedly asked of collegiate authorities.

"This matter has long been a bone of contention, on which athletic advisers have often differed. In fact, it is a problem so intricate and perplexing that no solution of it is likely to please all parties concerned. The arguments pro and con sometimes assume the fine distinctions of the debates of the ancient philosophers. For instance, the contention is put forward that a student could work for money with pick and shovel during his vacation and nothing would be said against his amateur status, whereas, if he used the same muscles to earn himself an income at baseball he would immediately be branded a professional and read out of amateur circles. To which the objection is taken,

that digging is work, baseball a sport.

"The main reason for all this agitation is due to the fact that many college athletes find that they can earn more money by playing baseball than in any other way, and that they need the income to pay legitimate college expenses. A rule which prohibits them from doing this, they declare, works injustice and hardship without necessarily curing the evil. An unscrupulous student can easily enough avoid the rules, they say, and not be detected. Very often summer hotel teams are made up of college players who pose as 'waiters' or 'clerks,' and draw good wages. They are nominally paid for their services, but in reality, it is said, it is for their presence on the team. Nevertheless, colleges as a rule have insisted that no student who plays baseball for money in the summer can represent his university in sports during the rest of the year. The athletic committees run the risk of being unfair in order to try to keep amateur athletics clean. Because of this conservative attitude there has sprung up a demand for relaxation of what the petitioners believe are 'blue laws.' A Cornell alumnus, as one of the opposition, writes:

"To make as strong a case as possible, let us suppose that a student enters Cornell in September. Suppose he happens to be a pitcher on the New York National League Team. He pays his tuition himself. Doesn't enter with any promise of reward. Keeps up his college work, is a student in good standing. In the spring he makes the baseball team. Why is Cornell or any other college interested in his past history? They may be jealous, but he is a student in good standing. Wherein is Cornell contaminated? If he was induced to enter the university, had his tuition paid, possibly didn't enter until the Spring term, didn't keep up his university work, the case would be different.

"Let us suppose another case. The facts are familiar and work the most real hardship. A young man enters Cornell. His means are limited. Enters, say, the arts course. He has played baseball on his high school team, but never for pay. His sophomore year, if you please, he makes the varsity.

His name gets into the papers. That summer he has an opportunity to make \$20.00 or more a week playing on a summer team. Has his A. B. work in college given him anything that would enable him to earn \$20.00 a week? He might use the same muscles in farm work and no one would object. But just because he continues playing baseball after the university closes and takes pay for it he has lost caste."

To the first contention of the alumnus that a college "should not be interested in the past history" of a student, the editor of the *Cornell Sun* makes serious objection. He writes in reply "No practice whatever would endanger the life of amateur athletics more than the admission of professional players to the ranks of college teams. (By professionals we mean here men who have made their living by participating in athletic contests and who have been regularly connected with professional teams.) The fundamental object of amateur athletics would thereby be lost; for the amateur in competition with a man of greater experience and development would be placed at an unjust disadvantage, and would have to give up the front ranks of amateur sport to his professional superior. Not only would such a condition stifle competition among amateurs, but it would soon lead to a practice of inducing professionals to enter college or other fields of amateur athletics for the sole purpose of taking part in athletic contests."

The other suggestion from the alumnus meets with the hearty approval of the college daily. The editorial continues:

"There is another side to the question of professionalism in college baseball however, which deserves serious consideration. It is the subject of summer baseball, the discussion over which resolves itself into the question as to the validity of the Brown conference rule, prohibiting any college man who plays baseball for financial remuneration during the summer from being represented on an amateur team.

"This rule is in the first place, utterly impracticable and, furthermore, it is unjust. Experience has shown the college world that the enforcement of the

summer baseball rule is impossible, and that it has developed an atmosphere in baseball circles which is a dangerous influence to amateur athletics. That it is unjust has been adequately shown in the above communication. We can see no moral wrong in the playing of baseball for money during the summer, as long as the player enters college as an amateur, receives no remuneration for his work as an athlete during the college term and is not detained from his college work because of his outside participation in athletics.

"He has neither contaminated himself by playing baseball in the summer, nor has he so increased his powers as a player that he will affect competition when he returns to college, to the detriment of amateur sport."

No small amount of interest has been aroused in Columbia University athletic circles by the proposal of Cornell to abolish the rule disqualifying men from college athletics who play on summer baseball teams for remuneration or instruct in summer camps.

In commenting upon the advisability of abolishing what is practically the same rule at Columbia, one of the University professors who is a member of the Faculty Committee on Student Organizations said:

"Personally, I think the rule which disqualifies a man from representing his college in athletics because he has received compensation, direct or indirect, for his work in a summer camp, might well be abrogated without causing serious results in college athletics. A man who goes out with a summer camp and exercises a sort of guardianship over a set of boys and teaches gymnastics, baseball, swimming, rowing, running, and about every other sport, cannot be said to be much of a professional in any line. His main duty is not to teach athletics, like a professional coach, but to watch over the boys, see that they have a good time, and give them plenty of outdoor exercise.

"In the case of men playing on summer nines the situation is somewhat different. Some college men may be only ordinary, average baseball players, and manage to earn a little at the game during the summer; and on these the dis-

qualifying rule may be somewhat harsh. On the other hand, there may be men in college who are phenomenal pitchers, let us say, and for whom some of the professional teams would pay handsomely. The consensus of opinion among college athletes is, or has been up to date, that it would be unwise to declare such men eligible or college teams. The great and almost insurmountable difficulty is, in such cases, where to draw the line."

One of the students, who is manager of one of Columbia's teams, expressed himself along the same line, saying that he was decidedly in favor of the abolition of the rule, for the reason that a more liberal policy in college athletics was highly desirable and that the undoing of this restriction would be a big step in the right direction.

The local collegians believe Prof. White of Harvard is right in saying that the rule is useless, and argue that it is no more objectionable for a man to earn his livelihood or his tuition at summer baseball or in a camp than in an office, provided he is a bona fide student of the university at the time he plays on the college team. Further, it is said that, despite the strict rules, "ringers" creep in now and then, through evasion of these rules, and thus cause more harm to college sports than the playing of "summer professionals."

The students are decidedly in favor of killing the rule, and, as one of them put it:

"The rule would have about as much chance if put to a vote as a straw in a cyclone."

Princeton passes favorably on the proposals of Professor Young of Cornell to allow *bona fide* students to play baseball for compensation during the summer vacations. The *Princetonian*, the official organ of the student body of the New Jersey institute, believes that the rule passed by Harvard, Yale, Princeton, Amherst, Cornell and other colleges barring freshmen from varsity teams, if generally adopted would prove an antidote to a possible abuse of the summer baseball privilege.

The *Princetonian*, in referring to the proposed summer baseball says: "In consideration of the fact that in conjunction with this new rule, other rules were proposed, the substance of which is almost identical with that of those passed by Princeton, Yale and Harvard a short time ago, it appears to us that Cornell has taken a brave step in the right direction. The rigid scholastic requirements which are now necessary for competition in athletics at Princeton, give us every reason to believe that this new rule should receive a great deal of attention here. We do not wish to assert ourselves as being in favor of this new ruling, but we do believe that it is a system worthy of the careful consideration and investigation of the committee on outdoor sports."

VACCINATION RECEIVES A SEVERE BLOW.

Vaccination is no longer compulsory on children seeking admission to the public schools of Toronto, Canada, owing to the repeal by the Board of Education of that city, of the by-law dealing with the matter. The Toronto Anti-Vaccination League and the Physical Culture Society of Toronto have both been exceedingly active in the crusade against this evil, their efforts finally being rewarded in the manner referred to. Petitions to abolish the compulsion were circulated among the citizens and signed by 10,000 persons, Mr. G. H. Corsan alone having secured 1,000 signatures.

So effective was this method of procedure that the motion to repeal was carried almost unanimously. There were no dissentients, though two of the trustees refrained from voting. What has been accomplished in this one city may be accomplished in others, and will be before very long. The more the subject is agitated and discussed the sooner will the end come, and perhaps the best thing that each of our readers can do in his own locality is to write a letter to his daily newspaper, for publication, setting forth the evils of vaccination.

The Arrest and Trial of the Editor

By H. MITCHELL WATCHET



WHILE the circumstances attending the arrest of Mr. Bernarr Macfadden at the instance of Anthony Comstock Secretary for the New York Society for the Suppression of Vice, on a charge of "giving away obscene prints," together with the details of the court proceedings which followed, are, in all probability, known to the readers of **PHYSICAL CULTURE** in a general way, the writer, who is thoroughly conversant with the incident, has thought fit to give a detailed account of the same for reasons of a sufficient nature. Among these reasons are, first, that Mr. Comstock, through the medium of letters written in reply to communications sent to him by readers of **PHYSICAL CULTURE**, has made statements regarding Mr. Macfadden and his motives that are of a distinctly malicious and untruthful nature, and secondly, the newspapers have given more or less garbled accounts of the matter from beginning to end. So that I propose to now tell a plain, unvarnished story of the whole incident, leaving it to the good sense of the reader to judge of the issues involved, and of the value of Comstock's "victory" in the courts.

First of all let me recapitulate a little. When in September last, the preliminary work of the Physical Culture Exhibition in Madison Square Garden was begun, it was of course necessary to give as much publicity to the enterprise as was possible. Among the means taken to this end, was the distribution of posters, on which were illustrations of groups or individual pictures of the contestants of the preceding Exhibition of 1903. The men were attired in such fashion as enabled them to best display that muscular and manly beauty of form, which entitled them to enter the contests. The women were shown as wearing combination suits, each having a sash around

her waist and hips. To the mind not besotted by sensuality or permeated with prudery, there was absolutely nothing in the posters that called for comment or criticism. Even from the standpoint of a prude, those posters depicting the women contestants were infinitely less suggestive than are the great proportion of the big posters which are used in connection with advertising women's burlesque shows, such as the "Bouncing Blonde Belles of the Bowery," etc. The distinguishing features of the Exhibition posters were precisely that which was intended in connection with them, viz.; the presentation of human forms of exceptional perfection and striking grace. It should be added that the greater portion of the same illustrations had already appeared in **PHYSICAL CULTURE**, and in one instance on the cover page.

There is a rare disease known to the medical world, the scientific name of which I forget, but which is the outcome of unnatural conditions, and which consists of a refusal of one or more of the senses to exercise its functions unless it is excited by a given means. One illustration of this disease will suffice. A few years ago a man who had worked all his life among the pits of the tannery, was taken to a New York hospital suffering from blood poisoning, due to handling diseased skins. It was then discovered that, owing to his many years of life among the foul odors of the tannery, everything he smelled, smelt like unto these same pits. The rose, to him, emanated the sickening stench of decomposing morsels of animal flesh. The kisses of his children were impregnated with the odor, and his food gave forth the same evil smell. The nerves of his nostrils could only detect one thing and that, the stench in question.

Something of the same kind of thing takes place in the moral world. The man who has spent his life in searching out cesspools of lewdness, and has

lived in a fetid atmosphere of prying prudery, finds that, after a time, he detects malodors in everything with which he comes in contact, no matter how pure or sweet the latter may be. So it is with Comstock, and hence he thought he detected in the posters in question, vileness that was visible to his distorted moral vision only, that in them, he sniffed a savor that could not be detected by the normal nostril. Thereupon he hied him to the court of Magistrate Cornell and applied for a warrant for Mr. Macfadden's arrest. After hearing the grounds upon which the application was based, the Magistrate promptly and curtly refused to accede to Comstock's wishes. Magistrate Poole, to whom Mr. Comstock then went, accompanied his refusal with some emphatic remarks. It was only on the third attempt that a warrant was granted for the arrest of Mr. Macfadden and two of his assistants, Justice W. E. Wyatt, acting as the sitting Magistrate issuing the instrument. This was on October 5th last.

The actual arrest of the editor of *PHYSICAL CULTURE* was not without humorous incidents. He was sitting in the then New York office of *PHYSICAL CULTURE* at 29 E. 19th Street, surrounded by a staff of assistants and up to his ears in business connected with the forthcoming Exhibition. Enter Mr. Comstock, who as you perhaps know, is the owner of Burnside whiskers, and a paunch that would be disavowed by any self-respecting physical culturist. With him was John J. Deering, his chief deputy, and another sleuth. As Comstock did not know Mr. Macfadden he asked one of the latter's men to point him out, on which being done, the editor was told that he was under arrest. Thereupon Mr. Comstock began to talk in a more or less fatherly manner to Mr. Macfadden, declaring that he regretted the business which brought him to the office, etc., etc. Subsequently, he suggested that it would be much better if, on the morning following, Mr. Macfadden would plead guilty to a technical violation of the penal code, and that he, Comstock, would do his best to make the penalty as light as possible. And Comstock ap-

peared to be surprised if not chagrined, when he found that Mr. Macfadden intended to fight the case through the courts as a matter of principle.

This conversation and the discussion on the "obscenity" of the posters, lasted perhaps for ten or fifteen minutes, and then a funny incident transpired. It subsequently appeared that Mr. Comstock had, in reserve down stairs, a large band of husky and, without doubt, armed sleuths, each of whom looked the part of the well-fed typical detective to perfection. I presume that Mr. Comstock has pictured Mr. Macfadden as a fearsome fighter who had a body-guard of brawny bruisers and aggressive athletes, ready to eat up anyone who dared to lay a finger on him. Also it is to be presumed that the reserve troops aforesaid, fearing that something had befallen their chief by reason of not hearing from him for fifteen minutes, determined to storm the offices and rescue him at all hazards. So it came about that the rooms were suddenly filled with the Comstockonian cohorts, who, when they discovered the author of all the trouble quietly chatting with Mr. Macfadden, looked not only surprised but much chopfallen. However, Mr. Comstock saved the situation by directing them to make search after and seize any of the "obscene" prints, which they did, and loaded them into a waiting wagon. The spectacle of a dozen large and fiercely mustached individuals guarding a few packages of the unresisting posters, was distinctly funny.

The next step consisted of Mr. Macfadden and one of his arrested assistants being taken to the 19th Precinct Police Station, where bail was furnished in \$500.00 for each. The proceedings were of a very brief nature, and within an hour or so, the editor was back at the office continuing the work that Comstock had interrupted.

The morning following, Mr. Macfadden was arraigned before Justice Wyatt, still sitting as a Magistrate in Special Sessions, on the charge stated. Mr. Abraham Levy of the law firm of Levy & Unger, and Mr. Chas. P. Rogers were his counsel, while Mr. Anthony Comstock represented himself and his Society in a legal sense. He also appeared in the

role of witness, as did Deering. Mr. Levy in the course of his examination of the witnesses for the prosecution, brought out the fact that Deering had attended the Exhibition of December 1903, and he sought to establish the added fact that Deering had seen similar posters to those which were now being complained of, but took no action regarding them. Naturally, Mr. Comstock objected to his man answering this line of questioning, and naturally did Mr. Deering "forget" whether he had seen similar posters or otherwise. It also came out that, in connection with that Exhibition, Mr. Comstock contemplated a characteristic piece of interference, but that apparently, after Deering's visit to it and his presumable report to the Secretary, he abandoned the idea. The reader will have no difficulty in drawing his own inference from this. The outcome of the hearing was that it was adjourned until October 9th, on which date Mr. Macfadden and the others were to be tried at the Court of Special Sessions.

From that time on to the final judgment, there were a series of adjournments due to a variety of causes, the details of which will be of no interest to the reader. It may be added, however, that most of these adjournments were due to the legal engagements of Mr. Levy, and that in one or two instances they were obtained at the request of Comstock. Also, that the hearings developed a fact which is probably not generally known to the public, which is, that in the case of arrests of this nature, the accused *cannot call witnesses to offset the allegations that the pictures or printed matter or what not are obscene as charged*. Whether they are or whether they are not "obscene," is a matter for the court to decide upon, and for no other individual or individuals. Whether this strikes the reader as a just or unjust statute, I of course, cannot say. But as the law stands, it makes of an individual, an art critic and a master of morals, who may be totally unqualified to act in these capacities, no matter how honest and

upright a member of the judiciary he may be.

The final decision which was rendered on March 28th last, Justices Deuel, Zeller and McKenna sitting, was a barren victory indeed for Anthony Comstock, Justice Zeller decided in Mr. Macfadden's favor, Justices Deuel and McKenna, however, took the Comstockonian view of the controversy. But while the editor and his employees were thus held to be technically guilty, they were nevertheless not subjected to any penalties but were freed "on their own recognizances." This is equivalent to declaring that while there has been a technical violation of the law, yet it is so trivial that it does not warrant any actual punishment and that the rendering of a verdict of guilty under the circumstances is more of a concession to the letter than to the spirit of the law invoked. Letting one go on one's "own recognizance" is another way of saying "your violation of law is so small, if indeed, there is any violation at all, that we do not think it necessary to put you under bonds." In other words the decision of the court was an absolute vindication of the principles advocated by Mr. Macfadden and the condemnation of the lack of principle involved in Comstockery.

Or to put it in a still more emphatic light, let us review the "score" as follows:

Against Comstock; Magistrates Cornell and Poole and Justice Zeller.

For Comstock, Justice Wyatt.

Supporting Comstock technically but Bernarr Macfadden actually, Justices Deuel and McKenna.

Mr. Macfadden has in consequence every reason to be satisfied with the outcome of his arrest and the subsequent proceedings in court. And the matter resulted in such a flood of sympathizing letters and such a host of verbal communications from sympathizers, that I have no doubt but that it was on the whole a pleasant experience to Mr. Macfadden, proving to him as it did, the numbers, sincerity and loyalty of his friends and readers.

The truest test of civilization is not the census or the size of cities, nor the crops—no, but the kind of men the country turns out.—Emerson.



Children at Play on the Public Playgrounds in St. Louis

Physical Culture as a Deterrent of Crime

The Civic Improvement League of St. Louis and its Work in the Direction of Public Playgrounds and Parks. Thanks to the League, such Places of Recreation adopted by Local Municipal Authorities

By BERNARR MACFADDEN



the Civic Improvement League of St. Louis is due the credit of arousing a public spirit in that community which has borne practical expression in the shape of half a dozen open air public playgrounds, besides a number of other excellent and allied institutions which have for their end the moral and physical health of residents in the crowded sections of the city. The reports of the League show that, as a result of its work, the municipality itself is now committed to the policy of operating public playgrounds in the crowded tenement districts, for an experimental playground has been acquired by the authorities at Tenth and Mullanphy Streets, which was brought into existence and formerly maintained by the League.

To quote the League's reports in regard to the matter: "This is, however,

a pitiful showing for St. Louis, which though the fourth city in population in the United States, stands forty-seventh in the money appropriated for public recreation. The present municipal administration was elected on a platform that was outspoken in favor of public playgrounds in the crowded districts of the city. It has now proposed to expend \$670.00 for small parks. This recognition of the needs of the city and its backwardness in supplying playgrounds and parks for the people should be crystalized into immediate results. St. Louis should take greater interest in demands other than mere material growth and the building of new streets. The health and happiness of the community must be considered and these will be conserved by liberal allowances for small parks and playgrounds in the crowded districts. Playgrounds benefit children benefit the neighborhood, and ultimately benefit the city and the state. Through their means, children are kept

off the street, they are taught cleanliness both physically and morally, they learn also cleanliness of speech, they are given a safe and healthy place in which to play, and a careful supervision while playing, their work and play are constructive rather than destructive, and finally, they are brought into close and intimate acquaintance with Nature by the means of the Nature study, the gardens and the excursions into the country. These results are important factors in the character building and in the education of future citizens, and as such, are of profound importance to the municipality. Public opinion is in favor of these playgrounds, and the press will support every and any proposition looking to their installation."

St. Louis is to be congratulated upon being possessed of public spirited citizens who can recognize the advantages of playgrounds and recreation grounds for the public on the lines of the foregoing. A municipality exists for the betterment of the citizens in general. And as has been just stated, one of the most powerful factors in the making of good citizens is the public playground.

The reports of the League embody so much good sense and are so thoroughly in line with the spirit of the teachings of physical culture that no excuse is offered for giving further quotations from them. Here, for instance, is a pertinent and suggestive paragraph.

"The work that has been carried on for three years by the Civic Improvement League in the crowded tenement districts in establishing playgrounds has

had a larger and more far reaching purpose than the mere temporary conduct of the grounds. The interest and effort of individuals and of organizations in philanthropic labors are apt to be more or less temporary and spasmodic, and this committee is aware that the best service that can be done to the public playground is to give it a permanency and to promote its establishment as an institution of the city on such a basis that it will not depend for its life on the passing and charitable interest of a few individuals. Our first effort was to show the necessity of playgrounds for children in the crowded districts and to familiarize the public with them as an institution, before we could hope to secure an adequate system of playgrounds established and operated by the city as one of the branches of the municipal government. Most of the large cities of this country are far ahead of St. Louis in this respect, and have been conducting playgrounds for years. The value and necessity of playgrounds and small parks in large cities is so well recognized, that the time has passed when arguments for their establishment need be presented. The municipality is now committed to the view that the movement is a wise one for, as has been told, it has taken under its wing one of the playgrounds of the League. But one small public playground for children in a city of this size is inadequate and a sad reflection on our civic enterprise. We might as consistently have one fire engine house for the whole city as one playground. It is the duty of every



Girls Enjoying the Calisthenic Drills and the Swings at the St. Louis Recreation Grounds]



Here, in the Summer Time, the Children Can Play and Enjoy the Delights of a Picnic All Day Long

city to undertake work of this character on a scale worthy of its size and dignity. And this applies particularly to the larger cities. In the words of Capt. Joseph Boyce, who accepted the playground in question from the League on behalf of the city: 'It is the duty of the municipality to provide a playground for every section of its crowded districts.'

The League also quotes this pertinent passage from President Roosevelt's message to Congress, December, 1904: "Public playgrounds are a necessary means for the development of wholesome citizenship in modern cities. It is important that work inaugurated through voluntary efforts should be taken up and extended through careful appropriations of funds sufficient to keep and maintain numerous convenient small playgrounds upon land which can be secured without purchase or rental. It is also desirable that small vacant places be purchased and reserved as small parks and playgrounds in densely settled sections of a city which now has no open public places and is destined to soon be built up solidly. All these needs should be immediately attended to in the case of cities to which these remarks apply. It is true that to do this, would entail expenses, but a corresponding saving could be made by stopping the building of streets and levelling of ground for purposes largely speculative in outlined parts of cities." To which all those interested in the well being of their fellowmen and especially the coming generation, will say "Amen."

The Mullanphy St. playground taken over by the authorities of the city of St. Louis, in the matter of arrangement, typical of the rest of the playgrounds brought into existence by the Civic Improvement League. Among other things it has shower baths which, according to the report, were used by two-thirds of the youngsters who attended the playgrounds, a number of large swings, teeter-boards, etc., and in addition to these there are long tables placed out of doors upon which were played such games as dominoes, checkers and lotto. Then there is a baseball diamond and a basketball team, while the open places of the playgrounds give opportunities for such impromptu games as tag, etc. The rules of the grounds are few, and chiefly concern two demands on the little patrons, these being obedience and fair play. Smoking, swearing, and tobacco chewing are tabooed, and that pretty effectively. One of the members of the League who made it a point to watch the deportment of the youngsters bears testimony to the excellent influences of the playground. It must be remembered that the children who attend it live in the tenement house districts. "Nevertheless," says the observer "they show certain attractive qualities under the influence of the playground which made work among them increasingly pleasant. Many were faithful as monitors, and errand boys. Not a few took pride in watching over the little brothers and sisters who came with them to the playgrounds. Nearly all displayed some interesting or promising

quality, if it was only that of childish enthusiasm or persistence. The experience of the grown-up was that the longer he knew the children the better he liked them."

Which bears out the constant contention of the editor of this publication that out-of-door recreation means much more than the development of muscles or the expanding of the lungs. Such recreation has an educational and humanizing effect which is felt by both child and adult alike.

In all of the playgrounds under the control of the League, there is a morning session for girls, supervised by a woman director, assisted by one paid and a number of volunteer assistants. The occupations and recreations of the girls are raffia, needle work, basketball, swimming, bathing, singing, and games. Then there is an afternoon session for boys, supervised by a male director and a paid assistant, which is devoted to swimming, lighter gymnastics, baths, etc. The playgrounds open at 8:30 and, in the case of the larger ones, close at 9:30. In addition to which, there are concerts given by local bands which are always largely attended, excursions are made to local suburban resorts, and there are mothers' clubs, men's clubs, and libraries, in connection with the playgrounds.

During the summer of 1905 the playground committee of the League set itself to the task of instituting vacation schools in St. Louis by raising enough money to conduct one such school. The Board of Education granted the use of the Jefferson School building at Ninth and Wash Streets, with the result that

for six weeks a daily average of 400 children enjoyed the various pleasures of a Summer Industrial School. In this connection, it is to be regretted that St. Louis is the last large city in the United States to take up the vacation school plan. Newark, N. J. has the honor of inaugurating these schools, which it did in 1886. Since that date, the popularity of this movement has increased until there are now upwards of 200 of the largest cities of this country who have vacation schools. New York began to open them in 1894, Chicago in 1896, Brooklyn and Cleveland, 1897, Philadelphia, Baltimore, and Buffalo in 1898. In each instance the fund originally came from private sources. But by degrees the public treasurers began to supply the funds for these admirable institutions.

In the case of St. Louis it is believed that before long the authorities will institute eight such schools, at least it is for that number that the League is working.

The current vacation school has for its basis, manual training of an attractive nature, including cooking for the girls, weaving and basket-making for both sexes, drawing, modelling, sewing and housekeeping classes for the girls, music, games, recreation exercises, and an excellent kindergarten. The experiment has proved so entirely satisfactory and the little ones have shown such a keen interest in their work and studies that there is little doubt but that in the near future St. Louis will have removed from herself the stigma that she has so far been so regrettably behind hand in this regard.

CAUSES OF APPENDICITIS

Professor Lefevre looks upon appendicitis as the result of improper feeding—rich fare, including oysters, crabs, fish, fowls, red meat, wines, coffee, and

liquors. Sir Frederick Treves attributes the disease to hurried meals and indigestible food, such as pineapple, ginger, nuts, tough meat, lobster, etc.

A 100-YARDS DASH WON IN 9 4-5 SECONDS

The front cover of this issue represents the start of the Intercollegiate 100-yard Championship held at Berkeley Oval, New York. This race was won by Duffey in 9 4-5 seconds, Cadogan second. The starters are the fol-

lowing celebrities of the cinder path:

(From left)

Cadogan,	University of California
Duffey,	Georgetown University.
Arnstein,	Yale.
Haigh,	Harvard.



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 XVI.



Don't inflict punishment on ourselves, Wuzzy," Vella said to me: "but the instant one realizes that he has done something injurious to himself or to another, he suffers in proportion to his consciousness of the wrong done. Now we think that to injure so absolutely helpless a creature as an unborn child is the most dreadful thing that can come to pass. Is it possible that your people do not feel so?"

What could I do but tell the truth, even though the doing so covered me with shame? I might have evaded answering him, but he had been so frank and straightforward in telling me so much that I could not bring myself to be

otherwise than perfectly candid with him. "I am afraid my people do not think of the unborn child at all," I answered.

"You surely do not mean quite what you say, Wuzzy," he cried in dismay. "That you are not advanced as we are in the knowledge of breeding I can easily believe, but that you give no thought at all to the subject is not thinkable."

"Oh," I answered desperately, "there may be a few who give some thought to children yet to be born, but they are very few. Why it is considered improper among my people to discuss such a subject in society. No, Vella, I am sorry to confess it to you, but it is the truth that most children born on Earth are accidents."

"Oh Wuzzy! And the parents of such children do not suffer?"

"Suffer!" I cried. "There is no law

against bringing children into the world in such a haphazard way, but on the contrary there is a law to prevent any frank discussion of the subject."

As a matter of fact I did not say law, for I did not know the word for it, but I said force, which was the nearest I could come to it. And Vella immediately asked in a puzzled tone:

"What force is it you speak of, Wuzzy?"

It was not easy to answer him, so I asked him a question:

"There are some things you do and some things you do not do, are there not?"

"Certainly," he replied.

"Some things which you think are right to do and some which you think it wrong to do?"

"Yes."

"And you have some way of compelling people to do what is right?" I asked.

"Compel one to do what he thinks is right?" he asked in a puzzled tone. "Why should anyone fail to do what he thinks is right?"

"And does everyone do what he thinks is right?" I asked with a smile.

"Why else should he do it?" he asked in the same puzzled tone. "Is it possible for a person to do what he thinks wrong? Why should anyone injure himself? I do not understand your questions, Wuzzy. In your country do persons do what will injure them?"

"They do what will injure others if they think they will be benefited by it themselves, provided they are not prevented. It seems to me that is human nature."

"Oh no, Wuzzy," he answered gravely, "society is built up on the desire of individuals to help each other. It is human nature to be mutually helpful. I understand you now, for I remember reading that at one time, ages ago, we had the notion that it was necessary to compel individuals to keep from injuring each other; and to that end we had rules saying what we must and what we must not do. But finally it was discovered that the very force which was exerted to make people be good was fairly compelling them to be otherwise. Of course we rid ourselves of that force and found

at once that we realized that the only way to be happy was to keep those about us happy."

"That is what we call Utopia on Earth," I said with a smile. "Of course it is a very pretty theory, but it never could work in practice. You don't mean to say that you have no rules now?"

"None."

"Oh Vella! we simply do not understand each other. Suppose you have something I very much want and you won't give it to me, but I, being stronger than you take it from you? Would you not seek some means of compelling me to return that object to you?"

"Why, Wuzzy! if I had something you wanted, how happy I should be. You would not need to take it from me, but on the contrary I would seek you out to give it to you if I knew you wanted it."

I was aghast. What a state of things would exist on Earth if any such absurd doctrine should suddenly be accepted there!

"But," I cried, "in such a case it seems to me that everybody must be forever wanting what somebody else has."

"On the contrary everybody has what he needs and is occupying his time with trying to find out what someone else wants, so that he may have the happiness of giving it to him."

"But such a state of things implies that everybody is rich alike, since each one can pay for the thing he needs."

I did not know how to say rich and pay, and therefore used many words to describe my meaning. Vella answered:

"I do not quite understand you, Wuzzy, since your ideas are those of your own conditions and not of ours, but I may say that we are all alike in having what we wish."

I tried to comprehend the condition he described to me, but could not, so I asked further:

"Suppose you have no flying machine and take a fancy to Dolha's, he would be happy and would let you have it?"

"He would be most happy."

"And he would then look around among his friends to find one that suited him?"

"He might do that, but if he did not already know of one that he especially wanted he would go to someone who made them to suit him and would procure one there."

"Ah!" I cried triumphantly, feeling that I was come at last to an understandable idea; "and he would pay for a new one?"

"No, he would give nothing unless he was so fortunate as to have something the maker of machines desired. And that he would not give in exchange for the machine, but because the person wanted the thing."

"Do you mean that I could go to a maker of such machines and procure one from him just for the asking?"

"Certainly. In fact I may as well tell you, Wuzzy, that our people are all wondering which of them are to be the fortunate ones to have the happiness of giving you the various articles you will need."

"But I can give nothing in return," I cried.

"Nothing! why you can tell us the wonders you know of your planet. You can give us information that no one else can. Oh, Wuzzy, you are most fortunate in having in your brain what none of us has. But this you must not give as a return, for then you will derive no happiness yourself. It is only what you give for the sake of giving that benefits you. It is as it is with love: It is in the giving of love that true happiness lies."

"But," I still argued, "if one may have what he wants for the asking, what is to keep a man from simply accepting all and giving nothing?"

"No man could do such a thing," Vella replied with a smile. "Indeed if it were not for the injury that would come to such persons, I fancy we would try to breed a separate race of persons to accept without themselves producing anything. Why, Wuzzy it is this passionate desire to make things that others want that keeps us continually striving to better the implements and appliances we have; for it is only when I can produce something better than already exists that I can hope to win people to accept my creations."

"Do you mean to say," I cried in amazement, "that it is deemed a suffi-

cient reward if people will accept the products of your labor?"

"What higher or better reward could one wish?"

It seemed to me quite hopeless to carry on such a conversation, so I turned it into another channel; though I may say here that I found later that all was exactly as he described it; books were printed, clothes made, articles of all sorts created in the eager hope of winning some one to accept. Money did not exist; there was no use for it. And there was not an idler in the whole land; and I soon came to understand why, for I had been there but a short time when I became infected with the spirit of the people and put in all my spare hours in striving to perfect an improvement on their flying machine, with no other end in view than the hope that it would be used extensively.

"But suppose," I said, going on with the conversation, "suppose some one should take from you a thing which you did not wish to give up, would there not be some way to punish him?"

"I cannot imagine such a thing happening," he replied. "It would be my happiness to give to anyone the thing he wished; and it would be his unhappiness to take what was not gladly given. And why should anyone wish to have a thing grudged him when he could have a similar thing from one eager to give it?"

I admit I was nonplussed at this. I had to confess to myself that the occupation of the thief was gone in a land where all were eager to give. And yet I was not convinced that our way on Earth was not the better way. Could there be progress without bitter competition, without envy, jealousy, hatred? If there could, what became of our favorite contention on Earth that war of one sort or another was essential to advancement?

Here, on Jupiter, was no cut-throat strife between one tradesman and another, no making of another's ruin the foundation for one's own success; and yet there was such a progress in the industrial arts as the Earth was ignorant of. This was plain to me from the fabrics I had seen, from the advanced means of communication, whether by

bodily transportation or by transmission of voice.

Even while I was there I witnessed one of the strangest sights, which did more than anything else to show me how the singular system of mutual help as distinguished from our system of mutual injury, worked.

It so happened that Dolha was the center of the commotion to which I refer. He was a student of those natural forces which had already been so successfully harnessed to transmit sound from one remote place to another without the clumsy machinery required by us in telephonic communication. He had already made one or two trifling improvements in the process, but had for some time been at work on an invention which he knew would be received with acclaim.

This was nothing less than the automatic and exact reproduction in perfect life-likeness of the speakers at the telephone at the time of speaking; so that there would be had an almost complete illusion of bodily presence in the room with one of the person who might be a thousand miles away.

I may say that the effect was to me who was not yet weaned from the ideas of the Earth, almost shocking. It happened that I was one of the first to use this extraordinary telephone, and as may be imagined I called up Bel, who at that time was far away, but who had been one of the first to receive the attachment from Dolha after he had perfected it.

I sent to Bel the musical call, and instantly there appeared on the screen the complete illusion of that beautiful creature, apparently talking to me as if I had been in her own little cottage. She laughed in her own inimitable way, gestured as only she could and talked in her own flute-like tones.

But this is only by the way. What I meant to tell was the way this wonderful invention affected Dolha and the people.

As soon as he had perfected his invention and had demonstrated it sufficiently to insure its effectiveness, he installed it with a number of the most popular persons far and near, and then gave a public exhibition of it in one of

the beautiful halls maintained for that and other similar purposes.

The frankly expressed delight of the spectators affected Dolha to tears of joy, and he went about with a child-like eagerness, begging for the privilege of installing his attachment to the telephones of those there.

The innovation became instantly popular and the demand for the attachments grew so that shops were set up in all parts of the country and Dolha went about in a perfect delirium of joy, teaching the army of volunteers how to make the attachment, so that it might as soon as possible be made available everywhere.

And his reward, which was almost more than he could bear, was the joy of having invented something which gave pleasure to so many!

I think it was then that I first fully realized that the Jupiterians differed from us very little after all. Our aim in life is to be happy, and so is theirs. The difference between us is that they have and we have not learned to understand that mutual help is the true basis of social life.

CHAPTER XVII.

I know that if I were a practiced story teller I would not have wandered so far afield as I have done; but it must be borne in mind that I have an enormous mass of material, all of which seems to me of equal importance to tell, and have only a comparatively few pages to tell it in.

I had meant to give a detailed account of the sports as I looked down at them with Vella, and later took part in them; but that is now impossible. I must make some further reference to them, however, if only to elaborate a little more a singular feature which I have as yet only suggested.

I have spoken of the singular manner in which the race was decided in favor of Mira, and I had intended to repeat all that Vella had said in relation to it, because it was so very interesting. There is not time now for more than the substance of what he said, however.

The main point is, that the underlying idea of the sports is the opportunity it offers for setting apart the young men

and women fittest to enter into the great work of improving the breed of men.

I discovered later, that the sports were not confined to physical contests but to intellectual as well; so that a man or a woman acclaimed fit for purposes of propagation on purely scientific lines would be one of the highest general average.

I was not long in seeing how just it was under the circumstances that it should be of small consequence that a contestant could finish a race first, unless he should be in perfect condition. To finish in a state of exhaustion, not only injured the runner, but indicated that he was not as fit to run as the one who finished in a condition which indicated a great reserve of power.

I recalled how often our track athletes on Earth ended their careers with weakened hearts and generally impaired physiques, and felt that the Jupiterian idea was a better one than ours.

The thing that puzzled me most was that nowhere did I see any judges to decide the winner. This was explained in part by the Jupiterian plan of doing utterly without law of any sort, but it seemed very absurd too, and perhaps I cannot do better than repeat my conversation with Vella on that particular subject.

"What occasion is there for a judge to determine the winner?" he asked me in response to my objection on that score.

"Suppose one of the contestants should feel that he had really done better than the one acclaimed the winner by his comrades?"

"Well, suppose he should?" queried Vella.

"Who would decide between them?"

"There would be no need to decide between them."

"But, as I understand you, the winners in the various races try themselves out against each other until at the last there is but a handful to contest."

"Well?" he demanded.

"Who is to decide that one contestant or another shall go into the trying out races?" I asked.

"No decision is necessary," he replied, to my amazement. "Anyone may enter

the first races or contests or the last as he pleases. No one will object."

"I should think that would lead to endless trials and retrials," I said.

"Why should it?" he demanded, always with the air of one striving to comprehend my point of view. "Only the best can win finally. Who would make himself so trifling as to continue to try when he knew he was beaten? Of course it might be that I would think there had been a mistake in acclaiming another winner over me, but after I had made a second attempt to beat him and had failed, I would not be so senseless as to try again."

I confess I could not comprehend then, but later I did. It was very simple after all. It was all a part of their singular system of educating the individual to be absolutely self-reliant and self-judging.

I discovered after a while that with the Jupiterian it was not what some one else thought of him that concerned him; it was what he thought of himself. On Earth a man might win and hold a prize which he had not earned, and even glory in it, while on Jupiter that could not happen because there was no judging by others, but only by one's self.

I know how perfectly absurd and childish all this will seem to Earthly folk, and I have no hesitation in confessing that it took me a good while to believe that it was a practicable scheme even on Jupiter, where the people were so highly cultivated; but in the end I had to admit that it did work, and work well.

Certainly it worked well as to the sports, which went on without any rules to govern them, though of course not without organization. The organization, however, was purely for convenience and was not binding upon anyone. In fact, that was the case with everything that I came in contact with on Jupiter. One was literally free to do as he liked.

I thought once I had trapped Vella. I had entered in a swimming race in the lake with adults, thinking I might perhaps have some chance of winning in a sport, I had practiced so steadily while with Bel. Needless to say that I came in a very poor last.

It was this that set me reflecting on the idea of each one being self-judging. I carried the notion to the logical extreme, which, as you know, is usually an absurdity. I said to Vella:

"You say that one may do as he pleases here without hindrance?"

"I don't know that I did say exactly that, Wuzzy," he replied with a kind smile. "If you were to offer me violence I might try to hinder you. I might not, it is true, but you must agree at once that liberty for you involves an equal liberty for me. One's own desire for freedom teaches him the need for not infringing the freedom of any other person."

"Yes," I answered, "I comprehend that. I meant nothing like violence. But suppose I should present myself—I the hairy one, the undeveloped according to your ideas—as one fit for the work of propagation, would there be no one to deny me?"

I could not help smiling triumphantly, as I thought I had entrapped the wise Vella by my question. He answered serenely:

"No one would deny you, Wuzzy."

"And I would be accepted?" I cried in wonderment.

"There is no one to accept or refuse," he answered. "Can you not understand how it would operate? Let us suppose that you, patently unfit, were to claim perfect fitness and were to present yourself as a voluntary student to one of the expert workers in the field, which of course is what you would do."

"Yes, and he would declare me unfit, would he not, and so prove that in the end some one does judge?"

"He would declare nothing, Wuzzy. He might ask you where your mate was, but no more."

"My mate!" I cried.

"Yes, you would of course have to have a mate out of the chosen ones in order to enter into the work."

"But stretch your imagination and suppose I could persuade one of the chosen ones to mate with me."

"The expert would probably explain to you why that mating was unlikely to result well."

"But suppose we were to go on and mate notwithstanding?"

"It is inconceivable, but suppose you were to do so?"

"No one would interfere?"

"Certainly not."

"And the child?"

In reply Vella shook his head slowly. "Wuzzy," he said, "it might take place as you imagine, but that any Jupiterian would bring such a curse on a child as to permit you to father it, is the most improbable of things. Consider the unhappiness a woman would be dooming herself to! Besides, Wuzzy, I cannot imagine any of our women being attracted to you."

He spoke of me in so impersonal a way, and so dispassionately that I could not be offended, but I may say I was cured at once of any desire ever again to call out any opinion on myself, or of any doubt that the Jupiterian idea would work well if only the units of a society were as intelligent as the Jupiterians.

I would like to describe all the different games that took place in the arena, in the lake and on the grounds surrounding both, but have not the space that would be needed.

It was interesting to me, however, to note in how many ways the Jupiterians had come to conclusions similar to ours, in their various games. They had running and jumping, swimming and diving and all other sports which, as one might say, suggest themselves to the human animal by very reason of his physical construction; but besides these, they had a ball game not unlike a combination of base-ball and cricket, another game not unlike basket ball, not to mention a host of lesser sports of the nature of quoits, throwing the discus, putting the shot and others.

It was notable that in no game was there a trace of brutality. Even in their form of basket ball, which with us I find is more and more becoming an excuse for roughness almost equal to that of foot-ball, there was not a trace of brutality.

On examining into the matter I was convinced that this was accounted for by the premium that was put upon skill alone. Indeed, so far was this carried that even to touch the person of another player disqualified one. The result was

the most marvellous swiftness and agility in play, possible to conceive.

At first I accounted for the freedom from all brutality by the fact that the games were all open to girls and women alike with men, absolutely without distinction. But when I presently discovered by the extraordinary strength and agility of the females that they were in no way inferior to the best of the males, I was led to understand that the freedom from brutality was due only to a scorn of such an unpleasant factor.

In this connection I may say that I never once saw any exhibition of brutality while in Jupiter; and yet one could not look into the wide-open frank eyes of the people without realizing that a magnificent courage was latent in their natures ready to come into life when the occasion called for it.

This freedom from roughness was in nothing more manifest than in their treatment of children. Nowhere have I seen children given such freedom. Indeed I may say that there was no appearance of freedom being conceded—it simply was a normal condition of the whole people, children and adults alike.

No doubt such a state of things would be impossible on Earth, where such a marked differentiation between children and adults is made, and where adults because of being adults, are considered superior, almost different. And, too, we on Earth make so much of privilege, manufacturing it out of the least thing, that I suppose we feel the need more of keeping some things away from children for no other reason than to make them desirable.

On Jupiter, if a child had any word to say in the company of his elders, he said it with perfect composure and was listened to with respect. I must say it had the effect, apparently, of making children very cautious of saying anything that was not entitled to respect. Now that I have returned to Earth I notice as I never did before my visit to Jupiter, that it is assumed beforehand that a thing is not entitled to consideration simply because it is said by a child. We say, in fact, that children should be seen and not heard.

On Jupiter they have a saying that the questions of children should be

listened to with particular care, since it is always possible that they will uncover a hidden fallacy. I recall in this connection that one of the Earth's great teachers said that out of the mouths of babes came forth words of wisdom.

Since my visit to Jupiter, I am inclined to think that the main reason why we adults find talkative children such a nuisance is, that they ask questions we cannot answer. They expose our ignorance. Yes, and I may as well say another thing that has come to me since my visit to Jupiter, and that is, the reason we whip children is because we are big enough to use them to vent our ill-temper on, and not because they have been doing wrong.

I suppose I shall be considered an unpractical fool in the matter of children, but I must add one more observation that I have made as a result of my visit to Jupiter; it is, that the reason we keep saying "don't" to children so often is that we lead such terribly artificial lives that children in their naturalness must be forced to conform to them.

I don't suppose you realize this as I do, but it came over me overwhelmingly only a little while ago when I was visiting at the home of a friend, where a baby had just been born.

To begin with, the baby came into the world naked, of course, and free to kick and squirm and cultivate its muscles, but it was immediately swathed in tight bandages and long clothes, so that it must have had difficulty in breathing and certainly could hardly use its legs at all. Then I discovered that the parents were perfectly overjoyed because their oldest child, a girl of sixteen, had been taken quite by surprise by the advent of the baby. Think of that! I discovered later by an accident, that the girl had not been surprised at all, but had pretended to be, so as not to lose her reputation for innocence.

I was going to rehearse all the facts of the baby's life, forgetting that you all know them as well as I; but I can't help sometimes wondering if the people of the Earth do realize how strangely artificial they are in their lives. How they eat improper food, breathe poisoned air, drink drugged liquors, live in germ-breeding houses, decorated with death

traps like carpets and curtains and mattresses and upholstered furniture.

CHAPTER XVIII.

Of course I did not lose sight of Bel during the stirring days of the games. I sought her out as often as I could, and always was on hand to watch her when I knew she was competing. And what a delight she always was! I was rejoiced to discover that she was one of the leaders. Such a sight as it was to see her running or wrestling or diving or playing the game like our basket-ball!

But she was so busy and there was so much for me to see and do, so many persons who wished to talk with me, that it was not until the games were over that I had a quiet talk with her.

Besides I found that I was nearer the intellectual level of the children after all, and could talk with them on more nearly equal terms, so that I was happier with them.

I don't mean to give the impression that I was in advance of them in intellectual matters any more than in physical ones, however; for the real truth is that I was behind the children of Mira's age.

That dear little Mira! I don't think I can use any word that will so well express her kindness and tenderness toward me as to say that she mothered me. We became close friends, closer than Bel and I, alas! Not that Bel was not kindness and goodness to me; she was, but I think she could not forget that I had wished to be the father of her children. I fancy that for a while it was in her mind every time she came in contact with me.

However, I enjoyed those days very, very much. I improved wonderfully in my knowledge of the language and of the customs of the people, so that I was able to talk freely and quite fully with the persons I came in contact with.

It was very delightful to be able to go up to any person who attracted me—man or woman—and be sure of a cordial greeting and a kindly attention. At first I thought this was because the word had been passed around that I was an interesting curiosity, but I afterward discovered that it was the custom of the country.

One could travel anywhere, always sure of a joyous welcome, and always the more welcome if he came desiring something. It was very odd; but, as I have said, the oddest thing was that, absurd as it had seemed to me at first, I soon became infected and could not rest from striving to think of something to create that people would want.

I suppose that the really oddest thing to me was the absolute freedom accorded to the women. In fact, as nearly as I could ever discover, sex was not a matter that ever entered into question among these people, excepting, of course, in mating.

There was no such consideration as sex in occupation. A woman did what she wished just as a man did. No doubt this was largely due to the fact that all the complications characteristic of life on Earth were absent in Jupiter because property was not a factor.

On Earth it is so difficult to live, that men resent the effort of women to work at any but a few occupations. Why it should be so much easier to live on Jupiter where people are anxious only to give away as much as possible, I leave for trained sociologists or political economists to say.

But this brings me to one of the most interesting characters I met on Jupiter. The reader may recall that Vella had said at one time that I should meet Zil, who was a student of the past and one of those who had been trying to wrest the secrets of an ancient age from the magnificent ruins I had seen from my air motor when on my way to the games with Bel.

For some reason I did not meet Zil until the final day of the games. It was he who sought me out. What a noble specimen of manhood he was! He was an odd combination of athlete of the highest order and an old Greek philosopher.

Perhaps I might better have used another simile than Greek philosopher, since that usually conveys the idea of a full beard. Of course Zil had nothing of the sort, but was as smooth-faced as a girl, and not less firm-fleshed and ruddy.

I think he was the first to explain with anything like fullness why the Jupiterians had no other hair but that on the

head, eyebrows and eyelashes. If I remember rightly his explanation came from my questioning him as to why in eliminating hair from their bodies they had chosen to leave what they did.

"The eyebrows keep the perspiration from too easily running into the eyes," he answered with a smile.

"And the eyelashes?" I asked. I am free to confess that I was ever on the alert to entrap my friends; but I will say that this was not in a disagreeable spirit, but only because everything was so novel to me that I could not help feeling that it must be wrong.

"The eyelashes are for the sake of beauty," he replied; "although they serve a useful purpose too, in keeping particles of dust and small insects out of the eyes."

"And is the hair on the head for beauty, also?" I asked.

"For both use and beauty," he replied. "We do not eliminate it because we feel that the skull inclosing so delicate a substance as the brain, is better protected than bared. We have experimented, of course, to come to this conclusion. And doesn't it seem to you that the head would be less beautiful if white and shining, as it would be without hair?"

I admitted that at once, recalling the absurd bald heads of many of my friends on Earth.

"But nails," I said, holding out my hands and indicating my feet by a nod. "Do you not think them either useful or beautiful?"

He shook his head, taking my hand in his and examining it with great care to see how the nails grew. I may say that he was the first to do this; and by this time I had come to realize that the failure of the Jupiterians to make a careful examination of me was due to their great courtesy and to their principle of non-invasion. Zil did it only because I invited inspection by thrusting my hands out to him.

"To me they do not seem beautiful," he said, frankly comparing his own finger tips with mine. "No, they do not seem at all beautiful. Do you find them useful?"

Put to me in that way, I was obliged

to confess that they were not useful; and I might have added that they were a good deal of a nuisance, what with growing long, getting dirt under them, sometimes breaking off, and sometimes digging into either my own flesh or that of others.

"Really," I replied, "I do not suppose they are useful."

"As well as I can make out from our records," he said, "our ancestors found that their nails kept growing weaker and weaker all the while as if indicating that in advancing civilization they would finally disappear. We never mean to do anything unnatural, but only to discover the trend of nature and help along that direction. Hair on the body serves no purpose whatever and is decidedly unbeautiful."

I remember that I looked at myself and changed the conversation.

"You seem to know more about the ways of your ancestors than anybody else I have met yet," I said. "How does that happen?"

"I have made more of a study of them, perhaps, than any of the persons you have met. I found myself greatly attracted to the ruins of an ancient city in my youth, and have spent the greater part of my time digging and working there. Vella and Bel have told me that you might be able to throw some light on the problems that have puzzled me, and that is one reason why I have sought you out."

"Are you then the Zil of whom they spoke to me?" I asked eagerly.

"Yes, I am Zil."

"And you will take me to those ruins and let me see them?" I asked.

"Most gladly. When will you be ready to go?" I could see that he was as eager as I.

"I am ready at any time. Now," I replied.

"Ah!" he cried with a kind smile, "just think if it should be your fortune to solve my problems for me! Come! let us go."

I was very much struck by the fact that instead of thanking me for going with him, he was congratulating me on the possibility that I would have something to give.

(To Be Continued.)

Liberty According to the New York County Medical Society

By Algernon H. Wilcox

WHEN I woke up this morning and looked out, everything seemed changed. It didn't seem like the same town. To be sure I saw the same towering sky scrapers—and there on Bedloe's Island stood Miss Liberty with her fire-fly lamp—but she no longer seemed majestic, colossal or supreme, for high above her rose another figure, which had come into being during the night, and which entirely overshadowed and humiliated her. But yesterday, she was the largest statue in the world; to-day she was a poor second. Her face assumed an expression of abject despair, as she turned and gazed upwards at her new and gigantic rival, and a sigh escaped her lips, as she realized her overshadowed greatness.

"Alas! I," said she "who heretofore enlightened the world, "am as a dwarf needing instruction, I who was the embodiment of the attribute, Liberty, must now ask from a higher power permission to breathe—I, that men fought for, am but a *name* that has been." And her huge bronze tears trickled down her cheeks and fell with a mighty splash in the bay.

Thousands stood upon the tops of the tallest buildings gazing in wonder and awe upon the colossal figure that overshadowed Liberty and all Manhattan.

Who was it?

What was it?

I hastily donned my clothing and passed into the street. I had not walked half a square before I came upon a crowd surrounding a wretched decrepit old woman who was being dragged along by four athletic policemen. In tears the poor old creature protested her innocence—the stony-hearted officers were brutally obdurate and when I ventured to protest replied: "She's a deep dyed criminal—she recommended paregoric to a woman whose baby had the belly-ache. She's been practicing medicine without a license, and it's agin the law."

Finding these officers deaf to my entreaties, I turned and entered a barber shop, to get shaved. The barber was a "sanitary"—very skilful and withal very agreeable. He retailed several of the latest "rich-ones," told me all the neighborhood gossip, about his new baby, and his new house, and just as he completed the tonsorial operation he remarked—"Your skin is a little tender—you ought to use bay rum"—when biff!—quicker than lightning a man jumped from a chair and collared W'm. "Not a word—come along with me—I've caught you this time red handed. I'm a Central Office man and you must go along with me."

"But," I ventured to ask, "what has the man done?"

"Done," said the detective, "why prescribed a skin cure—practicing medicine without a license is a misdemeanor—it's a clear case."

After this incident I took a car and went up town to a celebrated massage establishment, where some dozen operators are employed. Here every one was busy. Good will and good fellowship commingled. Suddenly a couple of officers entered the room, and quickly snapped a pair of handcuffs upon the wrists of the proprietress, saying—"You are arrested madam, upon the charge of cutting a corn—practicing surgery without a license. The evidence is irrefutable—there's no escape—your conviction is certain."

By this time, I began to think myself doomed to continual association with criminals—I couldn't seem to escape them, though, in the past I had prided myself on keeping good company. So I took the subway and went way down town—stopped off at Wall St., and amid the innocent gambols of the lambs and bulls and bears, the incidents of the morning were soon forgotten. Everybody seemed busy "shearing lambs," and showing country visitors how to "juggle" with money. No

criminals here—all blue blooded high-class gentlemen—so insinuating, so disinterested—but as we boarded the car to go home, I heard a man say—"Beg pardon, Mister, but you'll have to come with me. I overheard you recommend to George Astorbilt that he wear a liver pad. That's 'prescribing,' sir, and you can't prescribe remedies without a license."

On my way home, as I had a little time to spare, I ran into the criminal courts, in one of which was a very interesting case and as I entered the judge was in the act of charging the jury thus: "If you believe the witness, the defendant *rubbed his own leg*—manipulated—treated himself for *rheumatism* without a license; which is clearly against the law—it is your duty to convict—." As I came out of the court room, I caught sight of the colossal Figure that overlooked the town—in its hands was a parchment on which was written in letters of living fire the recent decision of Judge Green, of New York City, as follows:

"The practice of medicine is the exercise or performance of any act, by or

through the use of any thing or matter, or by things done, given, or applied, whether with or without the use of drugs or medicine, and whether with or without fee therefor, by a person holding himself or herself out as able to cure disease, with a view to relieve, heal, or cure, and having for its object the prevention, healing, remedying, cure, or alleviation of disease."

And as I looked more closely, I recognized the features of the County Medical Society. It overshadowed Liberty—the liberty of the individual, the liberty of the community. And then I understood it all. No longer New York, but Ardath—Corelli's City of the Plain. In which you can't spank your baby without being arrested for "laying on of hands." In which only one class are privileged at all, and they licensed to kill indiscriminately. How earnestly, and how persistently they defend that monopoly! Many thousands of dollars are sacrificed annually in the defense of the sole right of "treatment" and now that the court sustains them, it will no longer be safe for a common citizen to soak his feet.

MAN IS AT HIS BEST AT SIXTY

DR. Wiley, Chief of the Bureau of Chemistry of the Department of Agriculture, at Washington, as the champion of the elderly men, shows that, so far from an individual being useless at sixty, he is practically in the prime of life; this, Dr. Osler to the contrary. The span of civilized life has been very considerably lengthened during the past fifty years by the aid of science, so Dr. Wiley says, and he is of the opinion that it will be possible in a few years to advance the limit of physical and mental activity to ninety.

Nevertheless, Dr. Wiley admits that several factors must be taken into consideration before this patriarchal age can be reached, and it will not be given to all to attain to this eminence of years. In the first instance, the question of heredity enters into the matter, for nothing is more true than the Bible saying that "The sins of the fathers will be visited upon the children." Hence the man who does not inherit from his ancestors a sound constitution, will be greatly handicapped in his endeavor to exceed the ordinary term of existence. But even thus handicapped, he may reach a green old age if he will but pay strict attention to certain rules throughout

his entire life. He must be moderate in his habits, both as to eating and drinking, and he must pay strict attention to the rules of common sense and hygiene.

Dr. Wiley is also a believer in the old axiom that "All work and no play makes Jack a dull boy." Indeed, he goes further than this and declares that too much work and little play will make Jack a sick boy.

Perhaps Dr. Wiley dwells with somewhat too much emphasis on the necessity of a sound pedigree in order to reach extreme old age, says an exchange. Of course, it is an immense aid to inherit a good constitution; but even without this adjunct many men, by a rigid pursuance of careful methods of living, have overcome the handicap of heredity to a great extent, and have passed away at a venerable age. Cornari was a striking example of the truth of this statement.

There can be no doubt that men live much longer in these days than was formerly the case and the general tendency is in the same direction. Dr. Osler did not consider this fact when making his now celebrated statement, and placed his limit of useful age too low.

The Need of Physical Training in Our Public Schools

THE CURSE OF OUR EDUCATIONAL SYSTEM AS IT NOW EXISTS IS THE CRAMMING OF THE BRAINS OF LITTLE ONES WITH A LOT OF USELESS STUFF, THE EFFORT TO ASSIMILATE WHICH LEADS TO A VARIETY OF NERVOUS DISEASES.

By *Frederic T. Simpson, M. D.*

It will be unnecessary for me to remind my readers that I have persistently protested against the idiotic and criminal "cramming" of the undeveloped brains of children that is the prime feature as it is the prime evil of our public school system. In some parts of this country, physicians, parents and educators are awakening to this crime against childhood which by the way never ought to have come into existence in the first instance. So-called superintendents of public schools have, however, to show some excuse for drawing their salaries, and hence we have those educational systems which are chiefly distinguished by freaks, fancies, and frippery of the most absurd and futile kind. The New York public school system, as we have already shown, is a case in point. Hartford, Conn. however, seems to be fortunate in that it has a sane school system whose policy is dictated by those who are possessed of common sense and a regard for the physical and mental limitations of childhood. Dr. Frederic T. Simpson, the author of the article which follows, is one of those who are professionally identified with the educational forces of the city in question, and that parents and children are to be congratulated upon that fact, is proven by the tenor of his writings. We commend this article to the attention of all of those who desire normal children who shall in season, develop into normal men and women.—*Bernarr Macfadden.*

IT is a conviction of a great many physicians that the pupils in our public schools are overburdened with mental work.

This belief rests undoubtedly upon personal experience. Physicians are not infrequently called upon to treat the direct results of the overburdening of the brain in school in the form of various nervous disease. They are often consulted regarding the continuance at school of delicate children. They are compelled to take note of the constantly advancing standard of requirements, and the multiplicity of new lines of work introduced. One has only to open any of our text books on nervous and mental diseases to perceive the opinions of the recognized authorities upon this subject. I quote Dercum of America, Clouston of England and Oppenheim of Germany as leaders of expert opinion, who regard school-overburdening as an important cause of the great number of neurasthenic men and women to be found in all civilized communities to-day. Oppenheim says, "Preparation for examinations and excessive studies at school often evokes neurasthenia." Dercum says, "Children upon whom is laid a too close application to study, or whose education provides simply desk instruction to the exclusion of physical instruction, are

likely to develop into neurasthenic men and women." Clouston says, "If the education of civilized young women should become what some educationalists would wish it to be, all the brain energy would be used up in acquiring a knowledge of the sciences, and there would be none left for trophic or reproductive purposes." An authority to whom the world will always give heed, Herbert Spencer, says: "When we examine the merciless drill to which many school children are subjected, the wonder is—not that it does great injury—but that it is borne at all."

But we are not confined to the testimony and belief of physicians as to the direct effect of the school regimen upon the nervous system. The subject of school fatigue has recently been made an object of scientific investigation by a number of medical experts in Germany. The best results were obtained by Griesbach's method of testing the skin sensibility with the *æsthesiometer*. The test consists in ascertaining the cutaneous reactions at different intervals during the day. Dr. Lukens in reporting this work in the *Educational Review* states that it was shown that frequently children were not able in the balance of the twenty-four hours to recover from the brain fatigue endured during school hours. The midday recess was by no

means sufficient for recovery from the fatigue of the morning session. Whereas, during the holidays, the skin sensibility was fully as great or greater in the afternoon than in the morning. Here we have direct experimental evidence of a high character as to the fact of the undue consumption of brain energy under normal school conditions. The continued spending of more nervous energy per day than the system supplies, must end in bankruptcy of the nervous forces, which is neurasthenia. If it does not reach that degree, it may yet predispose to many forms of physical and mental debility, developed in later life. Dr. Lukens remarks: "We must remember that the hundreds of thousands in our insane asylums were school children once. How many came out of school mentally weaker than when they entered! We need not lay upon weaklings burdens too heavy for them to bear."

We have every reason to believe that the school-children of America are worked quite as hard as those of Germany or any other country. Our high school scholars spend seven or eight hours per day in mental effort of an exacting character. Some, perhaps, spend a great deal more. The parents generally testify that their children do little else afternoon or evening, but prepare for the next day's recitations. As has been pointed out, this mental labor is far more severe than the mental work of business or professional people, inasmuch as the subject matter is ever new and unfamiliar, requiring an unflagging attention. It is not routine work. Never, perhaps, in after life is such a continuous rate of advance in intellectual lines called for by the most exacting profession. The apportionment to each lesson is so large or so difficult that but one or two in a hundred can attain the standard of perfection. There is good reason to believe that the list of those who so attained in high school and college would show a disproportionately large number of names subsequently registered in asylums and sanitariums. Whereas, a generation ago, men were graduated from college frequently at sixteen years of age, the standard of requirements has been pushed so far that they are not now graduated from the

high school before 18, from college before 22, from the medical school at 26, and if they spend two years in the hospital, as is desirable, they are 28 or more before entering upon the waiting career of a physician. Anyone who has been through these courses of study can testify that the successful accomplishment of them requires incessant application. Such a standard of requirement is more than a mistake; it is wrong to the individual, to society and to the state.

It is apparently difficult for teachers or parents to give any credence to the opinion of physicians in this regard. The reason is not far to seek. The evidences of mental strain do not show themselves at once, and might require expert examination to be detected. The scholars are in the flush and vigor of youth, ambitious, enthusiastic, optimistic. They pass from the view of the teacher before any evil results are manifest. It is not supposed that actual break-down occurs very frequently. The evil results are those of deprivation and predisposition.

The educationalists have apparently no adequate appreciation of the physiological requirements of the organism at puberty. This epoch, corresponding with the high school age, from 13 to 18, is the great developmental epoch in the life of the organism. The rate of growth in the body in all directions is greatly increased, sometimes doubled. The evolution of new physiological functions goes on rapidly. The mental changes are even greater and swifter. Especially to girls, who pass as it were with a bound from childhood to womanhood, is this period critical. "The girls who fail to exhibit some hysterical symptoms at puberty are few indeed," says Mercier. All of these changes are elaborated through the nervous system and involve expenditures of nervous energy. The energy of the whole organism is one and indivisible. The energy expended wholly or largely in one direction subtracts from the energy to be expended in other directions. Energy consumed, for example, in filling up the intellectual and receptive parts of the brain is paid for in the poor nutrition, the small muscular power, the diminished organic appetites of the scholar.

If these physiological considerations indicate anything, they indicate that boys and especially girls, from the age of 13 to 18 should not be subjected to severe intellectual tasks. This period is the opportunity, and the last one, to secure a vigorous, well developed body. Growth, virility, organic soundness are determined largely in this period. At this age, the studious, conscientious child, whether bright or slow, should be protected from itself. And the State which seeks not pedants, but healthy, normal men and women, should concern itself with the physical as well as the mental development.

Success in any calling depends in the long run mostly on staying power, and this, in its final analysis, is merely a question of physical energy.

The substitution of physical culture for a certain amount of mental culture is desirable for many of the pupils in our higher schools. These pupils live mostly in the cities. Under the conditions of modern city life, physical culture under expert supervision ought to have a more prominent place in State education. Modern hygiene rescues many weaklings in the nurseries and sends them on to adult life. There is little manual work for the city boy or girl. Athletic sports are after all, possible to the comparative few. It is just as impossible for either parents or children by themselves to carry out a system of physical culture as it is for them to carry out a system of mental culture. Physical culture under the direction of competent instructors—graduates in physical culture such as our larger colleges are beginning to turn out—should be at least an elective for the entire school course of equal value in marks and examination with courses of study. In other words, we believe it would be better for many of the pupils if at least one hour per day, of the school session, were devoted to severe appropriate physical training throughout the entire course in place of one of the courses of study. In Europe, the three years of military drill imposed upon all young men is the form of physical culture required by the State. Its immense value in the physical development of the young men is universally recognized. With us, physical culture

must take some other form, but should be just as systematic and effective.

While purely gymnastic work for the development of chest, legs, back or any weak portion of the body as indicated by physical examination, is probably the most valuable part of such training, such a course might properly include wrestling, fencing, boxing, military drill, dancing, etc. Naturally, the use of tools in carpentering, forging, and other lines of manual work would be elective and could be made far more thorough than at present.

The theory of education has hitherto concerned the intellect only. But why should there be ten or fifteen years of expert supervision of mental development and none at all of physical development? While perhaps no one by taking thought can add one cubit to his stature, any one in youth by taking proper exercise can add many cubic inches to his dimensions in various directions. In other words, culture, according to physiological laws, will do for the organism what it does for every growing thing on earth—enlarge and improve it greatly. The knowledge and the habit of physical training thoroughly engrafted in the formative period of life, is of more consequence for the future effectiveness of the individual than any one of the eighteen branches of study in our school curriculum.

Such a proposal does not involve either a lowering of the standard of intelligence or a lessening of the disposition to work. Physical culture should be not play but hard work—as much so as mental. The civilized man is as much enamoured of work as the savage is of idleness. We have by law shortened the hours of labor in nearly all occupations, but not for the children. Many high school and college students work almost continuously from rising to retiring. As for the standard of intelligence or learning, it is no longer true that the intellectual education of the individual closes with the school years. Indeed, it just begins, both for the classes and the masses. There are no more excellent text books on all branches of knowledge possessing any living interest than are constituted by our better class of newspapers and magazines.

Through them and the lectures, popular text books, and all sorts of clubs, the schooling of the people goes on through life. Still more is this true of the professions. Do physicians ever read and study so much? It is absurd to suppose that people would become less intelligent or educated because there was a greater election and a better distribution of the courses of education.

It is not urged that all scholars should go through the same routine of either mental or physical culture. As a rule the children attending our higher schools come from intelligent families, and a greater option in regard to the lines of work could wisely be given. But physical culture should be put on a level with mental culture in point of importance and honor. The State should

take the initiative in attempting to secure for the rising generations a vigorous body as well as a vigorous mind. The state may well complain of the present severe and prolonged curriculum of our higher schools, which has raised the marriage age of educated men to 35, and of educated women to 26, accompanied by sterility or at least by an inverse marriage and birth rate. A robust and trained physique would mean a constant decrease in insanity, in suicides, in nervous disease, instead of a constant increase, as at present. The State cannot afford to ignore these considerations. As guardians of the body and the health, physicians must continue to strive to influence public opinion until the requisite demand for hygienic changes shall be set up and made effective.

A CATECHISM FOR COMSTOCK

O Anthony! Saint Anthony! Of virtue undefiled,
 How shall we cast away the sins upon our conscience piled?
 For all the world is going mad with questions turned to vex
 The innocence we try to cloak about our native sex.
 Whate'er we read, howe'er we read, with blinders or without,
 The theme engenders more and more a taste we cannot doubt,
 Its shame parades the modern stage, the novels reek with it,
 Its fashions follow every age each kind of us to fit.
 The magazines, the daily press, the pulpits, courts and all,
 Of its unsatisfied distress to every nature call.
 No tongue or language is exempt from all its songs and signs,
 No censor held it in contempt till spoke your low designs.
 Far from the city's dreaded slums we've sought the rural wild,
 But animate creation there, undraped, is most defiled.
 The vegetation, too, alas! the great division knows,
 And every primal source of life in wild abandon grows.
 "The Book" is built upon the scheme, and Law its passions tax,
 The Art of Ages boldly laughs when e'er we turn our backs.
 And now has Science to the world this heresy declared:
 "Creation holds dominion here through sexes surely paired"
 How will consistency persuade your law-encircled pride
 To yield consent to Teddy's scheme anent Race Suicide?
 How shall we search the scriptures far, through glasses safe with smoke,
 To find the purity we need its license to revoke?
 How shall we watch the turning tides? How shall the seasons keep
 The hid, unsullied sex of us all passionless asleep?
 How shall the music of the spheres be echoed here on earth
 When you have locked away the joy that sings creation's birth?
 O Anthony! Wise Anthony! Whatever shall we do
 To neutralize the vicious thing that rends the race in two?
 O would we were a neuter egg whose enigmatic state
 Would charm away your snarling zeal and soothe your frenzied hate.
 But, Anthony, mad Anthony, the sexes you will drape
 Until all unexpectedly you'll wind yourself with crepe.
 Then may you find an easy job up where the saints abide,
 Supplying genders to the souls by nature thus denied.

GEORGE E. BOWEN, in *Lucifer*.

The Need of Knowledge About Sex

FORMATION OF A SOCIETY IN NEW YORK WHICH ADVOCATES TEACHING SEXUAL QUESTIONS IN PUBLIC SCHOOLS—WOULD ALSO TEACH OF THE DANGERS OF VENEREAL DISEASES.

By Grace Potter.

TO those who can read the signs of the times it is becoming more and more apparent that, in this country at least, communities are becoming divided into two camps regarding many of the questions that are of importance to us as a race. Especially is this so in the case of those which have to do with the function of sex and the side issues which spring from it, either directly or indirectly.

So it is that on the one hand we find ignorance and its mate prudery, working hand in hand to the end of keeping lawful knowledge regarding sex from the people, and thereby causing the latter to suffer the countless ills which arise from lack of comprehension of this most vital of matters. Anthony Comstock is an embodiment of this alliance of nescience and hypocritical affectation.

On the other hand we have those sincere and intelligent souls who believe that the truth never works harm, but instead, infinite good, and especially that truth which applies to the science of sex. Such are individuals like Felix Adler, Rev. Lyman Abbott, Prof. Burt Wilder of Cornell College, and many others. On the one side and as exponents of the gospel of darkness, we have one or two viciously prominent individuals and a number of purblind nobodies. On the other, we have men who are leaders in the world of religion and science, and the vast army of those who are in a state of permanent revolt against the tyranny of prudery.

This condition, as far as the intelligent are concerned, is crystallizing into a number of organizations which have for their end the extinguishing of Comstockery and its spawn, vice and bigotry, and the enlightenment of the world in general in regard to those subjects to which allusion has been made and which

are of such vital importance to it. A case in point is that of an organization that has recently come into being in New York City named the American Society of Sanitary and Moral Prophylaxis. Which means, the society for the prevention of disease by sanitary and moral measures. The efforts of the Society are directed exclusively against those diseases which have their origin in the social evil. Its members are proposing to do some very radical work. They have a standing committee on education which studies ways and means of educating the public on subjects which, thanks to prudery, are usually tabooed. There is a committee which aims to study the underlying as well as the auxiliary or contributing causes of the social evil. And last but not least, there is a committee on legislation composed of seven lawyers, which is to frame such legal measures as shall be found necessary to promote the objects of the society.

At a recent meeting of the organization some of its leading members made brief speeches which embodied their aims and purposes as follows:

Dr. Prince Morrow, the president, said:

"Men and women all over the United States are being aroused to the fact that there are a large number of their fellow-beings who are a menace to the community, because suffering with certain infectious diseases. Agitation of this fact has resulted in the establishment of many branches to this society, whose aim is to limit those diseases. At the last meeting of the Detroit branch there was a public discussion of a long and varied nature. Twelve months ago such a meeting would not have been possible. At present however, representative men and women, college presidents, doctors,

lawyers, educators and ministers of the church dare to break away from traditions of the past and publicly identify themselves with the movement."

Dr. Bulkley, another of the speakers said:

"We have a gilded Tenderloin district on the West side in New York, an immense Red-Light section on the East side and the unspeakably bad resorts along the water front. This society would fall far short of its duty did it not give consideration to the submerged tenth. Beside the dangers which those run who frequent the places mentioned, there are to be considered also the dangers to their innocent associates. There are thousands and thousands who contract these diseases as innocently as children contract measles. The most deadly of these diseases is extremely infectious during its first stages. One woman who came under the notice of a specialist had contaminated 300 men in ten months. Statistics show that 50% of the married females suffering from it get it from their husbands during the first few months of married life. Children inherit it. It may be given by kissing. A wet-nurse may take it from the baby she nurses, who in turn caught it from its mother before birth. A person with ever so small a cut on his finger may catch it if he touches a handkerchief or towel used by a syphilitic. In Russia, in some of the small villages, one fourth of the whole population is infected.

"Gonorrhoea also has a frightful history. Twenty per cent of all the blindness in the United States comes from gonorrhoeal infection. Eighty per cent of all deaths among women from pelvic diseases arise from the same malady."

Rev. Father Wynne thought that there should be both collective and individual instruction to deter young men from contracting sexual vices, and to assist them in ridding themselves of those already learned. The craving for enlightenment among young men and boys makes it imperative that clean-minded, well-informed and accurate teachers go over the matter with them in a friendly way. This could be done without shock to either listener or teacher if neither one has transgressed the laws of sex. Shame is one of the

penalties and deceit one of the obliquities which result from ignorance of, or the perverted use of the sex function.

Dr. David Blaustein, of the Educational Alliance, declared that the teaching should not be individual but collective. "It might be given in Bible-classes. But in looking over the lessons for the coming year, I see that the book in the Bible which contains more important lessons than any other is absolutely neglected as it usually has been in years past. I refer to Leviticus, which contains much valuable information in regard to cleanliness and temperance in reference to sexual questions."

Dr. Margaret Cleaves spoke on the question of instruction to young women of the working classes. "It is a mistake," she said, "to think that ignorance and innocence are one and the same. Among the working classes there is more likely to be instruction given by the mother to her daughter than in higher life. This, the tenement-house mother sees, is a necessity. The crowded rooms in which they live makes it imperative that a girl be told the facts of life very young. And so, as best she may, the tenement mother teaches her daughter what a society woman would shrink from mentioning. The working girl does not always have a mother to do this however, and when she does there is always supplementary information needed to be given by someone with a thorough knowledge of physiology and hygiene. Preliminary instruction in sexual physiology could well be given in the public schools. The law requires children to attend school until fourteen years old and they are then of an age to need and receive instruction of this kind. The large department stores employ a physician, while some of them have both a man and woman doctor who could well give personal instruction to the young women under their care. The professional philanthropist is not a good person to rely upon for teaching of this kind, as he or she always approaches the subject with so much mawkish sentimentality that a perverted impression of the subject is created upon the untrained mind."

Another physician said that women should be instructed about procreation

and the common diseases of the procreative organs. "It is a point of the greatest delicacy with a physician," he declared, "that he does not reveal to an afflicted wife the cause and character of a trouble if it arises from her husband. But she ought to have such a knowledge of such matters that she would know without her doctor telling her. Naturally he does not want the responsibility of breaking up the home."

"Ninety per cent. of all the patients admitted to insane asylums during the past two years are there on account of venereal disease," stated Mr. Edward Devine, of the Charities Society.

Theodore Schroeder, author of "The Evolution of Marriage Ideals," said that fully one half of the men and women of New York do not accept from any priest, minister, or church a ready-made code of morals in sexual questions any more than in religious questions. Those who

do not get one from the church must formulate one for themselves according to the facts in Nature. There was no book, so far as he knew, which attempted to evolve from natural law a code of morals applying to married and unmarried life.

"For the purpose of 'protecting the morals' of the medical profession as well as the laity," added Mr. Schroeder "the valuable psychological studies of sex, made by Havelock Ellis are denied the privilege of the mails. According to Anthony Comstock, the authority whom we allow to dictate to us in such matters here in the United States, any chapter on sexual science in any text book of physiology, is obscene literature. In order that prudes of this kind may not inflict ignorance upon us in regard to sex subjects, some legislation is necessary."

To which last remark we add a hearty "Amen."

BEAUTY AND HEALTH

By Mrs. R. R. Crandall

Fair Beauty and Health, twin sisters,
Once journeyed thro' the land;
A little maid with silken curls
They led by a dimpled hand.

Oh, their days were bright and joyous,
Their path with flowers gay;
For many years these faithful friends
Were with her by night and day

And she loved the dear companions,
Who made her life so blest,
But, tho' she ne'er confessed the truth,
'Twas Beauty she loved the best.

It was anything to please her;
To keep her always near,
But sturdy Health was slighted oft,
And neglected more each year.

Till, tho' she loved the maiden
With a heart that was warm and true.
She slowly, sadly went away,
While sweet Beauty followed too.

"Stay, stay," cried the startled maiden,
"Dear Beauty, do not go,
For Health has gone, I have only you,
And Beauty, I love you so."

A shade of grief—of pity
On the face of Beauty fell,
"I pine for my sister Health," she said
"You drove her away,—farewell."

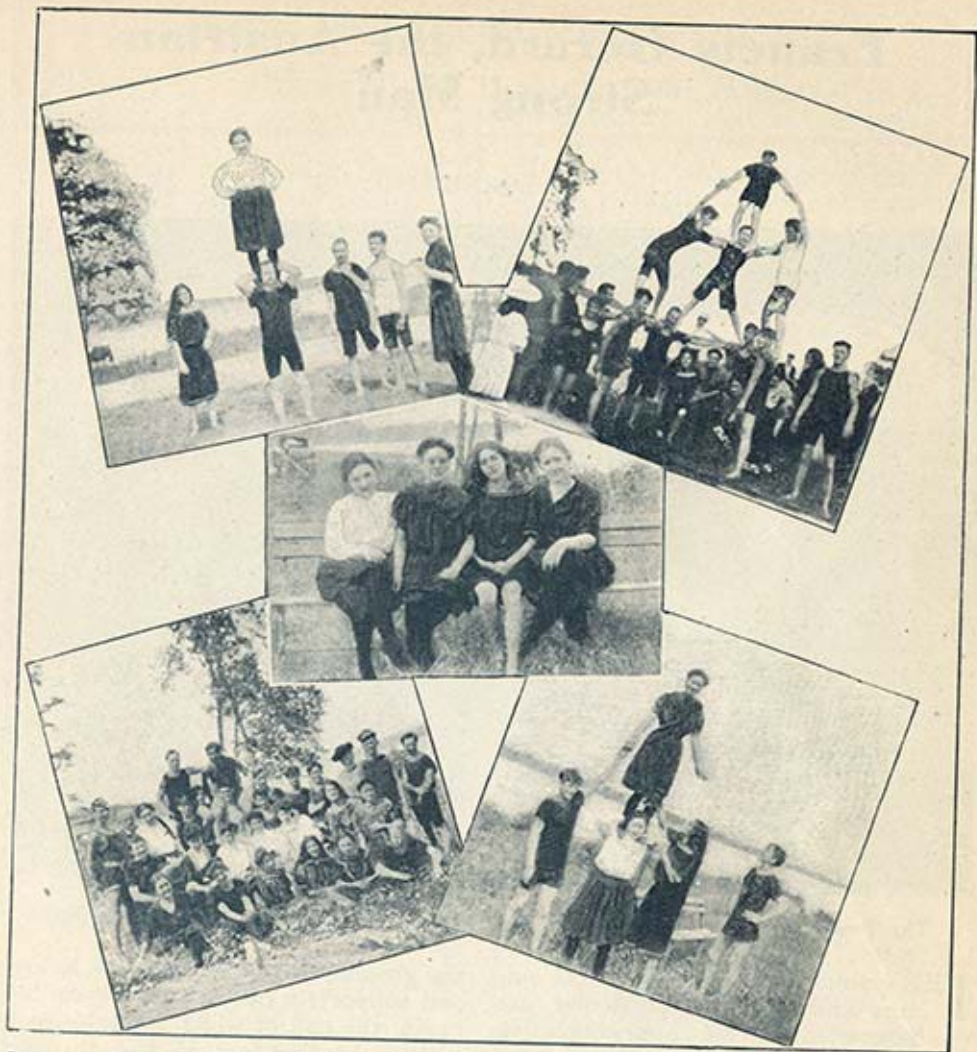
A weary, sad-eyed woman
Bewails her lonely lot;
And spends her days in an endless search
For Beauty. She finds her not.

PHYSICAL CULTURE CURES DYING MAN OF HICCOUGHS

As a result of treatment by a physical culture expert, Harry Wakefield of Richmond, Va., who was dying from hiccoughs, was restored to health. He now sleeps eight hours without awakening and eats normally.

The expert took the case after three

physicians had failed. Gradually and surely that most peculiar of all diseases was taking his life away. He could neither eat nor sleep and was dwindling away to a shadow. It required but three days for Mr. Daniels to perform the cure, and now the man is practically well and walking about.



Scene at an Outing of the Physical Culture Association of New York. Outings and Picnics held Weekly in Summer. Regular Meetings Monthly. Gymnasium Classes Weekly

PHYSICAL CULTURE SOCIETIES

Physical Culture enthusiasts in Denver, Colorado, have finally succeeded in organizing a permanent Physical Culture Society, having also rented a large, well furnished room, including a piano, in a central location. Here the members meet for the discussion of var-

ious topics and for general exercises every Thursday, and also on the first and third Monday evenings of each month. Place of meeting, Room 301 McPhee Building. See Secretary's address given below.

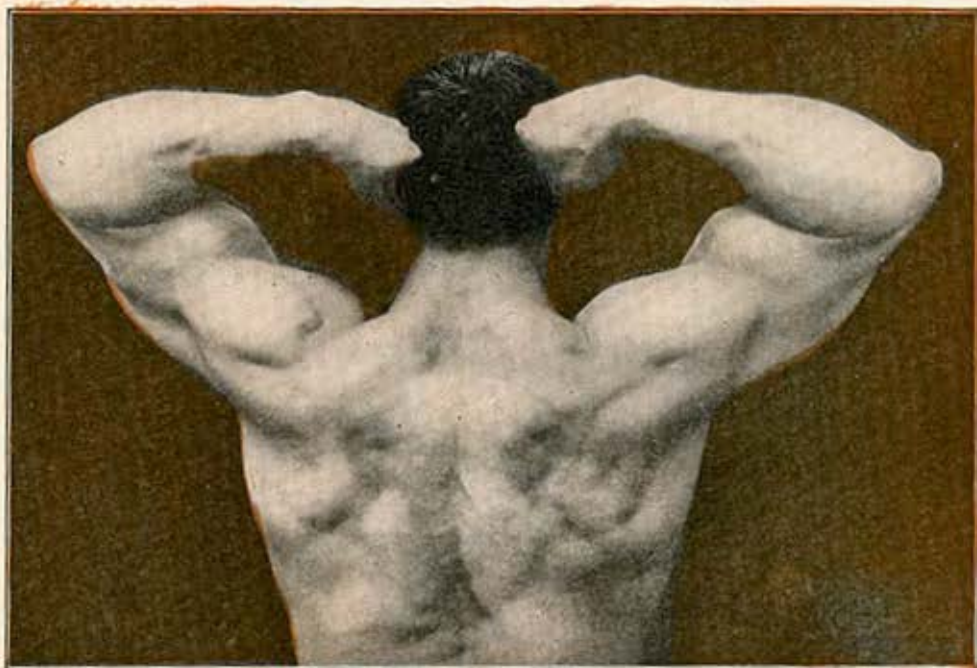
BRANCHES OF PHYSICAL CULTURE SOCIETIES

W. Hoboken, N. J.—Garabed Sabonjohn, 410 West St.
 Brooklyn, N. Y.—Mr. John J. Costello, 117 Carlton Ave.
 Philadelphia, Pa.—Mr. J. C. Edwards, Bryn Mawr, Pa.
 Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.
 Detroit, Mich.—Miss Josephine P. Scott, 57 Hancock Av.
 Denver, Col.—Miss A. Reed, 1648 St. Paul St.
 Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.
 Minneapolis, Minn.—Mrs. Lora C. Little, 1114 13th St., N.
 Buffalo, N. Y.—Mr. Frank L. DeBoy, Jr., 454 William St.
 Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.

Manhattan, N. Y.—R. R. Purdy, P. O. Address, Ossining, N. Y., Box 294.
 Pittsburg, Pa.—Miss May McCausland, 1704 Buena Vista St., Allegheny, Pa.
 Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.
 Cleveland, O.—Miss C. J. Lowrie, 229 Arcade.
 Chicago, Ill.—Mr. A. G. Gobrecht, 3541 Cottage Grove Ave.
 Paterson, N. J.—Mr. Frank Berdan, 35 Clinton St.

Francis Gerard, the Austrian Strong Man

By LORINDI



The Powerful Arms and Shoulders of Francis Gerard, the Austrian Strong Man

THE public at large, and physical culture enthusiasts in particular, are interested in the appearance in this country of Francis Gerard, the Austrian strong man. The writer has obtained an interview with this physical wonder, and a description of some of his feats of strength, and some of his ideas on physical culture, may be of interest to readers of this magazine.

Mr. Gerard opens his performance with a series of muscular poses, in a brilliantly lighted cabinet. He introduces many novelties in his act, and the old tricks of lifting huge dumb-bells, which nobody knows the weight of, and breaking chains which everyone suspects of having weak links in them, are replaced by genuine feats of strength and skill. Perhaps the most notable of these feats is the one in which he balances on his hands, fifteen feet above

the ground, on the tops of two ladders, and supports a man and a bicycle by a chain, the end of which he holds in his teeth. Another act is one in which Gerard holds a rung of a chair, in which a man is seated, in his mouth, and extends his arms straight out to the sides, with a heavy iron weight in each hand, while a large man hangs on each shoulder.

One thing is particularly noticeable about Gerard, and that is that he combines the grace of the acrobat with the huge muscles and clean cut development of the professional weight lifter. His feat of turning a somersault over the head of a tall man, sitting in a chair, is especially remarkable. Every muscle in his body seems to be under perfect control, and when relaxed, his arms are soft and pliable as a child's, but when flexed, they become hard as steel, and



A Wonderful "Hand-Stand"

the muscles stand out in great knots, while the fibre divisions are like strings of whipcord. Professor Anthony Barker, of New York, states that he has never seen anyone who had such complete control of the abdominal muscles, as Gerard.

At the age of fifteen, Gerard was sent to a gymnasium by his doctor to strengthen his back, as it was so weak that he became very tired sitting, and his father was afraid that a permanent bend in it might be contracted. A glance at his back development gives ample proof that Gerard succeeded in strengthening these muscles as he desired. Eighteen months after starting at the gymnasium, he went on the stage as a "boy wonder" on the triple bars. With the exception of his back, however, Gerard was naturally very strong,

and his father, though not an athlete, was a powerful man, and brought up his son in strict accordance with the rules of hygiene. Gerard believes that much of his strength, health and vitality is due to the fact that he uses neither liquor nor tobacco and confines his diet mostly to fruits and vegetables. Meat forms a very small part of his bill of fare, and white bread he considers unfit to eat.

As to exercise, he holds that light work is very good for promoting health, and as a foundation for strength, but he does not believe that great muscular power and a herculean development can be attained without the use of such heavy work, as wrestling, heavy gymnastics, or weight lifting. One of his favorite exercises is to do a hand-stand on the backs of two chairs, and then walk around, using the chairs as stilts.



A Remarkable Combination Feat of Balancing and Lifting

Athletic Training for Boys and Girls

By HARRY WELLINGTON

When to Train—The Duties of a Captain of a Team



NE of our boy readers recently wrote me a letter asking what time of the year is best for training for track athletics, and also asking what is required of the captain of a track team. During the past year I have discussed in detail nearly all of the special branches of track and field sports, and therefore will try to answer the above inquiries.

In temperate climates such as this of ours, where one can play out of doors comfortably all the year round you can train at any time during the spring, summer and autumn when it is warm enough, particularly from April to about the first of October, and later in some cases. But since one can do better track work when dressed very lightly, as in the usual running suit, it is more satisfactory to train in warm weather. Furthermore, curious as it may seem, one can be more active in very warm weather. All records are made, both by men and by horses, on hot days, as a rule. When one feels cold he acts slowly and stiffly. College men and high school boys must train early in the spring to get in condition for their annual track competitions in the latter part of May, but the warm summer months, commencing with June, are really much more satisfactory for this purpose.

The captain of a track team naturally has all the duties and responsibilities of anyone who has in hand the governing and management of a body of boys or men. It is for him to decide all questions that may come up, assign to each one the part he is to take in the affairs of the team, and determine what races or field events he is best suited for and which he shall compete in the name of

the club to which he belongs at competitive meetings. Of course, a sensible captain would not be too arbitrary in such matters, and would consult the wishes and opinions of the individual members of the team, and be guided by them to a great extent. In some cases a team has a manager, in addition to the captain, who only looks after the business affairs of the team. But when there is no manager, the captain should attend to all such matters. In a boys' athletic team it is often more satisfactory not to have a manager, because sometimes the manager and captain do not agree on some points. In such cases it is best to have the one officer, the captain, who decides everything. And usually, boys do not have enough business matters to attend to to make it necessary to have a special officer for that purpose. The question can be decided by vote of the team itself.

College teams, in addition to the captain of the team, who is always an active athlete himself, usually have another officer, known as a coach or trainer, who is a man of wide experience in athletic work, and who can teach the members of the team the best form in their respective events and get them in good condition for the same. Sometimes there are two such officers, one, the trainer, who looks after the food, sleeping hours, and general health of the team, and the other, who directs them in just how to run, jump, hurdle, or throw the weights, as the case may be. But since a boys' team would not be likely to have special instructors of this kind, it would be the duty of the captain to make himself as well posted on athletic work as possible so that he will be able to perform the work of the coach. Naturally, a team would be far better off with a well informed and enterprising captain.

A STRUGGLE IN WHICH NEITHER CAN POSSIBLY WIN

You will find this a very surprising contest for if you follow the instructions accurately, it will be impossible for either one to get the best of the other no matter how strong or how weak one of you may be. The two boys or girls should stand four or five feet apart and take hold of hands—arms straight and high above the head, exactly as shown in the photograph. Each one tries to bear down upon the other as hard as he can, but at the same time he must keep his back straight and his arms straight above his head. In fact his whole body from feet to hands, must be in one straight line. The hands cannot be brought outward or down to the sides. In short you cannot change your position one particle and must try to bear down upon your opponent as hard as you can. You will be surprised to find it impossible to accomplish anything no matter how hard you try because of the peculiar position in which you are placed. It is, however, a splendid ex-



ercise and will strengthen a great many of the muscles of the body. Try it.

A NEW WAY OF WRESTLING

By Harry Meier



At school, on reading the story of "Ivanhoe," we lads, enthused with the feats of Wilfred and the gallant knights, devised a method of our own of tilting.

The lighter fellows as knights, would mount on the backs of the stouter ones, who answered the purpose of steeds. The combatants having been chosen, the tourney would begin—it being in

reality a wrestling match and the object being to pull down or unhorse your opponent.

Not infrequently, the tussle would end in both steeds and riders tumbling simultaneously in a hilarious heap.

As I had never heard of this game before, nor have I seen it played since, I was not a little surprised, some years later, to chance upon the accompanying reproduction of an old English print, showing how men used to wrestle while mounted on the backs of others.

I suggest that if this form of wrestling were revived, it could hardly fail to become popular. Certainly it is royal sport, and as an exercise its efficacy can not be doubted. Anyway, "the proof of the pudding"—you know the rest, and I have eaten and know its flavor.

Stretching Exercises for Boys and Girls

By BERNARR MACFADDEN



MORE stretching exercises are here illustrated, which will be the last of their kind. You must remember, however, that it is possible for you to invent other stretching exercises yourselves. For instance you can stretch with your hands at your sides and when lying down in bed. You can stretch when sitting down in a chair, and you can even stretch some parts of your body while walking along the street without any one noticing what you are doing. You can stretch one arm separately, if you like, or one leg and then the other. In fact, you can find dozens of ways in which you can practice this form of exercise.

Now that the beautiful, warm summer months are here, I would especially advise you to get out of doors. Take your exercises out of doors. Practice deep breathing out of doors. Play out of doors. In short, try to live in the open air altogether, if possible. This applies to girls as well as to boys. Do not

be afraid of securing a good coat of tan. It does not spoil the complexion, but gives it an appearance that is much more pleasing than the paleness which is noticed when one stays too much in the house.

Not only is the fresh, pure air beneficial to you, but the sunshine itself has a great influence in building health and in that way adding to your strength and to your capacity for happiness. Perhaps many of my young readers do not know how important light is, and what an effect it has upon all living bodies. So important is it, that I'm going to tell you something about it,

even though this article is about stretching. Even without the direct "shine" of the sun, its light, as diffused through the air on cloudy days, or as reflected into shaded places on sunny days, has a marked effect. The photographer depends upon the light to make an impression upon the sensitive film in his camera, by means of which he gets your likeness, or photograph. This plate is what he calls a "negative," and when he



Exercise No. 10.—Stand with feet wide apart, then bend forward and pass the hands back between the feet and touch the floor in the manner illustrated. Now try to touch the floor with the tips of the fingers still farther back. Rise to a standing position for a moment, and then repeat, endeavoring to see how far you can reach in this way. It would be a good plan to take a piece of chalk in each hand, or a lead pencil, and each time place a mark farther back than the last time. Keep the legs straight. This is a particularly good stretching exercise for the entire body with the exception of the legs. It is a capital thing to practice in competition with some one else, each trying to do better than the other.

wishes to print the final portrait upon the prepared white paper, he must again depend upon the help of the sunlight. This shows the chemical power of light.

We are able to see only by reason of the light which enters the eye, and which affects the retina of the eye. This also shows its wonderful power. The tanning of the skin also shows this power. Grass and all kinds of plants grow when they can secure light, and water, and cannot flourish in the darkness. If some of them grow in the dark, then they are without color, while if they grow in the light they are a beautiful green.

Therefore it is wrong to keep your bodies away from the light. To wear some kinds of dark clothing all the time is like keeping the skin of your whole body in a cellar or dark room. You would be much better off to give it some chance to get the light. Sun baths are excellent, but if you expose yourself too long when you are not used to it you may be sunburned, which will be very painful. When the skin begins to become pink, it is best to seek shelter, and take a short sun bath the next day, repeating day by day until you get thoroughly hardened to the sunshine.

But apart from direct sun baths, it is an excellent plan to

wear such clothing as will enable some light to reach the skin all day long. For this reason I would advise that you wear light colored clothing in summer as much as possible. White, light gray or light tan colored cloth will permit a great deal of light to pass through to the skin, while black and dark colored cloth will keep out the light. The same remark applies to some extent to hats. You can prove this by experiment. Select two places where the grass grows well, and spread a white cloth over one and a black cloth over the other, letting them remain there a month. You will probably find the grass under the white cloth quite green at the end of a month, and that under the black cloth pale, if not dead.

There is another reason why you should wear light colored goods in the summer time, and that is because they are cooler. A white surface turns the heat away, while it lets the light through, but a black surface absorbs the heat. If you are in the sunshine dressed in black and then change your clothes, putting on nothing but white, you may be surprised to find that there is such a difference in your comfort. If you are dressed in white the heat will not seem nearly so oppressive as when you wear darker garments.



Exercise No. 11.—Stand erect, squarely on both feet. Then double up the arms in the manner illustrated, with fists to the shoulders, and stretch, bringing the head, shoulders and elbows back as far as possible. Take a deep, full breath with each attempt to stretch. Exhale and relax between times. This is a movement that a great many people occasionally do without thinking anything about it, simply because it relieves and refreshes them, but if you will make it a business to do it a number of times each day, it will be of much greater benefit to you than if you did it only when you felt like it.

Boys' and Girls' Question Department

Q. I am a boy of seventeen years, weight one hundred and nineteen, without clothing, and am five feet five inches tall. Use dumbbells weighing $1\frac{3}{4}$ lbs. Do you consider me too thin? Is there any chance of my developing good broad shoulders? Are my dumb-bells too light?

A. Considering your height, your weight is quite satisfactory for a boy. There is no way that will broaden your shoulders quickly, for the bones must have time to grow. You have several years yet in which you will probably continue to grow, and if you strengthen the muscles of your shoulders, develop a full, powerful chest, and enjoy general good health, without doubt the shoulders will gradually broaden as you desire. Good deltoid muscles will help to give the appearance of broad shoulders, but this breadth really depends upon the bony frame work, whether broad or narrow. Remember that broad shoulders do not indicate strength unless the muscles are also developed. Your dumb-bells are plenty heavy enough. If they were heavier they would tend to make your movements slow and clumsy. I would suggest that you go through your dumb-bell exercise in just as quick and active a manner as possible, stopping when you get too tired, and after a rest going at it again very briskly. Never tire yourself too much.

Q. Are long walks beneficial for boys and girls of twelve and thirteen years of

age? Should one walk slowly or briskly?

A. Prolonged walks are more to be advised for grown up persons than for children of the age mentioned or younger. Children are more adapted to sports that call for great activity and agility. Strenuous exercise that calls for much endurance such as long walks is more suitable for matured persons. Walk briskly by all means, when you do take a walk, and when you become tired that indicates that you have walked far enough. You should really be able to enjoy all your exercise, including a walk, but if at any time your exercise seems more like work than play, then it will not do you much good.

Q. When I walk fast or run for a few minutes, my whole body and face become extremely hot. The skin feels itchy and prickly. How can I help it?

A. Perhaps you dress too warmly. Do not have woolen goods next the skin. You are evidently too weak to stand much exertion and you should do everything possible to gain greater strength. Take frequent cold water baths and thus improve the circulation in your skin. Do not stop walking and other exercises. As your general health becomes better and you grow stronger, you will probably not be troubled in the way you mention. Of course, running and all very active exercises will make the body very warm, and the best thing to do immediately after such exercise is to take a cold water bath, before you have cooled off. But do not stay in the water too long.

BOXING LESSONS BY JACK O'BRIEN

The usual Boxing Lesson for Boys is omitted from this number, because of another series of especially good articles commencing this month, to which we wish to call the close attention of all those who have been interested in this department. Mr. Joseph Hagan, better known under the name of Jack O'Brien, who is the heavyweight cham-

pion boxer of the world, has written for this magazine four very good articles on boxing, the first one of which is published in this issue. I would advise you to study his instructions very carefully in all of the four articles mentioned, after which we will give further lessons illustrated in the same manner as those of the past few months.

FACTS ABOUT THE BANANA

The same space of earth used for banana culture gives a hundred and thirty-three times the food-production of wheat, and forty-four times the food value of potato. The same ground gives

33 lbs. of wheat, 99 lbs. of potatoes, 4000 lbs. of bananas. The banana is much more nutritive than the potato. It can with advantage be used in the form of flour.

Physical Training for the Baby

By BERNARR MACFADDEN

Play Exercises the Only Kind that Can be Recommended



BEFORE proceeding with of the different forms of play-exercises for the baby illustrated in this series, I would again call the reader's attention to the fact that some of these will appeal to one child more than to another. Hence it would be best to select those which appeal most strongly to your own child, or in other words, those which it enjoys the most. While the different exercises presented are numbered for the sake of convenience, yet it must not be understood from this that they must be executed in the order given. In fact, some can be left out entirely. After becoming familiar with the various movements, it would be best to take them up in "any old order," as may be most convenient and as most appeals to yourself, perhaps taking those first which baby likes the best. One after the other will suggest themselves to you, without any pretense of order, and they will be the more pleasant because spontaneous in this way. And you will without doubt think of new movements and methods of playing with the child which will prove of benefit to it from a physical

standpoint, all of which can be readily introduced into the sport.

Above all things, be sure that the exercise is accepted as play by the child, a matter upon which I have already laid great emphasis. And if in addition to this, the parent can also find it a pleasure, and enjoy the "play" as much as the child, so much the better. In fact, only the best results can be obtained when both parent and child find the daily exercise a source of unalloyed



Photo No. 13.—Take hold of the child's hands or wrists with both of your own. Lifting it up high, place its feet against your chest or stomach, in a standing position, then, holding securely by the hands, slowly lower the upper part of the child's body until it reaches an almost horizontal position, exactly as shown in the illustration. You will find that the baby will not fail to do its part in this little exercise, and will hold its body rigid and stiff as required. It is a splendid exercise for the entire body, and when the baby gets familiar with it, it is likely to become one of its favorite exercises. Do not hold the position too long, but give it frequent rests. Repeat until the child is tired of it and wants a change. It may make the exercise more interesting if you walk about the room somewhat, gently swinging the child.

delight. This additionally applies in a great measure to exercise of all kinds, for people of all ages.

In case that it were possible that any parent could feel that this exercise for

Photo No. 14.—This bears some similarity to the preceding exercise, and in some cases the child may like it even better, provided that it is not afraid. Taking hold of both of its hands, let the child stand on your shoulder, or, leaning slightly backwards, upon your upper chest. Then move about and the effort to stand and keep its position made by the baby will give it sufficient exercise, while the well known and pleasant sensation of being high in the air will interest and delight the little one. Furthermore, the parent will also find the exercise beneficial, tending as it does to raise and expand the chest. It is especially good for one who sits down a great deal, for it will "straighten him out."



Photo No. 15.—Place the baby upon one hand and forearm, as illustrated, so that it may sit erect, while you help it to keep its balance by lightly touching the top of its head. Do not give it any more assistance in this respect, however, than is really necessary, and ultimately it will be able to sit upright without any such help. It is a good balancing exercise for the child, and will greatly help it to gain control of its muscles, especially if you walk about a little at the same time as you perform the exercise.

the baby entailed a sacrifice of his or her time, I would suggest that both parent and child benefit by the movements.

Breathing Exercises for Women

By BERNARR MACFADDEN

The Value of Special Voluntary Efforts in this Direction. Importance of Pure Air. The Question of Holding the Breath

THIS is the second article on the subject of deep breathing, illustrating more special exercises. I believe that it will pay you to practice all of these daily, including the movements illustrated last month, and you would doubtless find it to your advantage if you were to go through them thoroughly twice a day, morning and evening. Furthermore, in taking other systematic exercises, it would be well to practice deep breathing in connection with them, breathing in rhythm with the movements. You can very easily and quickly ascertain, in taking up any new exercise, just what would be the most convenient manner of combining with it the deep inhalations and enforced exhalations which you desire.



By following this practice, you can without doubt greatly accentuate the benefits to be derived.

This applies more especially to the exercise of walking. Simply as it is, walking is unquestionably one of the best general exercises. While it is not of a nature that will build great muscular power, yet there is probably no other exercise that is superior in its beneficial constitutional effects. For this form of recreation, the present season of the year is especially timely. Remember, however, that slow walking is not of any value, outside of the opportunity it affords you of getting pure air for the time being. To be of any real and lasting benefit, the walk should be brisk enough to arouse a good circulation of the blood, vigorous

Exercise No. 4.—Stand erect on both feet in a free and comfortable manner, without any special tension or strain in any part of the body, as in the case of the first breathing exercise published last month. Place hands on hips, at the waist line, as illustrated, and slowly inhale, expanding in the region of the abdomen and waist line, so that you can feel the expansion as sides and back with your hands. As you continue the inhalation, try to bring the elbows back as far as possible and let the expansion extend to the chest, thereby securing as much air as possible in the lungs. Exhale and repeat, continuing until tired.

enough to compel you to breathe quite deeply whether you are to think of doing so or not. And if in addition to this, you make a conscious effort to inhale and exhale deeply, you will be just that much the better. An excellent plan is to breathe rhythmically when walking, the same as in other special exercises, thus you take a definite number of steps with each inhalation, and the same number with the succeeding exhalation. For instance, you might try the plan of taking four, six or eight steps, or even

more, with each inhalation and exhalation. If you are inclined towards either music or poetry you will adopt this idea all the more readily.

Of course all out-of-door sports and games stimulate active breathing. Indeed, the need for a better lung capacity is shown very clearly when one who is not accustomed to such pastimes attempts to engage in them. And it is quite probable that one who has the privilege of enjoying a great deal of such recreation does not require any further exercise for the lungs than that which they afford. But at the same time, when circumstances prevent one from indulging in the usual out-of-door pastimes, the practice of special breathing exercises such as I have illustrated,

should not be neglected. One should try to establish a fixed habit of breathing deeply. Even in case you do indulge

in active sports, you would secure additional benefit and physical refreshment by taking some special exercises of this character upon arising and retiring. Also you will feel better if you made a practice of taking a number of deep, full breaths several times each day, say every hour, half hour, or even oftener, if you can think of it, no matter what occupation you may be engaged in.

In connection with the subject of breathing must be considered the questions of pure air and proper ventilation. In this we find another illustration of the statement that "the world does not need so much to be informed as to be reminded," for certainly every one that is able to read has been informed at some time of his or her life of the value of pure air. But curiously enough, in spite of all that has been said and written upon this point, the world still goes blindly on, breathing the stagnant, vitiated air of enclosed, unventilated rooms, and becoming sick and dying prematurely as a consequence. The evil is to be found in varying degrees, ranging from the well intentioned but insufficient attempt



Exercise No. 5.—Place the palms of both hands together and raise to the level of the shoulders at arms' length in front of you. Then inhale slowly, at the same time bringing the arms out sideways in the manner illustrated. Bring the arms back as far as you possibly can upon each occasion and bring forward again when exhaling.

to "ventilate" a room containing many people by means of a mere crack, or a window opened an inch or two, to the terrible habit of sleeping night after night in a bed room, which has not even been "aired" during the day time, with the windows tightly shut, and in which the sleeper keeps a lamp burning all night long, for reasons which are very difficult to understand. The bed room should be aired to the limit, night and day, with the windows as wide open as possible. Apart from the sleeping room, however, the ordinary so-called living rooms in the average home are either not ventilated at all, or very insufficiently so. Imagine a very clean family of refined taste, who shrink from the thought of dirt or filth in any form, spending hours together in an enclosed room, and breathing over and over again the foul air that accumulates there which contains the poisonous exhalations from the lungs of each individual. But it would be of little use to waste words here upon this subject. Let this simply stand as one more "reminder" regarding the danger of badly ventilated rooms.

But if homes are not ideal in this respect, then how much worse must be the typical public places in which men and women gather in numbers, namely the churches, theatres and lecture rooms, in which the atmosphere as a rule is nothing short of abominable. The atmosphere in many school rooms is almost unendurable, certainly unfit for the development of clear heads and sound brains, and this even at the moment when the teacher may be making the usual half hearted attempt to instruct a class in "hygiene and physiology." The condition of the air in the majority of factories is unspeakable. Office buildings, stores, and especially street cars, are all alike unsatisfactory in this respect. And in the past I have even seen classes in a gymnasium attempting to go through a series of breathing exercises in a close, vitiated atmosphere, with scarcely a window open. I cannot emphasize too strongly the importance of good ventilation in a gymnasium because of the fact that one engaged in active physical exercise consumes many times more oxygen than

one in a state of comparative rest. But if you note carefully some of the school and college gymnasiums you may go into, you may yet frequently find this same condition of affairs. The same thing holds true of basket-ball games, fencing tournaments, and other forms of indoor athletics.

Public halls used for receptions, dances or balls are notorious as regards suitable ventilation. If dancing could be carried on in the open air, or in well ventilated quarters in which the crowd is not so great as to consume the air faster than it can be supplied, it would be found one of the most healthful and beneficial of exercises. In addition to the actual muscular activity, the pleasure which may find in it, accentuated by the music, undoubtedly adds to its benefits. Exhilaration of this kind affects the circulation of the blood and stimulates the entire system, promoting a more harmonious condition of all the organs and functions of the body. For these reasons, dancing is to be commended, were it not for the foul nature of the atmosphere which usually accompanies it.

The fear of draughts is no doubt largely to blame for these conditions. People who do not notice a wind out of doors will shrink from a current of pure air inside four walls, fearing that in its mysterious contact there may be all manner of ills. This is a delusion, as I have repeatedly pointed out in these columns. The real cause of these ills is to be found in the habitual avoidance of these currents of pure, fresh air. And it is needless to say that all these breathing exercises should be taken, if indoors, before a wide open window.

It is a not uncommon thing to find some one trying to improve the lung capacity by taking a deep inhalation and holding it as long as possible. This is not to be advised. The question as to how long it is safe or advisable to hold the breath may be determined largely by your sense of personal comfort. With the exercise of only a moderate amount of will power it is quite easy to continue to hold the breath until one faints and falls senseless. At the first impulse to exhale, do so, for to continue to hold the air is harmful.

Ideal Babyhood

By MARGUERITE MACFADDEN

Little Miss Brag has much to say
To the rich "little lady" from over the way;
And the rich little lady puts out a lip
As she looks at her own white, dainty slip,
And wishes that she could wear a gown
As pretty as gingham of faded brown;
For little Miss Brag she lays much stress
On the privileges of a gingham dress.

—Eugene Field.

NOW that baby has been bathed, fed, rested and made comfortable, her first trial is to be imposed upon her. Her "birthday clothes," the only ones that do not hamper, and add discomfort to what should be her otherwise serene existence, are to be supplemented by those suggested by Dame Custom. But our hope is, that the enlightened mother of to-day will not encumber her baby needlessly. Even in the days of earliest infancy, her "little majesty" will rebel when dressing times comes, while who among us has not witnessed the unbounded satisfaction displayed when clothing is removed, and baby is able to stretch legs and arms, wriggle and squirm to its heart's content, and proclaim in the unknown tongue of "babyland" its enjoyment of its emancipation. Needless to say a mother's affection will prompt her to provide the very daintiest and best that her purse will admit. In this matter of clothing, as in all things pertaining to her child, health should be first consideration. A mother's love for the beautiful should be willingly sacrificed to her baby's happiness and well-being in regard to baby's dress. How ill-judged and unwise for any mother to harass herself to provide for her infant that which is not within ready reach of her means. Better, far better, to have baby bountifully supplied with simple, fresh clothing, devoid of trimming or ornamentation, than skimp in quantity, to gratify a desire for delicacy of texture or design, or too often, alas! for display. Many of us have seen time and again, a tiny infant, far from clean, sweet and dainty, yet with voluminous lace-bedecked robes, whose very condition bespoke the

lack of that change, which the foolish and misguided mother's love of finery had robbed her of the means to provide. In short, one should endeavor to have a sufficient quantity of clothes on hand to insure baby being always fresh and sweet. Of course with a small wardrobe there is the necessity for frequent laundering, but if one's means are limited, economy and industry will supply the shortage.

On the other side, if one is not restricted financially, a bountiful supply of the necessary clothing is a luxury, and can be supplemented by adding dainty jackets, booties, serviettes and dozens of little et ceteras which will suggest themselves to the proud mother. I shall first enumerate the "needfuls," for baby, and later we can discuss the "delightfuls," although not absolute necessities of the layette. The old habit of swathing baby in garments, voluminous enough for three, has entirely passed away among the enlightened. The harmful consequence of such garments are now realized, foremost among which is retarded development, and unhygienic conditions due to the emanations, and exhalations from the body being pent about the little one, within its cumbersome garments.

However, we will take it for granted that our modern enlightened mother is going to do away with such relics of bygone days, and therefore will consider baby's garments as they should be. Most babies were (I say "were" mark you, not "are" as I trust this custom has also been relegated to oblivion) enveloped from armpits to hips in a vice like band for from one to four weeks and even longer. This was considered

necessary for many reasons, first among which was the superstitious dread of hernia or abnormal distension of some kind. This, it is needless to say, is an erroneous idea, and the only fear of distension to a harmful degree is that produced by over-feeding or constipation, both of which conditions lie within the power of the mother to relieve. Therefore baby's band can scarcely be considered as an article of its wardrobe proper, but only just a means of protection for the navel, and to hold the little compress in place for the few days required by Nature to dispose of the remnant of the cord. However, since we shall use the band for a few days, we must see that it is comfortably adjusted, being neither too tight that it may cause discomfort, or so loose as to roll up under baby's arms, or down on its little legs, and thus do away with its usefulness. It should be just snug enough to hold the compress in place. Never use pins to fasten the band under any circumstances. The band par excellence is knitted or woven and therefore elastic. It should be about six inches in width having tiny little straps knitted over the shoulders (which prevent its slipping down too far) and a tiny tab both back and front to which the napkin is pinned, which latter serves a double purpose by keeping itself "held up," and the band "held down" securely. These bands have also another thing to recommend them, inasmuch as the knitted ones do not shrink and harden with constant washing as do the average straight flannel strips. They are very inexpensive, even if one does not knit them for oneself, and are to had in many qualities and prices. For the mother who has never seen one, I should suggest her inspecting them in one of the stores, when the simplicity of the little garment will at once recommend itself to her as will the ease with which they can be made at home. It would be well to have half a dozen of these bands, though if necessary one could manage with three, by frequent washings. Anyhow they should be changed often, indeed baby should never be put down for the night in one that it has worn during the day. Then again they serve

the purpose of both band and shirt, and through the use of them, baby becomes accustomed to a sleeveless undergarment.

Next in order come the napkins. One requires an abundant supply of these latter. And just here let me take occasion to warn mothers and nurses to avoid using damp napkins that may have been dried without rinsing or washing. This is a prolific source of chafing and tenderness. Not only should napkins be washed, and dried, in the open air if possible, but thoroughly rinsed, so that all the soapy water is removed from them. Also they should never be blued, or washed with the aid of any chemicals.

It is well to use a good quality of soap in the washing of baby's clothing. I would suggest at least six dozen napkins for baby's use and comfort, though, as with other things, one can manage with less. Two pieces of cotton birds-eye, three pieces of linen birdseye (or diapering as it is commonly called), and five yards of canton flannel will suffice. Safety pins should always be on hand, and no other pin should be employed, as a pin pick is simple torture to an infant. The "barry coat" and pinning blanket have been relegated to the past, so next in order comes the little skirt, which for an infant should be made much in the manner of a sleeveless wrapper, that is, all in one piece and not with separate waist and skirt. Neither should it be abnormally long, from twenty-two to twenty-four inches is ample, rather than the thirty-six of olden days. The skirt should fasten in the back. Care should be taken to use nothing in fastening baby's apparel that is going to annoy or disturb it. Tiny linen buttons, are the only ones suitable for use on baby clothes. The child's slips, dresses or wrappers, whatever you may term them, that baby is to wear for the first few weeks, should be simplicity itself. Anything elaborate is sadly out of place in this connection. Let them represent taste, elegance, and charm in their very simplicity, with all the nice hand work that taste and skill can devise. Nothing is daintier than hemstitching or feather stitching, tucking etc., done by hand.

while if lace or embroidery are employed they should be of the most unpretentious. The slips may be of nainsook, muslin, albatross, cashmere, or flannel-ette, as taste and purse may dictate. Flannelette will be found the cheapest, and washes and launders well. Nothing should ever be employed in trimming this latter except a little wash ribbon and feather stitching or herring-boning in wash silks; lace, unless it be a very narrow linen torchon, is entirely out of place. Albatross is expensive in one respect, that is, it is high priced, and therefore calls for greater outlay, but it is economical in the end, inasmuch as it wears well, retains its color, and is soft in texture. Many persons cling to the nainsook, which is always pretty and dainty but requires a warm little wrapper, jacket or shawl, worn constantly, while it is otherwise with those materials of heavier quality. Indeed regarding baby's skirts many prefer the flannelette or albatross to the flannel. To my mind there is nothing equal to a nice French flannel.

To sum up; none of baby's garments should be made of sufficient length to hamper its movements, but just short enough and of sufficient fullness to allow it to move its little legs and arms at will. If its other clothing is made roomy enough, and after a princess pattern in which all the weight comes upon the shoulders; it will gain in comfort and good temper. I will enumerate such articles as I consider necessary to baby's comfort:

Three (at the least) bands, serving as band and shirt combined; 3 flannel skirts; 3 nainsook skirts; 3 night dresses; 6 dresses or slips; 2 pieces of cotton birds-eye (or diapering); 3 pieces of linen birds-eye; 6 yards of canton flannel; 1 dressing gown; 4 pairs of little stockings.

Of course so small a wardrobe will call for frequent laundering, but one can manage with it. Usually admiring friends and relatives supplement it by gifts.

When the weather is hot, baby should know the meaning of comfort such as none of us can enjoy; clothes are shed by her, and she can revel in her birthday clothes by day and by night. During last summer's heated term my

baby wore nothing whatever, and so free and untrammelled lay from morning until night in her carriage or hammock, kicking and crowing to her heart's content. What prettier sight is there than a little cherub thus; "surely Solomon in all his glory was not arrayed like one of these."

There is another feature of baby's comfort and well being that I must not omit mentioning; it is the matter of protection at night. Do not put baby down to sleep pinned tightly in a napkin, but rather keep on hand a number of quilted, washable squares, under which is a square of rubber sheeting, on which place a folded napkin to absorb the emanations from the body, and change it whenever required. A little watchfulness on the part of mother or nurse for the significant restlessness, will soon guide one as to the proper time to lift up the wee mite. So that even at a very tender age a soiled and damp baby may be a thing unknown. A baby carefully reared in this respect, soon makes manifest its desires. The untrammelled limbs also tend to give that freedom and restfulness that every little one should know and which cannot be theirs if hampered by a constant harness. If baby is clad in its outer wraps daily and put to sleep in the open air both morning and afternoon, you will find that its slumber at night in a well ventilated room will be such as to insure your rest as well.

Now as regarding baby "foot-gear." The less children wear upon their feet the better. The little full length stockings will be best in early infancy, but as the little one begins to toddle about, the scantier the covering, the healthier and happier it will be. In warm weather it is decidedly more comfortable in bare feet. At no season of the year should the feet be cramped or hampered by heavy stockings or shoes. Socks are preferable to stockings once baby is able to toddle about. The sandal shoe is the most sensible form of foot gear that has yet come to us. Above all, let baby's comfort be the chief aim in all details of its dress.

'Tis comfort we crave,
Oh, make not a slave
To custom, our baby.

Detailed Menus for One Week

By Marguerite Macjadden

MONDAY.	
<i>Breakfast.</i>	Grape Fruit. Wheatena With Cream. Eggs Irish, Brown Bread, Postum.
<i>Dinner.</i>	Cream of Asparagus Soup, Minced Chicken With Mushrooms, Scalloped Potatoes, Spinach, Water Cress Salad, Strawberries.
<i>Supper.</i>	Baked Stuffed Tomatoes, Water Biscuits, Blanc Mange, Hot, Strawberry Sauce, Cocoa.
TUESDAY.	
<i>Breakfast.</i>	Strawberries with Shredded Wheat Biscuit and Cream, Jellied Eggs, Graham Gems, Chocolate.
<i>Dinner.</i>	Cream of Spinach Soup, Tomato Pie, String Beans, Boiled New Potatoes, New Beet Salad, Cherry Tartlet.
<i>Supper.</i>	Potato Biscuit, Blackberries and Cream, Cheese Stuffed Dates, Milk.
WEDNESDAY.	
<i>Breakfast.</i>	Raspberries and Cream, Rice Butter-cakes, Banana Coffee.
<i>Dinner.</i>	Puree of New Peas, Nut Stuffed Peppers, String Beans, New Beets, Strawberry Cups Puddings, Lemonade.
<i>Supper.</i>	Cheese Cream Toast, Fruit Jelly, Whipped Cream, Radishes, Milk.
THURSDAY.	
<i>Breakfast.</i>	Apples, Egg-o-See, Parsley Omelet, Whole Wheat Gems, Postum.
<i>Dinner.</i>	Black Bean Soup, Shepherd's Pie,
FRIDAY.	
<i>Breakfast.</i>	Cherries, Grape Nuts and Cream, Mushroom Omelet, Corn Bread, Cambric Tea.
<i>Dinner.</i>	Noodle Soup, Baked White Fish, New Peas, Mashed Potatoes, Cabbage and Tomato Salad, Peach Snow.
<i>Supper.</i>	Radishes and Young Onions. Brown Muffins, Strawberry Shortcake, Milk.
SATURDAY.	
<i>Breakfast.</i>	Sliced Peaches, Macerated Wheat with Dates and Cream, Flannel Cakes, Postum.
<i>Dinner.</i>	Okra Soup, Stuffed Cucumbers, Asparagus in Cream, New Carrots, Lettuce and Date Salad, Berries.
<i>Supper.</i>	Fresh Fruit Puffs, Tomatoes, Strengthfude and Mayonnaise Stuffing, Fruit Punch.
SUNDAY.	
<i>Breakfast.</i>	Strawberries on Shredded Wheat Biscuit, Water Cress and Radishes, Brown Toast, Milk.
<i>Dinner.</i>	Rice Soup, Nut Mince, Green Corn, New Potatoes, Vegetable Salad, Fruit Ice Cream, Iced Postum.
<i>Supper.</i>	Lettuce and Nut Salad, Sliced Peaches and Cream, Brown Bread Sandwiches, Chocolate.

Eggs Irish.

Choose good sized potatoes, wash, and bake in moderately hot oven. When done, cut off the tops, and remove two teaspoonfuls of the soft contents, break into the cavity thus made a fresh egg, sprinkle with salt, add small piece of butter and place back in the oven for three minutes. Serve on a bed made of the removed portions of the potato, upon which dabs of butter have been liberally strewn.

Cream of Asparagus Soup.

Cut a good-sized bunch of asparagus into small pieces, keeping the tough or woody parts in a separate dish. Now put on these tougher portions, (indeed all of the asparagus except the tender tips) to boil in one quart of slightly salted water. Boil until tender. Remove from the fire and rub all through the colander or wire sieve, when only the fibre will remain. Return this strained portion to the fire, add to it the tips and boil all until they are tender. Now add one and one-half pints of milk, one tablespoonful of butter, rolled in one of flour, pepper and salt to taste. Boil up once, pour over toast dice and serve.

Minced Chicken with Mushrooms.

The reason that minced chicken is usually such a tasteless dish, is because it is prepared from the chicken left over, after being boiled in soup by which all the taste and nourishment has been extracted. Thus the average mince is not very different in taste to seasoned saw dust. To prepare a chicken mince properly, one must cut the meat from the chicken and crack the chicken bones and put all on the stove to simmer with just enough water to cover. Cover the kettle tightly and cook slowly, for two hours. Now place the meat in your chopping bowl, season with salt and white pepper and mince finely. To the liquor remaining, add one-half cupful of blanched and chopped mushrooms and four tablespoonfuls of milk, salt to taste, and boil for four minutes. Thicken to proper consistency with cracker crumbs, and pour over your minced chicken, which should be served on individual slices of buttered toast.

Scalloped Potatoes.

Peel six raw potatoes and cut them in thin slices. Place in your buttered baking dish a layer of this potato one inch deep, season with salt, pepper, and a thin dusting of flour and a dab of butter here and there. Repeat this until your dish is filled. Over this pour milk enough to moisten. Cover tightly and cook for one hour. About ten minutes before serving, remove the cover, sprinkle liberally with grated cheese, and brown.

Spinach.

This delicious vegetable is so often prepared carelessly, and some of the sand or soil allowed to cling to the leaves, so as to render the dish when served, gritty, and thus ruined. Do not spare water, in washing your spinach, and pull the leaves apart: do not let it remain in clusters where the sand may lodge. Then again always strain your spinach through a colander or wire basket. Rather than pouring the water from it, lift it out of the water it is boiled in, as if there be any sand it will settle to the bottom of the vessel in which it has been boiled. Toss your leaves when thoroughly washed into salted water, and boil for twenty minutes. After draining, chop fine, return to the fire, add a small piece of butter, salt, pepper, two tablespoonfuls of cream, and beat well. When in the dish and ready to serve, grate over the top the yolks of two hard boiled eggs.

Baked Stuffed Tomatoes.

Tomatoes for baking should be firm, smooth, and of uniform size. Cut off the top, and remove the hard center and seeds. Grate whole wheat bread crumbs, sufficient quantity to fill the cavities, season with parsley, pepper and salt and a few chopped nuts. Fill your tomatoes with this mixture, placing a generous dab of butter at the top of each. Place in your baking dish, and cook for half an hour in a moderate oven.

Water Biscuit.

Sift one quart of flour in your mixing bowl, add one-half teaspoonful of salt and two teaspoonfuls of baking powder. Mix through it two tablespoonfuls of butter (cold), add water enough to

make a stiff dough. Roll thin and cut out with a biscuit cutter. Bake in a quick oven from fifteen to twenty minutes.

Jellied Eggs.

This is a favorite dish with the French in hot weather and delicious if properly prepared. Clear chicken stock is required, about one pint being ample for eight eggs. Have your stock boiled down to a consistency that will jelly; into it slice a quarter of a lemon, cut very thin, now break upon your platter the eggs, being careful not to break the yolks, over them pour your boiling stock, and set aside to cool. The stock if at boiling point, cooks the eggs delicately, and when the jelly forms around them, they are ready to serve. Thoroughly chilled this is a dish to tickle the most delicate palate.

Cream of Spinach Soup.

Put three pints of milk over the fire, add to it one bay leaf, one tablespoonful of chopped onion, one-half teaspoonful of grated nutmeg, one tablespoonful of celery salt, one teaspoonful of salt and half a teaspoonful of pepper. Let this simmer gently on the back of the stove. Wash and clean thoroughly two quarts of spinach and boil until tender in slightly salted water. When done, remove from the water, which latter should be well boiled away, drain and chop fine and add to the milk and other ingredients. Thicken all with a little flour and butter rubbed together. Strain and serve.

Tomato Pie.

Hard boiled eggs, cold chicken or left-over meat of any description will answer to make a tomato pie from. It is a particularly good way to use just such "left-overs." Line your baking dish with cracker crumbs, then add a layer of eggs, chicken, beef, or whatever you may deem best to use, for the body of the pie, sprinkle with salt, pepper and dabs of butter, over this pour your tomatoes stewed and seasoned as for the table. Repeat this until your dish is filled. Cover the top with a thin

crust, or with thin slices of buttered brown bread, and bake in the oven for twenty minutes.

Potato Biscuit.

Boil six large potatoes in their skins, drain, peel and mash, leaving no lumps, add one egg, one tablespoonful of butter and one pint of sweet milk. When cool, beat in half a cup of fluid yeast or one-half cake of compressed yeast dissolved in four tablespoonfuls of water. Add just enough flour to make a stiff dough. Let it rise, and then mould into small biscuits, let rise again, then bake.

Cheese Stuffed Dates.

Wash and remove the pits from your dates, (if you cannot procure the pitted dates, which of course are preferable). Beat in a bowl, two tablespoonfuls of cream cheese with the beaten white of one egg, and one tablespoonful of thick cream, into this stir chopped nuts enough to form a thick paste, fill your dates, pressing them close, and set aside for an hour before serving.

Rice Butter Cakes.

Into a pint and a half of milk, put one cupful of soft boiled rice, a piece of butter the size of an egg, one teaspoonful of salt, one scanty pint of Indian meal, one tablespoonful of flour and two well beaten eggs. Bake for half an hour in shallow tins in a quick oven.

Shepherd's Pie.

One quart of cold chicken, game or meat of any kind, three tablespoonfuls of butter, two tablespoonfuls of flour, one pint of water, eight large potatoes, one cupful of hot milk, salt and pepper to taste. Next cut the meat into thin slices, place in an earthenware dish, and over it pour a sauce made as follows: Put two tablespoonfuls of butter into your skillet, when hot add the flour. Stir until brown, and then pour in the water. Season to taste and boil for three minutes. Pare, boil, and mash your potatoes, and add to them the boiling milk, with the other spoonful of butter and seasoning. Spread this preparation over all, and bake for half an hour.

Reporter—Uncle, to what do you attribute your long life?

Oldest Inhabitant—I don't know yit, young feller. They's several of these patent medicine companies that's dickerin' with me.—Chicago Tribune.

Women's Question Column

By *Bernarr Macjadden*

Feet Going to Sleep

Q. Kindly inform me the cause of my hands and feet occasionally going "to sleep," especially my feet. Can you suggest a remedy?

A. The symptom you mention is due to some pressure on the blood vessels due to your position in sitting or lying down, by reason of which the circulation of the blood in your members is shut off. For instance, it would be likely to occur when you are sitting down on one leg crossed under you, a common habit among girls, or when you lie down with one arm under you. Simply rub and move the parts briskly until the circulation is restored, when the peculiar sensation will immediately pass away. One with a good, vigorous circulation rarely experiences this annoyance and when symptoms of this character appear frequently it indicates the necessity for general functional upbuilding.

Removal of Hair

Q. Do you know of any remedy that will effectually remove superfluous hair from the face and body, leaving no harmful results?

A. I would caution you against the use of all drugs and chemicals advertised for this purpose. As far as I know, there is only one reliable and safe method of accomplishing your desire, and that is by means of the electric needle. This is a rather tedious method, since the hairs are removed one by one, the root of each being destroyed by an electric current through the medium of the needle inserted into the root. Apply to a reliable electro-therapist.

Blue Lines Under the Eyes

Q. How can blue lines under the eyes be gotten rid of? Would an affection of the stomach or liver be likely to be the cause?

A. The symptoms mentioned are due to constitutional conditions, and will require constitutional treatment. A stomach or liver complaint might have considerable to do with it, or indeed anything which tends to impair the general health. A run down condition of the entire system, due to lack of sleep, dissipation, over work or any other unfavorable circumstances or habits, might be responsible for it, in which case the remedy is obvious. Cure your stomach or liver trouble, improve your general constitutional condition, get sufficient sleep, and the blue lines will pass away. Massage of the part may be of some slight help.

Marriage of Two Born in Same Month

Q. Is there any good scientific reason why two persons born in the same month, though not in the same year, should not unite in marriage?

A. There is absolutely no physiological reason why two such persons should not marry, provided they are suited to each other and other conditions are satisfactory. Even if born in the same month and in the same year, or even on the same day, the marriage should prove as happy and successful as any other. Astrologists may declare that under such circumstances the parties are not properly mated, but scientific men of to-day do not give credence to the claims of astrology. In fact, it is not to be considered at all in matters of this kind. However, marriages are not to be arranged by any "scientific," or in other words cold-blooded, and heartless manner. The natural instincts of healthy, vigorous men and women must remain the guiding principle in such matters. The marriage of two persons born in the same month might possibly prove a failure, but if so it would be due to other causes, and not to the fact of this chance coincidence of birth.

Freckles

Q. Do you know any remedy for freckles? My face is almost covered with them, and I hardly dare to take such a thing as a sun bath.

A. It is unfortunate that you regard them in the way you do, as an affliction, for they are usually an accompaniment of vigorous health. It is certainly far better to have the freckles and good health, than to have a clear, pale skin together with a very feeble physical condition. For the sake of health, you can hardly afford to keep yourself entirely out of the sunshine on this account, and the vitality derived from a daily sun-bath should be more than enough to compensate for the supposed blemishes on your complexion. A ruddy, healthy color, asserting itself in spite of freckles, is always attractive. There seems to be no radical remedy or preventative for them in the case of those persons with a constitutional tendency in their direction, but rubbing them with pure lemon juice will doubtless do as much good as anything.

Broken Veins

Q. I am greatly troubled with what appears to be a broken vein just below my left knee, plainly seen through the skin. I do not know what caused it unless it may have been a former bruise

at this point. It often becomes very painful, especially when I walk or stand for a long time. What can I do for it?

A. You may not be able to get rid of it entirely, that is, so that it cannot be noticed, but you should be able to strengthen the tissues so that it will not be painful or cause discomfort. Bathing the spot in ice cold water, and the application at night of a cold wet cloth, which should remain on until morning, will often prove very effective. When especially painful, use alternate applications of hot and cold wet cloths, finally leaving a cold one on the affected part. Too much standing or walking will naturally be inclined to aggravate the trouble; and some active exercise that induces a vigorous circulation of the blood would be far more favorable. With the building up and strengthening of all the bodily tissues, and a general constitutional improvement in your health, I believe that you will soon notice a radical change for the better.

Laryngitis

Q. Though I never have a cold in the chest, yet occasionally I have an attack of acute laryngitis, resulting in complete loss of voice. Since I am a singer this is particularly annoying and inconvenient. What is the *quickest* way to cure this form of cold?

A. Constitutional treatment is of the utmost importance, though local treatment will also be of great value. Eliminate all impurities from the system as quickly as possible by absolute fasting, drink copiously of pure water, breathe pure air, use the colon flushing treatment once or twice, take long walks and exercise in an active manner. Free perspiration will prove very effective, and this is best induced by very active exercise, though it might be accomplished by means of the hot water foot bath, the hot vapor or dry hot air cabinet bath, unless you are weak, or the regular Turkish bath. Wet sheet packs might even be resorted to. Place very cold wet cloths to the throat three or four times during the day, and on retiring at night. Alternate hot and cold applications are also very effective. Talk as little as possible and try not to cough, thus avoiding all unnecessary irritation.

Effects of Miscarriage

Q. Is there any danger of a woman being deprived of her powers of motherhood on account of having had a miscarriage brought on by over exertion? Since this trouble, I have been unable to gain any flesh or recover good health. Should a woman avoid every sort of abdominal exercises when pregnant?

A. While there is some danger of such an accident affecting one in the way that you mention, yet with renewal of fairly vigorous health, you can hope for the fulfillment of your desires. The danger of sterility following an abortion is much greater. In order to recover vigorous health, it will be necessary for you to live a strict physical culture life, probably for some time. There is no special regime to be advised in your case aside from the general methods of constitutional up-building which we have presented in these columns in the past. Get sufficient of both exercise and rest, and be careful not to over-exert yourself. The prospective mother certainly should take abdominal exercises, for she, above all others, requires strength in the parts in question.

Curvature of Spine

Q. What form of exercise would serve to correct a lateral curvature of the spine? Would child-bearing affect a woman of twenty-five years who has a slight spinal curvature, and would the child's spine be affected?

A. All general exercises that serve to strengthen the entire body will be of some benefit, and those which affect the muscles of the back are particularly effective. The use of an elastic wall exerciser is to be recommended. The simple act of hanging by the hands from a horizontal bar is advised, though at a late period in pregnancy this might not be advisable. Child-birth would not affect one with a slight curvature in any way, provided she is otherwise in a satisfactory physical condition. While there is a mere possibility that the child's spine might be affected, still it is very unlikely.

THIS TIME DR. OSLER TALKS SENSE

In a recent address at the Royal Dental Hospital, London, Dr. Osler asserted that the public may be divided into two great groups, the bolters and the chewers. He maintains that it is the business of dental students to endeavor to convert the overwhelming percentage of bolters into a select group of chewers. This is their mission of utility; but Professor Osler also affirms that they have

a mission to beautify the race. He holds that if there is one thing more beautiful than another under heaven it is a beautiful set of teeth. To promote these missions he would have attached to every elementary school a dental surgeon to inspect the mouths of the children; and total abstainers will learn with a shock that he considers teeth more a national problem than alcohol.

of an indecent and salacious character on the other. It will be in order, however, to call attention to the fact that the Comstock law fails to give a definition of the term "obscenity," an omission on the part of the framers of the measure which has made possible no end of injustice and persecution. All of which I believe, is already pretty well understood by intelligent people.

Comstock is fighting the battle in the wrong way. The law which bears his name has been in existence now for some thirty years, and has not accomplished its purpose. This is proven by the fact that any one who wants either printed matter or pictures of the kind referred to can obtain them. The large collection of such which Anthony Comstock has accumulated since the passage of his law is another proof of the futility of the latter. It is just as impossible to prohibit the sale and circulation of these articles by law as to try to prevent the use of alcoholic drinks by prohibition.

But granting for the sake of argument that Comstock could stop the circulation of suggestive pictures and lewd literature by the means in question, the evil would not be remedied in the slightest degree. The essence of prudery would still remain. The human mind would regard the tabooed subjects in identically the same light as it does now and the consequent corruption would continue.

Unfortunately, obscenity is not disseminated alone by pictures and printed matter. In fact, these last are the least important factors. I believe that the main source of moral contamination is to be found in the almost universal habit of telling dirty stories. Everybody for apparently prudish reasons, seems to be silent on this fact but every one must know the influence of these stories. I venture to say that Comstock himself got his first knowledge of the vulgar side of human nature through the stories which he heard as a boy. There are probably very few of my readers who do not realize how very general this contemptible practice is. It seems almost impossible for a group of boys to be together for an hour, that is, in idleness, without this form of vulgarity asserting itself. But the practice of "swapping" stories of this nature is not due to the thoughtlessness of boyhood alone. Many men, young men, middle aged men, and in some instances even senile men are accustomed to indulge in this vicious and polluting habit when not in the company of women. A humiliating fact, is it not? But these "gentlemen" who have a seeming virtue and apparently clean tongues in the presence of the opposite sex, are guilty of a most contemptible form of hypocrisy. And a hypocrite is a liar.

Incredible as it may seem to many, this beastly practice of reciting "smutty" stories is not confined to men exclusively. Although as a general thing the feminine sex is pure-minded, still there are some members of it who have not been able to escape from the clutches of the habit, though they would blush at the thought of their men friends suspecting them of it.

What can Comstock do with these polluting stories? Suppress them by Law? A moral impossibility. No, he is fighting his battle in the wrong way.

The only remedy for the evil, is KNOWLEDGE. Right thinking and common sense education will mend matters, and nothing else. The entire evil results from the prudery of our times. The attempt to surround the subject of sex with mystery, is calculated to arouse a morbid curiosity in regard to it that lies at the bottom of all the resultant evils. And the Suppression of Vice Societies in opposing the propagation of sex knowledge, are therefore among the most powerful causes of the very evil which they are pretending to combat.

Yours for the truth,

WM. P. SERVISS.

Wants More Complete Books on Sexual Knowledge for the Young

TO THE EDITOR:

I will take the liberty of making a few suggestions on a very delicate and complicated subject, namely the introduction of sexual knowledge among the young

The question is not whether such knowledge will be given to the young minds or not, since we know that they *do* learn the mystery of sex, either from a pure or impure source. So it is not for us to decide whether they shall obtain information on the subject, but it is our privilege and duty to instruct our boys and girls on matters of sex in a scientific and pure light before their minds are poisoned by low companions.

The problem to be solved is, what method shall we adopt to reach the end in view? We must commence to teach them when very young and young children will not understand scientific explanation. Therefore, I appeal to you, Mr. Editor, to consider the subject seriously and I'm sure if you'll give it close attention the problem will soon be solved.

My suggestion would be as follows: That you write a book covering the whole field of sexual science, divided we'll say into four volumes. The first volume for children of seven to ten years of age, the second from ten to thirteen, third from thirteen to sixteen, fourth and last for men. I don't know whether my classification will meet with your approval, but of course you can alter it to suit yourself.

I would suggest that the books be worded so that they will be comprehensible only to those for whom they are intended. For instance volume two should contain such terms that a boy of under ten would find difficult to grasp, etc., although even volume four shall be free from such technical terms as would puzzle an individual of ordinary intelligence.

Since it is advisable that people shall be informed not only of their own particular sex, but of the opposite sex as well, I'd suggest that the books be written in such a way that they be suitable for both sexes.

I am aware that it is easier to suggest than to execute. However I'm sure it will be a task of love to you

I hope you will let me know that you think about it.
NOAH FRIEDMAN
California.

Distilled Water is "Dead" Water

TO THE EDITOR:

I have been reading, with much interest, the current discussion in PHYSICAL CULTURE on the relative good and bad qualities of distilled and natural waters. The arguments for and against have, in each instance, been not only entertaining, but decidedly instructive, and they prove, as a side issue, that the readers of your magazine are thinkers as well as experimentalists. Personally, I am a believer in the virtues of natural water, that is, water such as we obtain from a spring, an artesian well, or a well of the ordinary type, provided that the latter is not subject to contamination of any kind. It goes without saying that Nature intended water as generally found, for the use of all animated beings; ergo, the water of Nature is therefore better than water prepared by man with the aid of the still. And right here comes an element which, so far, has been overlooked by the exponents of either side of the subject. Water in a state of Nature is charged with "free" oxygen; that is, oxygen held in mechanical solution by it. Without this oxygen, fish and other water animals would die. If you have ever kept an aquarium in which there were no water plants, you will have noted that, from time to time, the fish will rise to the surface of the water, open their mouths for an instant, and descend again. This they do, because the oxygen originally contained in the water of the aquarium has been exhausted by them, and has not been renewed. I am, of course, speaking of water which has not been changed as often as it should be. Where there are plants in an aquarium, however, they absorb carbonic acid gas from the atmosphere and split it up in the wonderful little laboratories of their leaves and stems, using the carbon for the purpose of growth and exhaling the oxygen into the water around them, thus keeping the latter constantly supplied with a sufficient quantity of the life-giving gas. Moving water is aerated or oxygen-charged by means of ripples, rapids, cascades, etc.; its tumbling and falling imprisoning a certain amount of air which is held in solution. In the case of the human body, when a man drinks a glass of this pure oxygen-charged water, the oxygen so swallowed is taken up by the blood and assists, together with the oxygen inhaled by the lungs, in the work of oxidizing or destroying the impurities of the body. Further, it does work of a like nature in the stomach. The exhilaration produced by a couple of tumblers of this literally "living" water is unmistakable. If you have ever had the experience of swallowing a draught from a gushing, foaming spring-head, you will know exactly what I mean. Contrast this water, that seems to be literally tingling with life, with the flat, tasteless de-oxidized water that drips from a still. Your organs of taste, as well as your stomach will warn you that there is something

radically wrong with water robbed of its oxygen by the still and that it was never intended for human use. Fill your aquarium with distilled water, and see how long the unhappy finny inhabitants will live! Distilled water is literally dead water—dead as to life-giving oxygen, and dead in regard to those salts which natural water holds in solution, and which are as necessary for the needs of the human body, as are the salts which we find in vegetables, fruits or cereals. We hear a good deal about going back to Nature nowadays, and the talk is good. Let us not fail to go back to her in the matter of water also. When we use distilled water, we are going as far away from her as we possibly can. You may just as well use distilled air that has been deprived of its oxygen as distilled water that is equally deficient in the life-giving gas.

Brooklyn.

MITCHELL CONYNGS.

Another Receipt for Whole Wheat Bread

TO THE EDITOR:

In the Woman's Question Column of the February PHYSICAL CULTURE there is a request for a receipt for making whole wheat bread. In answer you among other things advise one-half a cup of molasses and one tablespoonful of shortening. Now, whole wheat bread does not require shortening, and is better without it. I herewith give a receipt which I use in making whole wheat bread, which I find very satisfactory.

To make two large loaves or four small loaves: Take two quarts of whole wheat flour, thoroughly sifted, add two teaspoonfuls of salt, four teaspoonfuls of sugar, one-half of a compressed yeast cake dissolved in tepid water; stir into the flour sufficient water to make a soft dough. Knead to a soft dough, cover and let rise over night. In the morning mold into loaves, put into pans and let rise again. Bake slowly and for a little longer than you have been accustomed to bake white bread.

Hoping you will give this a trial.

BROOKLYN, N. Y.

MABEL RITCHIE.

An Unhappy Married Life Made Happy

TO THE EDITOR:

A word about your book "Marrage a Lite Long Honeymoon." It is a good book. If every man lived up to it, divorce courts would disappear in a month. By chance a bride got a look at my copy and she called me a shocking young man for reading it. But when she went home she told her husband about it and he borrowed the book. Today she returned it, saying "until recently I was afraid to see my husband coming from work. I almost hated him. My mother had no sympathy for me. My sister said I was not fit to be married. Still, I never once let him know but that I thought he was a good husband. But your book has changed him, he is my darling again and I watch the clock to see him coming. I am enjoying life again. This is the experience of a bride of twenty-two years.

M. MORONEY.

New Haven, Conn.

Good Results of the Milk Diet

TO THE EDITOR:

I saw your "Exclusive Milk Diet" article in the November issue of PHYSICAL CULTURE and having just been ordered to take an entire rest because of a badly leaking valve of the heart and acute indigestion, I decided to try it in a modified form. I had been working very hard all the year, nursing most of the time, and acquired rheumatism from rubbing my last patient. I could hardly breathe, but had no pain. So I went to bed, took the exclusive milk diet, stayed in bed eighteen hours a day, and took hot baths. I took the diet thus; first, two quarts, then four, then six daily; but it seemed too much for me. Just at this time I tried an alcohol bath, but it worked badly with me. Next I left off as much milk as my stomach didn't seem to care for: I dropped to three and two quarts daily. I tried this amount for three weeks and got so that I felt fine. I could walk up stairs without shortness of breath and my nerves seemed much stronger. I still take milk night and morning, some days at all three meals. If I want to work hard I take milk exclusively.

The milk diet corrected a chronic stomach trouble of years' standing and the rheumatism does not trouble me. I have a sister that has just had an operation for gall stones; what shall I do to avoid the same trouble? If you would answer these questions in the magazine we would be thankful and it would no doubt benefit many beside ourselves.

MRS. HELEN O. HARDING.

Waltham, Mass.

Unsatisfactory Test of the Milk Diet

TO THE EDITOR:

Having read of the "exclusive milk diet" in PHYSICAL CULTURE, I thought I would try it for a case of nervous prostration and heart disease. I had consulted many physicians, but they all laughed at the idea and said it was quite impossible for any person to drink six or seven quarts of milk a day. Nevertheless I thought I would try it for one day only, with the following result: After drinking not quite two quarts I felt it impossible to drink more. I actually felt a pain in my abdomen from the large quantity of milk, yet I drank it at the half hour interval. After drinking not quite two quarts, I stopped. Later in the day when I felt inclined to eat more solid food I did so, the same acting like the strongest purgative. I was really greatly disappointed. I would feel very thankful to hear from you on the subject. I really can not believe that what all doctors said of the exclusive milk diet can possibly be true—that it is an impossible thing.

LILLIAN SAMILSON.

New York City.

Tell the Truth to Your Sweetheart

TO THE EDITOR:

I cannot resist the temptation of writing a few words in reply to Truth Seeker. I have just finished reading a fine book entitled

"Dr. Luke of the Labrador" by Norman Duncan, and in it is an excellent answer for our friend, Dr. Luke being a reformed sinner.

I, for one, would wish to know whether the past life of my helpmate had been good or bad, so that I might better be a true helpmate, and give him full credit for the strength of character required to break bad habits once formed.

I speak from experience when I say, reformed sinners suffer enough by reason of their past, without being cast aside for the ones they love best, for wrongs of which they bitterly repent.

True love is true love the world over, and if a girl truly loves a man, she will as surely be willing to forgive his past, as is the forgiver of all our sins, our loving Savior.

By all means tell your sweetheart that your past life has not been all you wish it had been. Whether or not she wishes to know more than this, I would ask her to decide.

I am no believer in a double standard of morality, and believe a fallen one, be they male or female, should have the same chance to reform.

MRS. C.

Tucson, Arizona.

About a Well-Known Physical Culturist

TO THE EDITOR:

DEAR SIR:—I have followed your writings with much interest for some years and believe that in justice to a well-known man in your field of work the facts that follow should be published.

About three years ago Mr. Eugene Christian embarked in a hotel enterprise in New York, in which he attempted to put into actual practice some of his reform ideas, in reference to foods and the general laws of hygiene. The venture proved, as most pioneer reform movements do, a financial failure and Mr. Christian lost considerable money and a lot of valuable time, but the principles he stood for were not a failure and he was not dejected or discouraged by his losses but went to work again, and by the exercise of patience and intelligence has wrought success out of failure.

It is not that he has made a success that is so unusual or interesting, but the fact that on the 7th day of last February he called a meeting of all his old creditors and surprised each and every one of them by a full settlement of their account dollar for dollar with interest. All of these debts were made by his business associates and he was in no wise legally responsible for any of them. He made the settlement wholly for moral reasons. All this transpired nearly three months ago and yet only Mr. Christian's most intimate friends and those whom he paid know anything about it. I feel called upon therefore to recite the facts to the readers of PHYSICAL CULTURE because I know that all highways are oiled for the noisy conveyance of misfortune, while the good things travel slow because their makers are modest.

CHAS. H. EDDY.

Providence, R. I.

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 another phase of quackery to which I would direct the attention of the post office authorities. Within a comparatively recent period, the country has been flooded with quack literature having to do with a certain class of diseases, which literature has been sent to private individuals whose address its authors have secured in some way or the other. If this unsolicited literature falls into the hands of those for whom it is not intended and to whom it is not addressed, the inference is, that the person to whom it is sent has been in personal communication with the quacks. It is easy to see by this, what complications and harm may arise from the unwarranted license taken by the quacks. Especially is this true in the case of residents in small communities, where everybody's business is known to everybody else, and where gossip but too often takes the place of legitimate recreation. Imagine literature of this sort that has been addressed to a young husband or a young man about to be married, coming into the hands either of the bride proper or the bride that is to be. It is not too much to suppose that a ruined home or a broken match might easily result in either instance. The impudence of these scoundrels who send such matter to men—and not infrequently women—is only equalled by the utter mendacity of their assertions, and the criminal unscrupulousness of their financial methods. Personally, the writer, if he received printed matter of the type in question, would feel inclined to journey to the quack's office and there, with the assistance of a good right foot or a bunch of knuckles, administer that punishment that the law seems incapable of dealing out to them.

Very recently an estimable young married man in the employ of PHYSI-

CAL CULTURE, whose personal reputation is as wholesome as is his physical being, received from one of the diplomaed nuisances in question a bunch of printed stuff. It emanated from the office of one Vincent G. Hamill, who claims to be an M.D.; a "specialist" of the usual type, and whose offices are 115 W. 43d St., New York City. Just by what means this fellow got hold of the address of the PHYSICAL CULTURE man is not known, but the fact remains. The matter so sent included one long letter of probably fifteen hundred or two thousand words; one pink circular which significantly enough was headed in large type "The Vampire of Youth," and had immediately underneath these words a large picture of Hamill himself; another circular of two pages in which Hamill claimed that he could work miracles of all sizes, sorts, shapes, and colors; yet another circular of four pages illustrated in a manner that would make Anthony Comstock's whiskers curl with anguish and horror; and finally a diagnosis blank which contained seventy-four filthy questions. The writer during his journalistic experiences has come in contact with a good deal of literature of this sort, but for sheer dirt, an absolute revelling in nastiness, putrescent speech, and an utter disregard of decency, he has never seen anything to equal the Hamill stuff. Nevertheless, this is the kind of thing that goes unchallenged through the mails, this is the kind of thing of which Comstock takes no cognizance, and this is the kind of thing that the law permits swindling quacks to send to those whom they insult by their mailed inferences.

I have spoken before of banks giving references to quacks. Naturally, this leads one to ask whether such banks are financially backing the quacks whom

they so warmly endorse, or whether such indorsement is given for purely philanthropic motives. As banks, as a rule, are in being for the purpose of making money rather than promoting philanthropy, it would seem that it is in order to infer that they are more or less financially interested in the charlatans. For instance, there is a concern which calls itself the N. H. Halliday Company, of Groton, N. Y. This concern seems to be of a somewhat evolved nature. Its letters are signed N. H. Halliday Company, or N. H. Halliday, but on the other hand, a Dr. Gertrude M. Shaw, and a Dr. Harry L. Shaw seem to be its active members. Regarding these worthies, the First National Bank of Groton, N. Y., issues this manifesto:

"In reference to the N. H. Halliday Company of Groton, N. Y., we beg to state that this company has done its banking business with us since its organization." This of course is very satisfactory to those who have pains in the back, noises in the ears, deafness, nervousness, dimness of sight, general debility, premature decay, and other of the stock diseases of the quack. However, the First National Bank continues: "We are well acquainted with Mr. W. H. Hall and Mr. Jay Conger, comprising this company, and know them to be financially responsible, and their statements worthy of confidence. We know any guarantee made by these gentlemen to be absolutely reliable.—W. B. Gales, Cashier."

We ask the reader to bear in mind this last clause about the "absolute reliability" of the guarantees made by the "gentleman" in question. The literature sent out by the Halliday Company is of the usual sort, declaring that the concern can work miracles by "our wonderful treatment." The treatment takes the material form of some little red and white tablets, and the tablets do this. "Their peculiar selective action supplies the food to the wasted and poorly developed parts, and so invigorates the blood as to enable it to carry its proper nourishment to these poorly developed parts." In other words, the Halliday tablets, so it is lyingly declared, do the work not only of your stomach, but of the oxygen of the air also. Nev-

ertheless on the authority of W. B. Gale, cashier of the First National Bank of Groton, N. Y. "We know any guarantee made by these gentlemen to be absolutely reliable." For the sake of the depositors of this bank, I trust that it is more reliable than the guarantee in question.

Also note this quotation from the Halliday literature: "After taking the treatment for a *short time*, your bust will enlarge, all hollow places in your neck will fill out, your arms will grow well rounded, in fact, you will acquire a beautiful and symmetrical figure." Isn't this marvellous! A few tablets, about half the size of a dime, contain pounds on pounds by weight of flesh and fat-formers. Talk about your condensed foods, why they're simply not in it with the Halliday tablets. More than that, the little red and white disks that are strongly suggestive of sugar and nothing else, as far as the taste is concerned, will not only "Supply flesh where needed, but remove excessive flesh where it is abnormal, places and distributes it through the body, giving to you a well rounded and beautiful form." The tablets must indeed "get busy" to do all this.

This is funny. "While taking the trial treatment, you will feel—a sort of expanding feeling. This is simply the poorly developed and wasting tissues accepting the nourishment as it is offered to them by this treatment." Also "The treatment will not in any way injure *the* most delicate person, but would do *them* good." There seems to be a never-failing union of bad grammar and quack statements.

Dr. Shaw, the lady, appeals through the Halliday Company to women; Dr. Shaw, the gentleman, attends to men patients. In this connection, a pamphlet issued by the concern to women has this curious passage "To *his* valuable knowledge, Dr. Shaw has added the facts gained by *her* experience," which is a confusion of the sex of the Shaw involved, which is rather puzzling. It may be further remarked that the treatment includes directions as to breathing, exercises, food, sleep, clothing, etc., which are more or less of a "crib" from physical culture methods. If the treat-

ment succeeds at all it will be through these, and not through the tablets. It is the absurdity of the claims made for the effect of these tablets which stamp the Halliday Company as a coterie of quacks.

Here is another scoundrel whom **PHYSICAL CULTURE** takes pleasure in exposing. "Prof." F. B. Fowler of New London, Conn. claims to be the proprietor of "Dr." Rudolphe's Specific Remedy, which remedy is of the usual quack sort. Fowler asserts that it will not only cure a number of diseases, but permanently restore lost vitality, which is a lie on the face of it. Fowler is the author of a particularly nauseous pamphlet on certain diseases, illustrated by thumb-nail wood cuts of the crudest kind.

The methods of this particular charlatan cannot be better illustrated than by the publication of a letter from one of its victims written to this magazine as follows:

TO THE EDITOR:—I am sending with this letter, booklet of Prof. F. B. Fowler. I believe him to be a fraud of the worst kind. I once took \$125.00 worth of his medicine, and also took his treatment about four years ago in Ontario, Can. The treatment not only did me no good, but did me lots of harm. I shudder now to think of the results if I had continued the treatment, and just think that I spent \$125.00 for it. I wrote to him from this city recently, so that I could get his booklet and reply to send to you. I trust that you will show him up

A VICTIM.

Denver, Colo.

At the request of the writer his name is not published. The "Professor's" reply to the writer of the foregoing, which is of recent date, was in part as follows:

NEW LONDON, CONN.

DEAR SIR:—Your letter of late date has been received and contents carefully noted. In reply thereto would say, that yours is far from being a hopeless case, and the Specific Remedy is just the medicine you need. One package of the same costing Three Dollars, will effect a cure in the great majority of cases. I cannot, however, say for certain that it will be sufficient in yours, as it is impossible to tell just how much will be needed in any particular case. At any rate, I would advise that you order only one package at first.

One thing I can tell you for certain, and that is, under my system of treatment you will be enabled to perceive your health, strength and vigor returning after the first day's use, and this encouragement will soon set all your

doubts concerning the cure at rest. The great point in my remedy is, that one does not have to wait a lifetime before seeing and feeling its good effects. If you give my treatment a trial, I am certain you will never regret having done so.

I will, if you so desire, send you a responsible guarantee that it will positively and permanently cure you, failing in which, every dollar expended in its cost shall be cheerfully and conscientiously returned you. Within the past few years, so many cases which seemed to be almost hopeless have yielded to the effects of my treatment, and have been restored to robust health and vigor, that I feel no hesitation in guaranteeing you a perfect and lasting cure, for I know that strength and manhood will soon follow my medication.

Trusting to hear from you again at an early date, and to have the pleasure of restoring you to full and robust manhood, I am

Very truly yours,

PROF. F. B. FOWLER.

Note that this quack uses as the thin edge of his swindle-wedge the statement that "One package, costing \$3.00, will effect a cure in a great majority of cases." Compare this with the assertion of the victim that he has paid Fowler \$125.00 for packages of the "Specific Remedy" the use of which has left him in a worse condition than when he started. Note also the further falsehood that "I will, if you so desire, send you a responsible guarantee that it (the specific) will positively cure you, failing in which, every dollar expended on it, shall be cheerfully and conscientiously returned." A dollar that has once passed into the hands of a quack has about as much chance of being restored to its victim as has an icicle once in Hades a chance of keeping its original shape. The only way to do with scoundrels of the Fowler type is to go red-hot for them on the charge of obtaining money under false pretences. Once or twice, **PHYSICAL CULTURE** has quoted the opinion of a prominent judge to the effect that quacks who obtain money by misstatements of the character just quoted can be readily put behind prison bars, provided that the victims are willing to undergo the incidental publicity. Unfortunately, but few men have the courage to begin legal proceedings against the quacks who have victimized them on the score of this same publicity, and it is on this ground that the quacks know that they are comparatively immune from punishment.

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.

Treatment for Snake Bite

Q. Kindly outline the physical culture treatment for rattlesnake bite. Is not this a case where whiskey is of the greatest value?

A. It is a moot point as to whether whiskey is or is not of value in the case of a snake bite. Those who favor its use, claim that it stimulates the action of the heart, which organ is always more or less affected or paralyzed by the venom which has been injected into the blood by a poisonous reptile. In place of whiskey a number of other things are used, all however to the end of enabling the heart to continue its work pending the efforts of the system to rid itself of the poison which efforts can be aided as will be told. Pure alcohol, ammonia, permanganate of potassium and other liquids are in some instances injected into the wound for the purpose stated, and also to neutralize the poison through the medium of chemical reaction. It should be said here, that if one's blood is pure and remedial steps are taken immediately after the bite, while a good deal of pain may be suffered, a recovery is pretty well insured. The first step is to keep the poison from getting into the circulation in general. This is best done by placing a tight ligature or tourniquet a short distance from the bitten spot and between the latter and the heart. Use a cord, rope, strap, neck tie, or anything convenient, and tighten it by twisting with a short stick or pencil. If you have no sores on your mouth or lips, suck the wound, being careful, however, to spit out the blood that comes from it. It is also well to enlarge the wound somewhat with a sharp knife so as to cause the blood to flow freely, and if you have pluck enough, thrust a hot iron or live coal into it, so as to cauterize the bite. A drop of pure carbolic acid may also be applied to the wound. If non-drug remedies are used these suggestions should be noted: Patient should be kept warm if necessary, by placing feet in hot water and wrapping up with warm blankets. Every means should be adopted to cleanse the system of all foreign matter. Colon flushing treatment, using from three to four quarts of water, should be given, very thoroughly. Patient should drink large quantities of hot water, several quarts. If

numb, he should exercise or be given massage and artificial respiration should be employed if it seems necessary. As a constitutional stimulant, alternate hot and cold applications to the spine, in quick succession, are more effective than whiskey but not so injurious. The hot wet sheet pack might be given with advantage. Pure air to breathe is imperative, and absolutely no food should be allowed until all symptoms have disappeared. If the bite is a very severe one, and treatment begun too late, perhaps nothing will be of avail, but the above treatment will cure if anything will.

Heart Trouble and Swimming

Q. Does swimming agree with one who has heart trouble?

A. You must remember that one with a weak heart should never indulge in any violent exertions. If you are a practiced swimmer, however, there would be no harm in swimming to a moderate degree. The temperature of the water is an important consideration to one with a heart affection, and hence, you should avoid very cold water. But understand that exercise, if not so vigorous as to actually strain the heart, will invariably tend to strengthen it, and I believe that a judicious amount of swimming, if anything, would be of benefit in your case.

To Make a Cure Permanent

Q. If a person is cured of consumption or any other disease by means of the open air and natural treatment, would he be as healthy and strong as before, and would the cure be permanent?

A. It would depend upon circumstances. He might be a great deal stronger and more healthy than ever before, especially if he had experienced poor health all his life previously. On the other hand, if his sickness were a severe one, it might have consumed so much of his vitality that he could never again be quite as vigorous as before. This, however, would be an unusual case. The permanency of the cure would depend upon his subsequent habits, for right living thereafter would keep him healthy and strong. On the other hand

if his habits and conditions are not what they should be, then the same influences which caused his illness would bring on the disease again. You must remember that the average person who imagines himself in good health is really far from enjoying the best physical condition of which he is capable.

Scant Beard

Q. Would you kindly state the cause of a very scant beard, or the possession of no beard at all? Kindly give us a remedy?

A. Though you may consider your trouble a great affliction, yet there are some who have very heavy beards to shave who consider themselves equally afflicted. I do not see what you can do about it. If Nature has not provided you with a beard you will have to accept the inevitable. I know of no remedy. Chemical preparations said to make hair grow are usually injurious.

Foods for Special Weakness

Q. Kindly advise me as to the proper foods for one who is treating himself by physical culture means for sex weakness. Would the use of cocoa or chocolate be advisable?

A. There are no special foods that are suited only to your case. Whatever diet would be best suited for the development of the highest degree of health, strength and general bodily vigor, would also be best suited for your special needs. You should aim for a general constitutional improvement, and the usual physical culture diet, as heretofore outlined in this publication, is to be followed. The same is true of all special weaknesses. The body is one complete whole, and the importance of constitutional treatment for any special complaint cannot be emphasized too strongly. Cocoa and chocolate are most wholesome especially if you enjoy them, but they are rather rich and should not be used to excess.

Quantity of Nuts to Eat

Q. Kindly advise how many ounces of shelled nuts one should eat at a meal at two meals a day, consisting only of fruit, nuts and uncooked wheat bread? Out of door work.

A. No very definite amount could be prescribed, for it would depend somewhat upon your own weight, and the amount of physical activity you get. You could probably maintain good health on four ounces of nuts a day, combined with all the fruit you might care to eat, and with the bread you mention I should think this amount to be amply sufficient. Nuts are rich, concentrated food and go a long way. You might require more than the two ounces per meal suggested, but at all events, it would be well for you to use fruits very freely in connection with this diet.

Perspiring Feet

Q. Please suggest a remedy for sweating feet. They are even offensive in odor.

A. If you are in the habit of wearing woolen socks, the trouble may be ascribed to that. As a general thing, symptoms of this kind, especially when of an offensive character, indicate an unwholesome condition of the entire body. Adopt all the usual physical culture means for purifying the blood and cleansing the system of all foreign matter. Wear sandals, or something by means of which the feet may be ventilated. Drink water freely, exercise vigorously and employ all natural means to induce free perspiration of the entire body and in that way relieve the pores of the feet and also cleanse the system.

Heavy Meal at Noon

Q. I work nine hours a day in an office, and feel continually tired. I eat a hearty meal at noon. Is this advisable?

A. Your hearty meal at noon is one of the main reasons for your chronic tired feeling. No one can do good brain work on a full stomach, for your blood and energy are employed in the work of digestion, leaving little surplus for your work. Eat very lightly at noon. Even manual work is distasteful after a full meal.

Dilated Stomach

Q. Would you consider your Vitality Building Exercises published in your January, February and March issues of this year, as being of value in the case of a dilated stomach in which there is a great deal of gas formation, a trouble of long standing?

A. I would consider the exercises referred to as being the best possible thing in your case to strength the organ in question. In addition would suggest rather light meals for some time, together with occasional fasting, providing you can fast without great inconvenience.

True Physical Culture Impossible in Some Places

Q. Kindly suggest a good, simple system of physical culture for one who works twelve hours every day, including Sundays, in a hot engine room, in which the air is very impure.

A. If you simply wish a set of exercises, they could be easily supplied and I could recommend almost any that have been illustrated in this magazine in the past. But if you have any desire to live a true physical culture life, I would say that it is quite impossible as long as you must breathe foul air for twelve hours every day. If possible, it would be better to secure some other occupation, where you are at least sure of pure air and you might then become a physical culturist in earnest.

Gruesome Revelations of a Packing-House Employee

By George Janovish

I HAVE been an employee of a packing house for some years, and have had experience in all departments of the business. So that I am enabled to write with authority on some matters which I wish to bring before the public through **PHYSICAL CULTURE**. In the first place we see the government inspection stamps on all boxes, barrels, etc., in which meat is packed by the big firms in the West and these stamps the public accepts as guarantees that the boxes, etc., contain pure and wholesome meats. As a matter of fact these stamps are put on by the employees of the packing company just before shipping.

The government inspector does not see what is shipped, as his business is to inspect live hogs, and the bodies of animals just after they are killed. The inspector at the place at which I was employed passed all hogs that were able to walk. Those that had to be hauled to the killing room, had their ears cut off, before being killed and dumped into the "dead tank" where all hogs were put that died of disease. After the bodies of these last were rendered, the oil was pressed out of the grease, which last is used for burning and other purposes.

The last inspection on "good hogs," (as they are known) is just as they are opened and the intestines taken out. At times the inspector is not present at such periods. This is the last official inspection of any kind, except that made by the employees of the company.

All the bones, and scraps of fat, mixed with tobacco spit, etc., are thrown in the tank. I have seen bodies with an odor strong enough to kill a maggot dumped there.

The heads are skinned, the tongues and cheeks are taken out, the eyes are left in the heads and thrown in the tank. The floors are scraped, and the dirty grease taken from it, dumped in the tank.

All this filth and diseased flesh makes our "fine, pure kettle-rendered lard." After it is rendered, it is run into another tank, a lot of English clay put in, and

that is the way that it is "purified." There is nothing wasted, everything is turned into lard.

In the curing department, the meat, after strong brine is pumped into it, (which is made of salt, nitrate of potash, and water—they call this pickle) is piled on dirty floors, and salt thrown on it; this is repeated about every two weeks for five or six times.

A test is made to see what change in weight takes place in meat while curing, which takes about 60 days. One side of meat weighed 53 pounds when fresh, and 65 pounds eight weeks later, after the pumping process. There is about from one to one and one-half pounds of nitrate of potash in every hundred pounds of meat. Pumping the meat so many times is not necessary, twice is enough, but to make it gain in weight it is pumped five or six times. The hams are pumped, then packed in tierces, the latter filled with pickle and stored in the cellars. In about two months, these hams are taken out of the tierces, rolled in the mud and piled on a dirty floor in a cellar. They are then taken to the smoke-house, put in tanks where they are colored and cleaned with scrub brushes, and then hung in the smoke. After they are smoked, they are packed for shipment. The sausage room is the place where all the spoiled meat is used up. Meat that is sour, no matter how bad it smells, is put in a tank in which there is a strong pickle, which has a great deal of nitrate of potash in it. After it has been in the tank about a month, it is used to make sausage. If it is still sour and smells bad, they make bologna sausage and frankfurters. They use plenty of spices and bicarbonate of soda to sweeten and kill the odor.

They make a bologna sausage that is made almost entirely of kidneys, most of which are never washed and are often diseased. At least 75% of the meat that is used in the sausage room, if inspected according to law, would be put in the dead and diseased hog tank.

Sunlight to Heat Your Home

By WALTER ALEXANDER MORRISON



RECENT editorial of Mr. Bernarr Macfadden's told how that he had begun the construction of a house for his own use, and also stated that it was his intention to embody in the structure certain ideas and innovations of his own that had to do with light, heat and ventilation. He also intimated that he proposed to make an effort to utilize the rays of the sun for heating purposes, it having for long been a pet theory of his that, with the assistance of appropriate apparatus, one's home could be kept warm even in the winter, with the aid of the heat-rays that come to the earth through space at all seasons of the year from the source of all heat—the sun.

Since Mr. Macfadden made this announcement the writer has been looking up authorities on the subject, and finds that Mr. Macfadden's idea as outlined is by no means a new one. Many scientists have experimented along the lines in question, but so far without much success, chiefly because of the lack of some substance or the want of some method by which the heat of the sun can be stored in order to be used as required. In this article, which is of an introductory nature, I propose to tell something about the experiments just alluded to, and shall give a hint or two about those theories which Mr. Macfadden, so I am informed, purposes to test in due season.

Way back in classic times, there are allusions to experimental uses of sun-rays for several purposes, which are described by the ancient philosophers in symbolic language that is intended to hide the true meaning from everybody except the initiated few. Coming down to later times, there appears to have been, a couple of centuries ago, a serious attempt on the part of scientific men of the period to store heat from the sun,

but of course without success. Dean Swift in one of his famous fabulous stories alludes to these efforts, by telling how the hero visited a land in which a number of wise men were engaged in the task of extracting sunbeams from cucumbers, and bottling the former for use in the winter. Also an inventor of about the same time proposed to make enormous "burning glasses" which were to be planted on the seashore of England, and which, when directed on an approaching hostile ship of war, would cause the latter to instantly burst into flame.

Over a hundred years ago, there were a number of sporadic experiments with concave mirrors, which were used for the purpose of collecting the rays of the sun for domestic and other purposes. But it would seem that John Ericsson, the famous inventor, was the first man to seriously and scientifically test the possibilities of using sunlight for commercial and economic purposes. After much study on his part, he constructed a metallic cone, several feet in height, which was lined with many hundreds of little mirrors arranged at such angles that they collected and concentrated the rays of the sun to a focal point at the bottom or small end of the cone, where was placed a steam boiler, the water of which was quickly raised to a boiling point. With the assistance of clock-work machinery, the cone followed the sun around in such a fashion that its rays were continually on the mirrors. When the sun was shining, the results were entirely satisfactory, steam being gotten up in short order. But the motor, or rather mirrors, could of course not be used in cloudy weather, which made the invention unavailable for commercial purposes, at least in the temperate zones. With the aid of meteorological tables collated by him, Ericsson proved, however, that such "solar motors"—as he called his invention—could be successfully used in terri-

tories where there was a good daily percentage of sunlight all the year round. He also proved that the cost of fuel was necessarily reduced to zero in the case of his motor, the only expenses involved being the wear and tear of machinery, and pay for the operator.

A number of other experimentors subsequently worked on the same lines. In 1901 a large motor of the type in question was constructed by an Eastern company, and set up at Pasadena, Cal. It developed tremendous heating possibilities. It is said that it could melt iron at the focal point with but little difficulty, and could induce a pressure of 150 pounds of steam per inch, in a few seconds. The motor is still in use for irrigating purposes.

The late Prof. DeVolsen Wood spent many years in investigating, not only the solar motor, but the possibilities of storing the sun's heat rays and developing electricity with their assistance. Prof. Langley of flying machine fame, has done likewise, as has Dr. Robt. H. Thurston, Director of Sibley College, Cornell University. But all these and many others have failed in finding means by which the solar rays can be put in storage, so to speak, to be used only when wanted. To use Dr. Thurston's own words, "Scientists are still confronted with this problem—to find a system of gathering and storing the energies of the direct rays of the sun for the purpose of utilizing the power in them by a special form of heat motor; to find next, a method of transforming the energy into mechanical power, and lastly, to discover a method of storing for later use the excess power obtained during periods of sunlight, for use in the sunless periods."

About two years ago a company controlling a solar motor, conducted a series of experiments in New Jersey. Nothing further has been heard of the matter however.

A person to whom I was speaking regarding the subject, called my attention to the fact, that, as a matter of fact, coal, peat, bitumen and other inflammable substances that we get from the earth, are, chemically speaking, the stored rays of the sun ready to re-yield their heat and light, because it was the

work of the sun's rays in the first instance that turned them into the substances which they are. So that they are, in actuality, forms of condensed sunlight.

This is very true, but it is obvious that with the heat and light they give off, they also yield many things of a noxious or unpleasant nature, such as poisonous gases, ashes, unpleasant odors and other disagreeable things, to say nothing of the inconveniences of handling them. It is obvious that it would be much better if it were possible to use the pure heat from the sun than its impure heat represented by coal, etc.

Still it is possible that Mr. Macfadden will meet success indirectly instead of directly. For instance, it is quite within the bounds of possibility to conceive of a solar motor, which shall drive a dynamo, that in turn will charge electric storage batteries that could be used for lighting and heating purposes even when the motor was not working. Or again, even on cloudy days, there are sufficient heat rays coming from the sun in spite of veils of vapor that, to my belief, could be collected by a cone of mirrors in sufficient quantities to warm a house. In the winter there are ample heat rays in spite of the cold atmosphere, in proof of which is the fact that it is not unusual for mountain-climbers to be badly sunburnt even when they are above the snow line.

Again, the modern wind mill, is a needful adjunct of a good sized country residence for pumping purposes. And as you probably know, it is so constructed, that it can be made to maintain practically a regular, given speed, no matter how hard the wind is blowing. Now I can quite conceive of a wind-mill being connected with a dynamo that on being put in motion shall discharge a part of the electricity generated into storage batteries, to be held in reserve, while another part shall be available for immediate use. The storage batteries and the electric arrangements in general, would of course be of such a calibre as to correspond with all the needs of the home. You who have traveled on a well equipped trolley line, need hardly be reminded that the cars are heated by electricity, and some of

you perhaps, may have seen as I have, fireless kitchen ranges in which electricity supplies all the heat required for cooking. Given a wind-mill and a dynamo and the rest of the apparatus as described, what is there to prevent the house being heated and lighted, and the work of the kitchen being done by electricity? It is stated on good authority that a certain farmer in Indianapolis has a wind-mill, which not only does all this work, and pumps besides, but in addition lights up his barns and out-houses as well.

And once more: There is a certain chemical substance in the form of crystals which, on being heated, immediately liquefies and continues hot for a long time. If it is then allowed to quietly cool, it may be put away and kept for weeks, but on being shaken, it immediately becomes hot again and reaches the boiling point. You may then once more re-heat it and it will repeat the same phenomenon indefinitely. I don't see why an ingenious arrangement of sun-mirrors and this substance placed in a modified form of radiator, could not be used for warming the house. As far as I know, the substance in question is the only one which will enable one to get within hailing distance of that much-to-be-desired feat—storing the solar rays.

Of course many difficulties lie in the way of successfully solving the problems involved. On the other hand, it would really seem as if man had so far neglected

to utilize a source of heat and power which is above and around him during every hour of daylight. The sunlight, with all its tremendous chemical, mechanical and dynamic qualities, is a sort of vast unending river of force, which appears to have been absolutely disregarded except in connection with some of the arts, such as photography, the preparation of some foods, etc. As all the arts and sciences, all our attainments in the world of commerce or discovery are dependent upon the utilization of natural forces, it seems incredible that in view of what man has done in connection with these forces, he has neglected that one which is so omnipresent, so full of magnificent possibilities. He has harnessed the river to his mills, he uses the wind to drive his ships and his wind-mills, he has made fire his servant, he has partially tamed that most subtle and wonderful thing, electricity, but he has so far failed to make direct use of the cause, the main-spring of all these—the sunlight.

I have no doubt that in the course of time the direct rays of the sun will be made to serve us in as general a fashion as steam and electricity now do. Mr. Macfadden proposes in a modest way to try and hasten the coming of that period in the manner intimated, and as I have already said, I shall from time to time with his permission relate to the reader, of this magazine either his progress or defeats in the experiment he proposes to make

CANCER STEADILY ON THE INCREASE

The British-American Journal states that carefully compiled statistics show an enormous increase of cancer in the last forty years in the large American cities.

Dr. Robert Bell believes that the falling away of health, which gives opportunity for the development of cancer, is due chiefly to vitiation of the blood, and that the prime factor in this is the overtaxing of the digesting and assimilating organs, especially by an excess of animal food. Those persons

who eat the least flesh of domestic animals are, as a rule, the healthiest. Much of the excessive flesh eaten is not digested, but decomposed, forming enterotoxins, and vitiating the blood. With constipation, there is much absorption of fetid matter. Dr. Bell, further on in his pamphlet, relates that a prominent butcher stated his opinion that 60 per cent. of stall-fed cattle have cancerous livers. The meat of cattle thus horribly diseased is sent to big cities minus the incriminating portions

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

AS under like circumstances in the past, those public enemies who live by and batten on the sale of adulterated foods, or the putting up of poisonous compounds miscalled foods, are arraying their forces in an effort to defeat the Heyburn "Pure Food Bill," which has already passed the Senate and is now before the House. The responsibility that now rests on the House is a grave one. It is for it to say which are to be protected—the interests of those unspeakable scoundrels, the food adulterators, or the interests of the food consumers, the majority of whom are not only poisoned, but robbed by the former. Senator McCumber during his speech relative to the Bill, stated that in Morgansville, Ky., a poor woman entered a grocery store in which there happened to be Secretary Allen, of the Pure Food Commission of the State in question. The woman purchased lard, syrup, jelly, sausages, etc., the price of which, all told, was \$1.80. She only had \$1.57 in her possession and went away indebted to the grocer for 23 cents. Mr. Allen immediately purchased a quantity of each of the articles named and had them analyzed. He then found that the syrup contained 70% glucose, the jelly had practically no fruit juice in it, and was colored with coal tar dye, the sausage was doctored with an antiseptic, and the "lard" was composed of beef fat, and cotton seed oil. Mr. Allen computed that the actual retail price of these articles was, at the very highest, 90 cents, and that she had in consequence been absolutely robbed of 90 cents by the men who put up or manufactured the articles. This is saying

nothing at all about the harmful physical effects upon her and her children of the poisonous substances that the analysis exposed.

It seems almost incredible that only after seventeen years of constant effort in both Houses of Congress, has it been possible to pass a bill of the nature in question. It is true that for purposes of publication, every legislator and everybody else concerned, have put themselves on record as heartily endorsing such a measure. Nevertheless, when bills of the type in question—and there have been many of them during the period named—were presented in either of the Houses, the food adulterators, the patent medicine men and the vendors of "medical" whiskeys, got busy forthwith. No efforts and no money were spared to defeat the measure. The highest priced lobbyists were employed, the press was subsidized, at least that portion of it that was open to mercenary argument, and threats, persuasions and what not, were brought to bear on the friends of the measure to the end of smothering it at its conception. The story of these efforts to prevent those entrusted with the preservation of the rights of citizens to do their duty, is a long one and space will not permit of its being told in detail. But the facts remain as stated. However, public opinion as evidenced by the editorial utterances of a few honorable newspapers and some reputable magazines, including **PHYSICAL CULTURE**, has proved too strong for even the forces invoked by the professional poisoners and robbers of the public. The result has just been told.

As intimated, the defeated adultera-

tors are rallying, however, and are bringing every influence to bear upon the House. But it is hardly possible that the House will dare to render a verdict adverse to that voiced by the Senate. If it does, it will be guilty of the blackest treason to the people whom it allegedly represents, while the motives that may prompt it to such action, will, without doubt be properly and emphatically characterized by those whom it has betrayed. However, we refuse to believe at this writing that it will cringe at the snap of the whip of the impure food man. Rather let us presume that it will endorse the action of the Senate to a certainty, and so establish itself in the regard and respect of every honest citizen.

There is an interesting and illuminating work just published, the author of which is Dr. Leon Elbert Landone, which has to do with the Pure Food Bill, and the issues involved. In it Dr. Landone, through the medium of a mass of data obtained by him from official sources, gives one an emphatic idea of the vast proportions of the food adulterating industry. The revelations are simply appalling, when one stops to consider the effect of the chemicals or impure matters that are used in connection with or form the basis of an enormous amount of the food preparations in general use. In a preceding article on the Pure Food Bill which appeared in *PHYSICAL CULTURE*, a synopsis of the measure was given in which was told among other things, that the measure called for a labeling of food preparations, on which label was to be a statement of the contents of the package or bottle, so that the purchaser might know precisely what he was buying. Dr. Landone in his preface calls attention to the reasonableness of this provision of the bill, illustrating the same by supposing that he ordered a business suit for \$50.00 from his tailor, and the tailor, while willing to take the money, refused to allow his customer to see the goods, the trimmings, pick the style, and what not. And he asks why, on the same principle, is it not reasonable that when one orders strawberry jam he should be assured that he is getting it, instead of a mess of apple pulp, glucose, saccharine

and grass seed. The purpose of the Pure Food Bill is not to prevent the manufacture of foods, artificial or otherwise, but to compel the maker to so label his products, that the purchaser may know just what he is buying and for what he is paying his money. Because of our industrial conditions anything short of such an assurance is commercial robbery.

Some other of the pithy points in Dr. Landone's work are as follows: Dr. Adams, of the Kentucky State Board of Health, finds that on an average 45 cents of every "food-dollar" is spent for adulterants. Foods in general are so "prepared" and chemicalized, that we pay for almost twice as much food as we actually get. Some of the chemicals used increase a man's appetite, thus inducing him to take a greater quantity of food to satisfy his hunger, with results disastrous to his digestion. Other chemicals used, hinder digestion by one-half, thus preventing one from even getting the benefit of what actual foods he has swallowed. Again, the hindered and prevented digestion of one half of the foods eaten, induces the eater to increase the amount, so as to maintain his strength. Is it any wonder that we are a nation of dyspeptics, and that intestinal disorders are rife among us? In regard to this, Doctor Landone's comment is indeed pertinent. "We shall never be able to make a reasonable and probable large enough estimate of the thousands upon thousands of deaths in the United States, caused by the use of impure and adulterated foods." So that morally if not legally those unspeakable creatures—the manufacturers of impure foods—are murderers as well as thieves. And these it is who are seeking to defeat the bill in the House!

Dr. McKittrick states that within the last ten years there has been an increase of 23% of deaths from kidney disease, 20% from heart disease and 13% from cancer, and the intimation is, that such increase is in the main due to our foul, poisonous and adulterated food products. The point involved can be best illustrated by the recitation of substances used to adulterate the articles of average consumption, which will be done with the assistance of quotations from this

timely little work as follows: In bread, such as is usually sold in bakeries, are found gypsum, chalk, bone-ash, soap, copper salts, alum, etc. In gingerbread and other pastry of the cheap bakery, has been discovered stannous choride and potassium carbonate.

Butter is colored with various dyes and preserved with drugs. The coloring matters used are annatoo, tumeric, saffron, azo and coal-tar dyes. Its preservatives are borax, boric acid, formaldehyde, salicylic and sulphurous acids. Rancid butter in the big factories is remelted or has air blown through it to take away its odor. It is then doctored with flavors, re churned with a little skim milk and dosed with formaldehyde. It is then pressed into bricks as "fine creamery butter." In cases of canned goods decomposition sometimes results through imperfections in the can itself; but for this the manufacturers can hardly be held responsible. On the other hand, salts of lead and tin are often found in fruit and other preparations, while salicylic, benzoic and sulphuric acids are used for preservation purposes. In the case of corn and peas, sulphate of nickel and sulphate of copper are used to recolor or bleach, while saccharine is employed to sweeten, so as to make "early peas" and "sweet corn." It may be remarked in this connection that one one-hundredth grain of saccharine retards digestion of food by one-half.

Cheese is often treated with zinc sulphite to prevent its cracking. Lead chromate and arsenic are not infrequently found in the rind for the same purpose.

With chocolate, that is the cheap grades, talc, white flour, chalk, ground wood, iron oxide, sulphate potassium, chromate and nickel sulphate, some of the salts of tin, also paraffin, which is very indigestible, are used as adulterants. The paraffin is used to make the chocolate cakes keep their shape. Some harmless adulterants are sugar, cornstarch and cheap flours.

Cocoa-butter, which is used extensively in the arts and other purposes, is freely adulterated with paraffin, bees-

wax, tallow, cotton seed oil, lard and arachis oil.

Unaccountable as it may seem, imitation coffee beans are made and sold for the purpose of mixing with the genuine article. They are made of clay, white flour, rye, peas and acorns mixed with molasses. Other adulterants are ferrous sulphate, chicory, roasted cereals, cocoa husks, burned borax and figs. In order to give the beans the desired color they are "faced" with Scheele's green, ochre, chrome yellow, silesian blue, venetian red, burnt umber, charcoal, indigo, ultramarine, clay, gypsum and red slate. A delightful list in truth.

The recurrent outcry against cheap confectionery is warranted, judging by the following lists of adulterants which are used in connection with it, those mainly employed being glucose, dextrose, cornstarch, mucilaginous materials, paraffin, white clay, talc, gum, calcium sulphate, fusel oil, mineral colors, ferris hydroxid and lead chromate. Saccharine is most extensively used, and with results disastrous to the digestion. "Pure fruit syrups," of the soda fountain menu are almost invariably artificial products of a more or less poisonous nature. Paraffin is as much an ingredient of caramels and caramel creams, as is sugar.

Somebody has called the majority of prepared foods "canned and bottled lies," and the title seems to be amply justified, especially in the case of the so-called fruit flavors and extracts. For example; vanilla extract is usually made from the tonka bean and lemon oil, which last is in turn often adulterated with turpentine oil. Orange oil consists mostly of citrine. The essences have nothing whatever to do with the fruits whose name they bear. For instance, pine-apple essence is made of two parts of butyric acid, two of alcohol and one part sulphuric acid. Pear essence is prepared by distilling a mixture of one part amy alcohol, two parts potassium acetate, and one part of concentrated sulphuric acid. All flavoring used in ice-creams and confectionery are made from some of the compounds of the type just named, and colored with coal-tar dyes.

(To B. Continued.)

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.

IN another part of the magazine, there appears a detailed account of my arrest on a charge made by Comstock, and the trial that followed. As will be noted by the facts given in this article, Comstock can hardly be said to have won. To be sure, the decision was in his favor in a divided court, but there was no fine, no punishment.

THE END OF THE COMSTOCK CASE

I consider it a distinct victory under the circumstances. If it had been otherwise, I would have carried it to the highest court in the land. Comstock is losing his influence, or to be more accurate, I might say that the public are losing that degenerate conception of the human body which Comstock so ardently advocates. The entire affair in connection with my arrest and trial, was ludicrous to an extreme degree. My work and my literature have admittedly benefited the human race a million times more than Comstockery ever even pretended to, and unlike the efforts of Comstock it has in no instance, had a devitalizing, demoralizing and general corrupt effect upon the human mind. While engaged in the work of building up the American nation, while occupied in the promulgation of that which tends to make every man and woman stronger, healthier and nobler, there enters this debasing, corrupt influence of prudery, and accuses me of a crime! When this kind of thing is possible is it not in order to ask: Was there ever such a diabolical condition existing in a so-called intelligent community? Comstock was not merely satisfied with my arrest. He formulated a plan which enabled him to also arrest one of my employees on the PHYSICAL CULTURE Magazine, who had absolutely nothing to do with the circulation of the pictures of which he complained. He happened to be in the office at the time, and when Comstock's representative inquired for these pictures, he naturally passed him a number of them. Not satisfied with this, Comstock visited a Restaurant, that serves Physical Culture foods, and also arrested the manager there. His "crime" also consisted of handing Mr. Comstock or his agent one or more of these pictures. Had Mr. Comstock or any one else chose to continue this process, at least a thousand or more persons could have been arrested in New York on a similar charge. Thousands of these posters, branded by Comstock as indecent, were hanging in other windows at the time of my arrest, and the larger part of them remained there for nearly a week afterwards. Comstock is losing the respect of every decent, clean-minded man. His day is about done, and with him will go that demoralizing prudery which has done more to blight the lives of human beings, than the combined influence of all the other evils with which humanity has to contend at the present writing.



WHILE reading the recent newspaper comments on John Alexander Dowie, I recall my own remarks in a recent issue of this magazine, in reference to hero worship. To a large number of his followers, Dowie was a hero of the first magnitude. Many of them looked upon him as little less than a god, but when slanderous tongues began to wag in his absence, did they rise up and defend him? Absolutely no. They adopted the usual methods of those addicted to hero worship. They were eagerly looking for a chance to convict their hero of being merely human, and therefore, far from faultless. Remember that I am not defending Dowie. I know but little of the man. He may be guilty of all the crimes that are attributed to him, but it seems to me that his so-called

followers are pitiful specimens of human kind. Whatever the man may be guilty of, he built up their town; he gave them the opportunity to live in a community free from tobacco, liquor, drugs, and other infamous evils, and if there had been a particle of manly spirit in any one of them, it would have manifested itself by at least giving him a chance to defend himself. Dowie may be a charlatan, as is claimed by the daily press, but I certainly stand with him in his condemnation of drugs, liquor, tobacco and other evils. My object, however, in bringing up the name of Dowie, is neither to defend nor condemn him. It is simply to show the usual tendency of the average hero worshiper, who will turn on you in nearly every instance at the very first excuse that may occur, with all the fierceness of a narrow, spiteful nature. Whenever you find yourself among those who look upon you as a hero, the most commendable action on your part is to run as fast as you can, and as far as you can.

All new movements that rapidly attract a large number of people, usually number among their followers, scalawags and unprincipled schemers of every calibre. Such men in some instances, possess all the intellectual elements that are necessary to success, but through disloyalty and want of principle, are thrown out of one business after another. To anything new or sensational, such characters are drawn like flies to an electric light. I have had my own experience with scoundrels of this type. I have lost thousands of dollars through their disloyalty and dishonesty. So that I am more or less inclined to think that Dowie has a nest of such men back of him, and that when he was thousands of miles away, and incapacitated by illness, they thought the time ripe for a general attack on him. This method may be considered fair when attacking "heroes," but it certainly is not fair under ordinary circumstances. The individual to whom Dowie gave power of attorney, must have known long ago of the crimes which he now claims Dowie committed. If he accepted Dowie as a leader under such circumstances, he himself is a fakir and a hypocrite of the first order. No doubt he gave Dowie the impression that he would be loyal in every way to his interests before he secured the power of attorney. He must have impressed Dowie with the fact that he was one who was in every way friendly to the interests of Zion and its founder. From the events that followed, it is quite evident that along with his other attributes, he is a very superior actor. Dowie may be a blasphemer, and falsifier, and may be guilty of various other crimes, but to my mind, he is not half as bad as those ingrates who have been criminally disloyal to him and his interests.



TH**ERE** is hardly an issue of this magazine that does not add scores to my already large list of enemies. Every quack attacked in these columns, every evil doer exposed, every humbug and grafter held up to public scorn multiplies my malignant, ever active enemies. But I can assure my readers that I am losing no sleep on account of this. I only wish that the pages of my magazine could be more numerous, and the Department devoted to exposing frauds of all kinds be greatly enlarged.

**MY ENEMIES
ARE LEGION**

I AM PROUD OF THE ENEMIES THAT I HAVE MADE.

I will make many thousands more before my career has been brought to a close. When a fight for right, and justice and truth adds to one's enemies, he may justifiably exult in them. I started the patent medicine crusade that has now grown to such mammoth proportions, years before The Ladies' Home Journal, Collier's and various other important publications ever thought of taking up and pushing home this reform. These evils were condemned in the most emphatic manner in the pages of my magazine. I called the attention of honest publishers to the needed reform in this direction. Many were finally convinced of the justice of my claims and publishers everywhere have joined in the fight against the charlatans.

THE PATENT MEDICINE BUSINESS IS DOOMED. Fakirs of every kind and character will soon meet their just rewards. A great wave of moral reform is sweeping this country at the present time. I am not claiming any credit for all this, but I think

that along with other journals who have been fighting for truth and justice, this magazine deserves some of the incidental commendation.

In the past, many efforts have been made to belittle my work. The daily press, for instance, rarely speaks of the physical culture movement as advocated in this magazine in a manner that is in keeping with its importance, though they have been compelled through the trend of public sentiment to devote a large part of their space to the subject. Everywhere, you will find my personality and my work attacked, when the slightest opportunity appears. Every item of news that refers to me, is twisted in such a manner as to be of a derogatory nature. But I want my friends to remember when they read these items, that it is the patent medicine and consequently subsidized press that is doing the talking.

One of the most laughable experiences I have had since I have been in the publishing business, has been furnished by the antics of one of the medical schemers to whom I devoted two pages in a recent number of **PHYSICAL CULTURE**. In a circular which he chooses to call a magazine, gotten out for the exclusive purpose of advertising his business, he has given full vent to his narrow, spiteful, nature. It is all very amusing. He is about the fiftieth man to my personal remembrance, who has started out with the full determination to annihilate Macfadden. But I would state for his information, that he cannot accomplish this with a collection of senseless falsehoods, which he has made in his circular and stereotyped letters. I have neither time nor inclination to bother with such ridiculous attacks. My magazine is published for the benefit of my readers, and not to air any petty, personal, spiteful grievance. When I think a man is dishonorable in his business methods, I avoid all business or other relations with him. This so-called magazine referred to does not possess the second-class entry privilege, given to reputable publications. The editor would not dare to apply for second-class entry, as he knows very well his application would be refused. I would advise my readers now receiving the publication not to pay for it, as it will be sent whether you pay for it or not. To readers who have written to me, stating that this physician has defrauded them out of various sums of money, I would advise them to insist upon the return of the amount. If it is not returned, I would advise them to complain to the Postmaster-General, and if this does not bring the money, to put the matter in the hands of a good lawyer. This, I can assure them, should result in the return of the full amount. The one object of this money-mad doctor is to make me reply to his senseless falsehoods in my magazine. This is the last occasion on which I will even refer to him.



I [has been said upon good authority that President Roosevelt has always been active in the present crusade against medical quacks. Be that as it may the fact remains that immediately after the appearance of my open letter to the President, several New York papers received notice from the Post Office Department, ordering them to cease publishing objectionable medical advertising. The papers were notified, that any repetition of the advertisements, would cause them to lose the privilege of the mails. This is a move in the right direction. It is about time that the Post Office showed some activity in regard to the fountain head of medical quackery. Without newspaper advertising, quacks would soon have to go out of business. If I were to follow the usual policy, I would clamorously claim the credit for this activity of the Post Office Department. This I do not do, but content myself with calling attention to the coincidence between the publication of my open letter, and the action of the authorities. Newspapers and magazines are much inclined in these days to take upon themselves the credit for various public reforms. It makes but little difference, however, to whom the credit is due. I want the quacks suppressed. The Post Office has the power to annihilate them. It can strike at

them by excluding those newspapers from the mails which make a specialty of quack advertisements. No business of any kind can recover from blows of this character.

Though the County Medical Society of New York is working in the interests of the medical profession, it is undoubtedly of great public service in its work of eliminating the quacks. With President Roosevelt with us in this fight against these conscienceless schemers, their annihilation is not far distant.



A very unique case was tried some time ago in Chicago, in which Doctor H. F. Steward was charged with robbing Felix Berard of one hundred and ten dollars. Berard claimed that Dr. Steward told him that he was suffering from heart trouble and catarrhal disorders, and that the sum named would be his fee to effect a cure.

A DOCTOR ROBS PATIENT

Berard, after taking the treatment for a time, and noticing no change in his condition, consulted another physician and was told that there was nothing the matter with him. He thereupon consulted the authorities, and had the physician arrested upon a charge of robbery. If actions of this kind were instituted in every instance where physicians take advantage of their patients, they would have a salutary effect upon the methods and morals of entire medical profession. They would soon eliminate the quacks, and in this connection it may be said that there is not the least doubt that many "reputable" medical men stoop to quackery of this nature. Doctors are very plentiful at present and fees are not easily secured, and so when a physician can obtain large fees by working on the fears of his patients, the temptation is often hard to resist. If a physician secures money by false pretenses he deserves to suffer the same penalty as do other swindlers under the existing laws. Many of our readers have no doubt been imposed upon in a similar manner, and my advice would be that these insist upon the return of the amount paid, and if this is not done, take legal means to secure justice.



OPTIMISM is a rare good characteristic at all times. And when one carefully considers existing conditions, one needs it just now in abundance to avoid being infected by the prevailing pessimism. Everywhere money is the one great end and aim of life. The greed for gain is king; the lust for lucre is monarch of all he surveys.

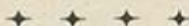
CRIMES AGAINST CHILDHOOD

The life of the nation and the individual accurately prove the truth of this statement. But of all the evils which can be imputed to our so-called civilization, there is none worse than the crimes that are committed against childhood. If there is one inalienable right to which every human being is entitled, it is the opportunity to grow to full maturity in complete possession of his normal powers of mind and body. How few of us are granted this privilege. Long before they have attained full growth, many boys and girls are compelled to earn their own living. Not a few are required to support their parents. They are forced into unwholesome maturity before they are even fully developed children.

Much has been said and written about the evils of child labor. Heartless manufacturers are said to ruin young lives by the thousands, by converting the wearisome labor of mere children into cash. There is much truth in these charges. When a child is compelled to labor for hours, away from fresh air and sunlight, and deprived of the activities so necessary to its complete development, a crime is committed against the nation as well as the individual. But there are many evils besides child labor that growing boys and girls have to combat. There are many devitalizing influences that are as bad if not worse than drudgery in factories. Thousands upon thousands of school children are so weighed down with lessons that the mental work they are compelled to perform is often far more enervating than tasks in

a factory from eight to ten hours daily. It might be difficult to ascertain which of these two evils is the most destructive in its influences.

But even these wrongs sink into insignificance when compared to the monstrous crime that is inflicted upon boys and girls by the evils of prudery. If the boy is on the road to manhood, or a girl is taking the first steps into the mysterious realms of womanhood, and either be without the knowledge that is absolutely essential for their protection under the circumstances, they are almost sure to taste of the evils that often lead to weakness, emaciation, the insane asylum and an early grave. If there was only some way of protecting the immature, if there was only some method of imbuing every boy and girl with a sense of the sanctity of the human body, with a full realization of the divinity of the human emotions, the civilization of the future would be such as to resemble the Golden Age of the poets, and the Utopia of the philosophers.



MILLIONAIRES, as a rule, are one-sided men. They know how to make money. They know how to keep it. They know how to make it grow into vast sums. They are specialists. They are not all-round men. Their whole time and attention is given to the one object of amassing a gigantic fortune. As a rule, they start in life with a vigorous physical foundation. This is necessary to furnish the nervous power necessary to a great success in the financial world.

ONE SENSIBLE MILLIONAIRE. A rich man usually likes display. He likes to "show off." He likes to impress others with his importance, and hence he is frequently given to the building of magnificent palaces for residential purposes. They call these stately edifices their homes, but if you were to enter into the inner life found in these great piles of steel and marble and carven stone, you would find but little of real home life. It is all for show. It is superficial, and there is far less real happiness within the confines of these great buildings than there is in the shanties scattered over the Western plains.

It is pleasant in view of this, to note that there exists one really sensible millionaire. Home means something more to him than a gilded palace. J. Kennedy Todd, a well known New York banker, left his palatial residence, and has for some time been living in what might be termed a mere "hut." Health and happiness evidently mean more to him than hypocritical pretenses of sham and hollow show. He has realized the value of Nature's remedies, notwithstanding the fact that his specialty is making money. He is broad enough to realize that there is something else in life besides the sordid and unsatisfying occupation of money-making. His example might be followed to advantage by many others who desire to free themselves from the conventional slavery that attends the possession of riches and "society" obligations.



IN a publication, circulated free for advertising a private business, a statement is made that an article which they publish is a reply from Comstock to my various remarks about him. The following statement from Comstock himself is therefore of interest.

COMSTOCK WILL NOT REPLY

"I know nothing of * * * *. I have never written an article for this magazine, nor do I propose to, nor have I made any arrangements with anyone for the publication of articles written by me."

Though we have made some emphatic statements against Comstock, he is evidently not desirous of being used to satisfy the petty spite of vindictive persons.

Bernarr Macfadden



Harvard Crew Rowing

The Athletic World

By ARTHUR F. DUFFEY



So the readers of this department have doubtless been informed by the daily press, the Olympic Games of 1906 have come to a glorious close. The athletes and committee and spectators who journeyed thousands of miles to take part in or witness the greatest of all amateur athletic contests have returned to their native lands. But there remains the glory of the wonderful achievements of the American athletes who competed. Never in the history of athletic sports has there been such an assembly of champions as Athens saw. Indeed, it would be no exaggeration to state that the meeting equalled, if not surpassed, the ancient Olympic Games, themselves.

American sportsmen have indeed every reason to be proud of their athletes. In athletics as well as in other

contests, where brains, brawn, skill, pluck and dexterity are required, the strenuous Yankee is generally to be found in the foreground. At Athens in 1896 the United States was represented by a most formidable team, and practically swept every championship in sight. Four years later at Paris, the American athletes were again the winners in the majority of events, and two years ago at St. Louis the Americans captured many events. This year at Athens, however, marks the greatest of all American athletic victories, or in fact of any other national victory ever recorded in the history of the Olympian Games.

We, who are not capable of representing our country in athletics or for divers reasons are forced to remain at home, cannot realize the many handicaps and obstacles with which our athletes had to contend or overcome when competing in Greece. From the very moment that our team was trans-

ported across the seas, they were beset by the disadvantages of climate, environment, food and other impediments, all of which were a hindrance to their attempts to display their real form. When the news was flashed across the sea that a giant wave had swept the decks of the SS. Barbarossa, the whole sporting world became extremely anxious in regard to the effect that the accident would have on our showing against other nations. Luckily all of our men were not seriously injured, but it was extremely unfortunate that Mitchell and Hillman were so badly hurt as to prevent them from still further increasing the scope of the victory. The sympathy of all true American sportsmen was expressed for these two wonderful athletes. Probably on the team we had no surer point-gainers than these two champions, and it must have been a severe blow to each of them not to have an opportunity to do themselves justice. Probably no team of athletes ever started out with such hard luck as did this one, for not only did fortune seem to be against us at the start, but during the competition of the games, our men, in many cases were suffering from sprains and bruises which seriously affected their showing. In spite of all these difficulties, we won and handily at that, and never was a team deserving of more sincere congratulations. Many of the contests came out as I had predicted in the previous edition of this publication. But one of the things which surprised me the most, was the rather poor showing, as a whole, of the British team. England was not by any means represented by the strongest team that she could muster for the occasion. Just why the Englishmen do not seem to be intent on upholding their athletic prestige in these Games, I am at a loss to know. As a matter of fact, the representation of the British Isles were chiefly from Ireland and Scotland, the former paying their own expenses, and consequently refusing to be recognized as the representatives of the English Associations. To my mind, I cannot recall one Englishman who competed in the Sports. Cornwallis, the great middle-distance runner of Cambridge

was entered, but did not compete, which was a rather serious blow to England, for he would undoubtedly have defeated either Pilgrim or Lightbody in the 800 meters and the 1500 meter events. Stronach, the Scotch hurdler was also, distinctly missed in that event and so indeed were many other noted English athletes, including J. W. Morton, the British champion sprinter, and Butterfield, the mile champion. It is to be hoped that England in the future will unite with the same spirit as the Yankees did upon this particular occasion, and that at London in 1908, which is to be the scene of the next Olympic championship, we may look to see a closer competition. Taking the actual performances of our men, as a whole, and with one exception, one can not help but note the lack of form shown as compared with that of the Olympic Games of 1900 held at Paris. This year in only one event was there a record broken and that was by Sheridan in the discus throw. In the other events, the time, and the heights recorded were much slower than in the Paris Olympiad.

For instance, at Paris in 1900 in the 100 meter sprint, three American sprinters accomplished 10 4-5 seconds, setting up a new world's record for that distance. The course at the Racine Club de France, at which place the contests occurred, was anything but suitable to sprinting, for it was a wretched, soggy grass track. To the American sprinters, Jarvis, Tewksbury and others, that was the first occasion that they had ever ran on grass, and under the circumstances, it was a champion performance for them.

At Athens this year, Hahn, Moulton, Barker, who won first, second and third respectively, ran on a cinder path and whether or not the track was in good condition I cannot positively state. At any rate I expected to see a new world's record put up for the distance, considering the reputation of the runners. Evidently the runners were far from being fit, as 11 1-5 seconds for 100 meters is not equivalent to 10 seconds for 100 yards. I was rather surprised at the Australian Barker's showing, for I expected to see him better than third. Schick and Eaton were far from being



First Trial Heat 120-Yard Hurdle, at the Pennsylvania Relay Carnival

in good form, the former not having time in which to condition himself and the latter being unable to finish.

In the 400 meter race and in the absence of Hillman, we had a worthy substitute in Pilgrim, whom we must consider as one of the showing stars of the team. His defeat of Halswell stamps him as a world beater, for whoever expected to see America land the event with Hillman out of the race. The time of 53 3-5 seconds is not exceptionally fast for the distance, so I infer the track must have been in rather poor condition. Of the other athletes who deserve special attention, beside Hahn, and Pilgrim, may be mentioned, Sheridan, Ewry, Lightbody, Bonhag and Daniels. Sheridan scored the most individual points with a total of 19. Had Sheridan not met with an accident he would unquestionably have won more points than did all the different countries separately.

Pilgrim and Lightbody deserve the credit of the revolutionizing of American middle distance runners. In the past, America never could succeed in defeating the British runners in the distance events, but from now on, we may look to see a rejuvenating in these particular events. Lightbody's defeat of McGough was never expected. True, the distance is rather short for the hardy Scotsman, but Lightbody beat him at his own game.

In the jumps we were very ably represented in Ewry and Prinstein, but Herrigan was complete outclassed in the high

jump; the best he could secure, being a tie for third at a height which makes it appear he was in wretched form. Naturally in international contests of this nature, there is apt to be a protest on the part of some of the competitors. Consequently I was not greatly surprised when I saw O'Connor protest Prinstein's jump. O'Connor seems to have a happy faculty in this respect, and whether or not he had any opportunity to abide by the decision of the judges, it seems rather regrettable that Halpin, the manager of the American team, happened to be the judge who refused to allow O'Connor's jump, which, by the way, happened to exceed Prinstein's. Another important point which seems worthy of comment, occurred in the walking event, where Bonhag succeeded in winning, although he only had a week's preparation. To my mind, I cannot understand how it was possible for a man to win a championship after training all his life at running, then suddenly change in a week's notice and become a walking champion. One of the judges of the event, Fowler Dixon, of the London A. C., declared that Bonhag was guilty of running during the race and consequently disqualified him. Another judge agreed with Dixon in this respect and on an appeal being made to the King, the latter decided that the American had won. If you can tell me how much royalty knows about a walking contest, I will be pleased to listen to you.

At any rate, it seems a good idea to

eliminate this event from the Olympiad program, for I feel sure the followers of athletics in England will follow Fowler Dixon's ruling and consequently will feel they are not getting a square deal.

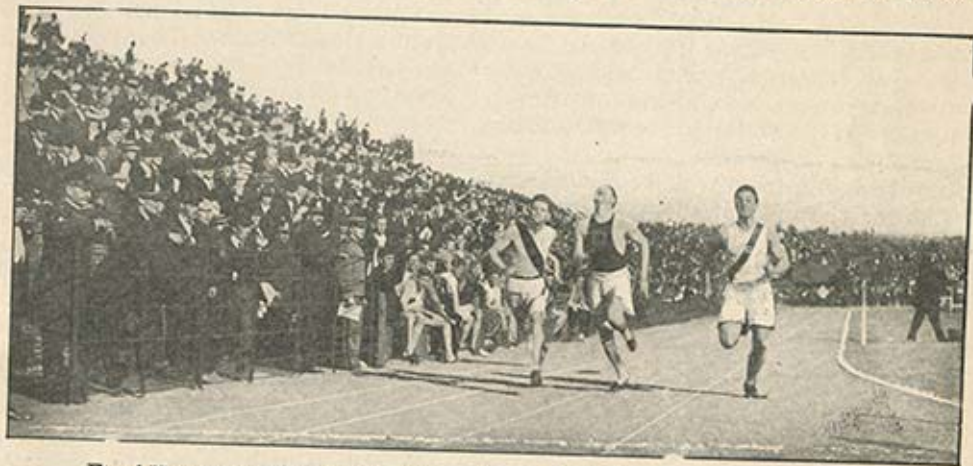
One great lesson which it is hoped the athletic associations of the respective countries will learn, is the manner in which the Grecian committee conducted the games. Athens is obviously just where such contests should be held. Just as soon as their ancient classic venue is changed, so will the Games be robbed of that halo of honor and glory which, now, seems to surround them. Paris had the great games in 1900, but little attention was given them outside of what the Americans aroused. St. Louis was next chosen and these to all intents and purposes were not of a class of the Athens Olympiad of 1896. London is the next scene of the Games, but to many of the followers of the amateur sport, Athens seems to be the only appropriate spot.

Our team that visited Athens was a specialized athletic one. Each man chosen, had reduced the particular event in which he had competed to a science. This is all very well in its way, but not strictly speaking of much benefit to a nation, when taken from a physical culture standpoint. On the other hand, contrast the Greek athletes and note how few were numbered among the specialized class. True they

won their classic discus event in their special style, but in the other events they were practically outclassed. What a spectacle, however, it was when the six thousand Greek boys assembled and harmoniously went through the setting up exercises. This to my mind far exceeds the make-up of a nation in its endeavor to make sound bodies and strong minds, than all the championship titles and honors that are won individually.

The college track athletes of America had their first spring tryout at the recent relay races at Philadelphia held under the auspices of the University of Pennsylvania. By efficient management these contests have become one of the foremost college meetings in the country, and second only to the actual Intercollegiate Championships themselves. In the past these sports have always acted as an introduction to the college championships, and have been a means by which athletic followers were enabled to get a line on the athletic ability of the respective colleges.

For many years past have representatives of college athletics in the East and West been "dickering" to the end of evolving some means by which the athletes concerned might meet in some annual contest, so that the respective athletic abilities of the leading colleges of America might be proven.



Final Heat, 100-Yards Dash, Pennsylvania Relay Meet. Castleman, on the Right, and Dear, of Pennsylvania, next, Running a Dead Heat]

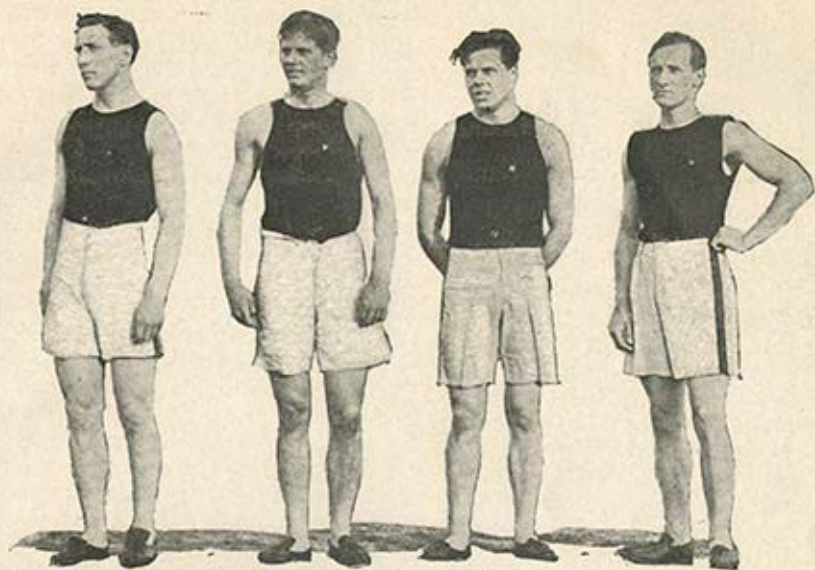
All such efforts, so far, have proven fruitless, however. We Easterners, who follow athletics closely, are apt to believe that the only real star athletes in the college world are those that represent the leading colleges in the East. This has been true to a certain extent in the past, but with the constant development of the Western universities, the case is now otherwise. When first the Western athlete came East, the followers of Eastern athletics were impressed by the awkward and crude manner of the Western runners, but the latter have gradually developed under careful trainers so that to-day they lead in many of the events that compose the average amateur program.

At the Philadelphia carnival especially, have these athletes shown the Eastern critics just what sort of grit and endurance is characteristic of the West. This year, more than in any previous one, have the Western contingent gradually swept the deck. And as an interested spectator of the races at Franklin field, I could not help but reflect on the interest that would attach to any athletic meet between the East and the West.

For the fourth consecutive time, the Michigan 4 mile relay team won the championship; in this instance breaking the Intercollegiate record—their own—by 9 4-5 seconds. The time established was 18 min. 10 2-5 sec. Such a noteworthy performance as this, reflects the highest credit on the efficient trainership of Keene FitzPatrick, who has been connected with Michigan for the last 7 years and who has consistently turned out winning teams. Mike Murphy stated previous to the race that he had a team which could average 4.30 for the mile; if such was the case, he had one that could beat the Michigan quartet for sure. But after the second relay, when Ramey of Michigan shot away from Terry, Pennsylvania, it was easily seen that the "Wolverines" far outclassed the Pennsylvania and Yale competitors. It was a very poor Yale team, by the way, which represented that institution, but at present it is a little early in the season for Johnny Mack to show what he really has up his sleeve.

Although Murphy did not live up to his reputation in the 4 mile relay, he made things "hum" in the mile relay, Stagg surely must have received a shock when he saw the manner in which the Penn cohorts reeled off their quarters. Few have forgotten the fuss Stagg made at Philadelphia last year when his team was just beaten by Yale. This year, however, he expected to settle all dispute as to the winner. Murphy's team was composed of cracking good men, all of whose athletic reputations are well known. It was by no means a green team. What struck me in particular was the fine running of Cartmell. This doughty sprinter ran with the experience of an old timer and should accomplish fine work this season. He ought to win both the hundred and two-twenty yards dashes in the forthcoming college championships, providing of course he keeps away from the quarter. The chances are that he will hamper his prospects by trying to do too much. Although Cartmell's performance was remarkable, still his relay did not equal Bonsacks, who ran the last relay for Penn in 49 3-5 seconds.

Second only to the record breaking relay performances, were the special events. These specialities have always attracted considerable attention at Philadelphia. Generally entered in the respective events are the fastest element which are known to the college and athletic world. The hundred-yards special at Penn in particular has become quite a classic event. To my knowledge, the event this year was the slowest time ever recorded for the century. Many spectators present, expected at least to see ten seconds recorded, but when 10 2-5 was announced, all felt surprised. Before the race, I expected to see a great battle between Seitz of Georgetown and Dear of Pennsylvania. Both of these sprinters have been in athletics a number of years, and I took it for granted that both were about due for a championship performance. Both athletes, however, show lack of training at the tape and consequently were unable to do themselves justice. Castleman, who eventually upset all calculations, accomplished a most praiseworthy feat. This remarkable athlete has always dis-



The Penn Relay Team, Winners of the One-Mile Championship—Left to Right: Cartmell, Whitman, Bonsack, Haydock

played wonderful grit and nerve upon the cinder path, and though competing with the charge of professionalism by the A. A. U. hanging over him, the way in which he was received upon the track was most gratifying. He was in fine form and though not professing to be a sprinter, he succeeded in getting a dead heat with Dear. As a matter of fact, I was inclined to award Castleman the decision, which he received at length by a refusal of Dear to re-run the heat.

In the 120 yard hurdle, Castleman again repeated his win, defeating Armstrong of Princeton and Hubbard of Amherst. In this event, Amsler, the Intercollegiate champion hurdler, competed, but was far from being fit. Amsler, to my mind, has performed to the best of his ability. He was a very good hurdler last year, but his trip to England was productive of serious harm to his hurdling ability.

Veteran Coe, the man with the many Alma Maters, was on hand and in good form for the shot put. I cannot understand what faculty ever had power enough to keep "Big Bill" in America when there were honors to be won at Athens. At any rate his put of 46 ft. 5½ inches was a championship performance, and he easily defeated Dunlap, Michigan, and Maxwell, Swarthmore.

Garrels of Michigan easily outclassed

his opponents in the discus event. His best throw was 126 feet 1 inch with a close second of 114 feet 6 inches. It would not at all surprise me to see Garrels in the near future, the world's champion in this popular event. He has wonderful form, which will improve with experience.

One of the other events which were worthy of notice, was the performance of Mt. Pleasant, the Carlisle Indian. His splendid jump of 23 feet 1 inch stamps him as a most possible winner at the intercollegiates.

The new idea of the I. A. A. A. A. as suggested by its President, Capt. Palmer E. Pierce, U. S. A., to form a general athletic association for the colleges

of the country, seems a valuable one from a theoretical standpoint. But whether it will hold good in a practical manner, has yet to be proven. The plan of dividing up the country into seven sections, which is a part of the scheme is one of the things that is likely to make it acceptable. This will mean seven distinct organizations each in complete control of its district and empowered to act as arbitrator in all matters of dispute that may arise. But to my mind, the association can never be a national one in the true sense of the

Intercollegiate Association too Ambitious

term. The arbitration must be local or else the whole purpose of the association will fall.

One good thing at least might be the outcome of such an organization, and that is the putting of each college on record as favoring clean sport and doing its best to maintain a standard of fair competition.

At any rate the spirit which emanates from I. A. A. A. is wholly praiseworthy. College athletics are at present undergoing in many cases radical changes. Whether those institutions in which these changes have been inaugurated are ready to join the so-called national organization seems questionable. The situation just now is a hazy one. To heap extra impositions on the athletes especially at such a critical time, might prove to be disastrous.

The College Baseball and Professional League season has reached its **Baseball** climax. The teams during their Southern campaigns were hampered by unpleasant weather. A fact which has been much in evidence in college baseball during the past few years, has been the unusual strength of the teams which represent the principal universities of the South. This is probably due to the fact that many of our Southern colleges, have a decided advantage over the Northern universities, in that the latter are usually forced to journey Southward, in order to whip themselves into shape to contend with their rivals.

For instance, such colleges as Georgetown and Virginia, the two leading universities of the South, have many times exhibited teams that defeated the teams known as the "Big Six."

Of late, the managers of Northern college teams have been considering whether it is advisable to continue these trips to the South. This year, Penn, Cornell and Lafayette encountered nothing but rainy weather in the South in the case of the majority of their games. Considering the great expense to which these universities are placed owing to such trips, it would seem to be a better idea if these trips, if not abandoned altogether could be undertaken a little later in the season, when the weather is more favorable. Princeton, Yale and

Harvard postponed their trips till later than usual this year, and as a result, they were enabled to play a greater percentage of their games than those who undertook the trip earlier.

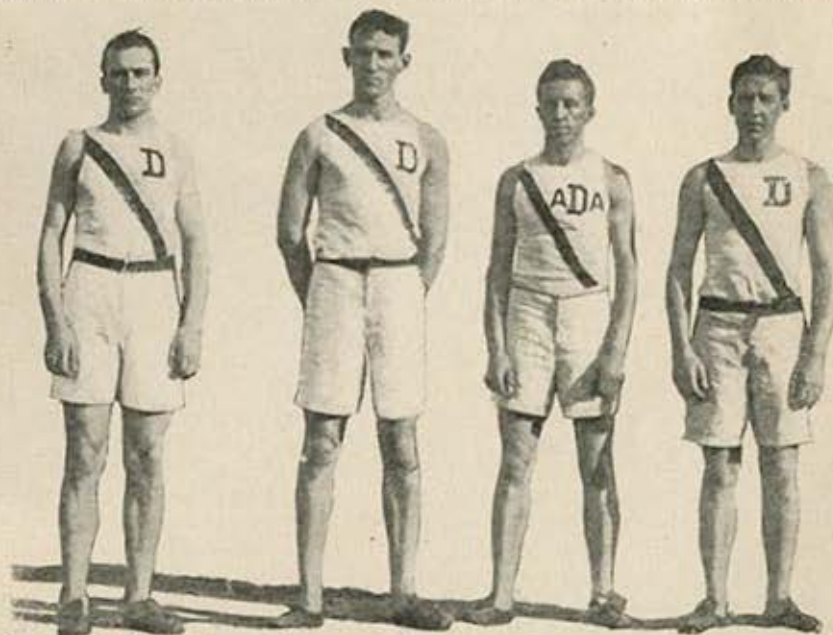
The intercollegiate rowing season had its initial opening in the recent **Rowing** contest between the Naval Cadets and Georgetown in their annual races on the Severn River, Annapolis. As many expected, the Blue and Gray suffered defeat at the hands of the Middies, but the stubbornness with which the Georgetown boys fought out the issue, was highly commended by all present at the race. The Annapolis boys had a marked advantage over Georgetown in the matter of weight, the average of the Middies' first crew being 164 pounds, about seven pounds to the man heavier than the Georgetown first, while the Annapolis second had about the same advantage over the Georgetown second.

A current topic is the shifting of the venue of the intercollegiate contests to Saratoga. The training facilities along the Hudson at Poughkeepsie are none too good at the best. The crews in the past have complained of the inadequate quarters, and it is more than probable that in the future, the races may take place on Saratoga Lake. There is one objection, however, to Saratoga. The course is considered equally as good as Poughkeepsie, but the air is not so bracing and the water is often so rough that there never could be any certainty as to the success of the races.

With many oarsmen there seems to be an inclination toward the changing of the distance of the course from four miles to three. A three mile race is just what many people are demanding, even should Poughkeepsie not be forsaken. To see the justice of the reducing of the course to three miles, one has only to observe the rigid training to which the college oarsmen have to subject themselves in order to stand the strain of this trying ordeal. Many college oarsmen whom I have met, seem to advocate this change, and it is practically assured that in the near future, we will see a more humane contest than that which we are forced to witness to-day. The result of the four mile course in the case of

many of our crews has been the collapsing of several of the oarsmen in the boat, and it is evident that more or less harm is done to the crews' physical make-up. For instance, the English varsities, Cambridge and Oxford, row just over two miles, and the interest that is taken in this annual contest far outclasses our college race at Poughkeepsie. This year, great interest was manifested in the race between these two varsities—for many American coaches have been experimenting with the diet of the crews to find out which brings the most beneficial results. In America all our athletes stick to a certain extent to the old idea of a diet in which flesh enters largely. Such a diet I used when on the cinder path, but under certain conditions I departed from the excessive meat diet, adopted a non-flesh one and found that the results were both noticeable and satisfactory. The Cambridge crew upset the cherished theories of many foremost trainers, for it did its training upon a diet of eggs. The superiority of the Cambridge crew over the Oxford men was very much in evidence, especially at the finish, when it was noticed that many of the latter had collapsed while the Cambridge crew was quite fresh.

From present indications it would seem that Wisconsin will not be a competitor at the forthcoming rowing contests at Poughkeepsie. If this proves to be the case, the big regatta will be minus one of the greatest competitors in the aquatic world, which will cause considerable regret to those in the East interested in rowing. The record of Wisconsin on the water at Poughkeepsie is exceedingly creditable to the Western university. Eight times has she competed against other leading Eastern colleges, and although the "Badgers" never landed first in the big race, they were second three times, and third three times. Wisconsin came East for the first time during the year that there was a three mile race held at Saratoga. Penn won that year, with Cornell second, and Wisconsin third, Columbia finishing fourth. The following year on the Hudson, Wisconsin gave Penn the fiercest struggle, the former barely losing. In 1900 the "Badgers" and the "Quakers" again fought out the issue, but for the third time the contest proved a victory for Ellis Ward, but since then the Penn coach has been a loser on the Hudson.



Dartmouth Relay Team, Winners of Two Mile Championship. Left to Right: Jennings, Thrall, Rose, Shepley

Wisconsin was second that year, the order of the rest of the crews being the same as in 1899, except that Georgetown finished behind Columbia. In 1901 was seen the greatest race ever rowed on the Hudson. Columbia, Cornell and Wisconsin rowed as one crew to the three mile mark, which at point the Ithaca collegians came away and won in record time. Wisconsin was third. The year following, the Westerners came in again just behind the winning Cornell crew, beating the four other boats. In 1903, the visitors made their last fine showing. Then they were third to Cornell and Georgetown. The last two years they have been outclassed owing principally to handicaps at home. In the freshman and four oared races the Westerners made their best showing, but since then have gone back each succeeding year.

In 1900 Wisconsin entered a freshman crew for the first time and won. In 1902 the Western freshmen were second to Cornell and in 1903 third, being beaten by Syracuse and Cornell. In the four oared event, the Westerners were third in 1903, fourth in 1904 and fifth last year. O'Dea, the famous coach of the West, has been in charge of rowing at Wisconsin since the beginning of aquatics there. He and his crews have established an enviable reputation on the water and it is a distinct blow to inter-collegiate rowing in the East, that they found their way so paved with handicaps, that they will be unable to come to the races this year.

The warlike attitude that the Western University faculty has taken towards athletics is more or less the cause of the inability of the "Badger" crew to come East this year. By killing foot-ball, the faculty has taken away practically, the single source of income upon which the other departments of athletics depended. The prospects of a strong crew at Wisconsin were exceedingly bright this year, and the student body was very anxious to be represented at Poughkeepsie. But the damper that the faculty has placed on athletics, has resulted as told. Under the circumstances, even those who favor a curtailment of the scope of college athletics admit that the stringent attitude assumed by the faculty cannot be countenanced. Such



Mr. G. A. Wheatley, Australasian one mile and half mile champion, who represented the Colonies at Athens

radical steps are harmful to the university as well as to the athletic world.

College men need physical preparation as well as mental training. Life at college would be humdrum if it were not for the part that athletics play in college education. So it is to be hoped that the faculty of Wisconsin will reconsider their measures, and replace athletics at the University on their former basis.

Following the precedent established by the Conference College of the middle west, **The Exit of College Freshmen** the leading universities of the east, Harvard, Yale, Princeton, Pennsylvania and Cornell, have decided to forbid the freshman from competing in athletics during his first year in college. This decision, both of the Big Nine of the west, and the colleges of the east, has been the outcome of considerable comment and an attempt at reform in the college world for the past ten years. Now that these leaders of college athletics have come to the front and openly expressed their opinions, no doubt many of the other universities will follow their example. In 1900, the first form of any such action was instituted by the I. A. A. A. and has been more or less followed by that association. At that time, owing to the action of many of the prominent colleges in seeking preparatory school

talent, the Intercollegiate Athletic Association instituted a rule by which an athlete who had won an open championship race previous to his entrance into college, was ineligible to represent his particular institution in intercollegiate games until he had resided for the term of at least one academic year in college.

This rule in general does not hit the track men so hard as it does the baseball and footballers, simply because track men seldom show any marked ability until it is developed at college. Taking the rule into consideration as a whole, it seems one of the most commendable actions that has ever resulted from attempts at athletic reform. A love of athletics has always been part and parcel of the make up American school boy. While the youth is at Prep. school, his whole soul seems to be intent on achieving athletic success in one of the many branches of athletic sport. For the time being his head becomes so turned on the subject that he forgets his lesson and everything else. Then it is that the discouragement of athletics should take place to a certain extent. This period generally comes just as the Prep. athlete is about to enter college. So for the good of the young athlete himself, and for the college world in general, the determination to restrain the young athlete from competing during the freshman year, seems as a whole to be for the best. Of course, some of the minor colleges will object to the institution of such stringent rules, and no doubt their action in so doing, cannot be criticised too severely. Still the rule as it has been passed has been accepted by the larger universities and while it may act to advantage with them, on the other hand it is likely to play havoc with athletic affairs at many of the smaller colleges.

For instance, at such universities as Amherst, Dartmouth and Georgetown, although the former two have decided to follow the rulings of the greater colleges, many of the student body believe that as the New England college has so far experienced no serious difficulty in the handling of their sports, they believe it is for the best to let well enough alone.

So I think that while this rule could

be exercised in the case of the larger universities, yet in the case of the smaller colleges, the regulations in question should not be enacted unless those colleges with which they usually compete, decide to adopt the same rule. This is perhaps a new solution of the problem, but I think that it would be found to be practicable. Amherst is perfectly right in objecting to a single college taking up the new rule. Including the western colleges that have this new rule, there are nine colleges that meet each other in sports of all kinds. A rule that binds all, naturally cannot work harm to one without affecting the other. Amherst is not a large college, and the freshman class represents just over one-fourth of the actual students. To refuse the playing of so large a percentage of men from freshmen teams, means more to Amherst than it would to Harvard or a larger university.

Dartmouth also is considering the adoption of just such a rule, but there are many of the New England colleges that apparently would not stand for it. Thus at the most, there will be but two colleges which will agree to this rule and these will be called upon to compete in sport against other institutions which will have a greater margin of liberty allowed them.

So as it seems apparent that to the smaller universities it is a disadvantage to follow such a ruling, the only apparent relief that can be obtained is to allow the playing of freshmen on varsity teams with the condition that the academic work of the freshmen is of a satisfactory nature. With this condition fully complied with, there is no reason in the world why a freshman should not be eligible to compete in any or every team of the varsity which he may be able to make. Another step in the bettering of conditions in the college world is the eliminating of the professional school student, and the post-graduate. A student in the professional school is there for the specializing of his life's work. The road which he is to follow is paved with hardships and tribulations. If he gives a few hours a day to athletics, his mind is likely to become so absorbed in training, that his university work is not infrequently neglected.

The lack of opportunities from which the amateur wrestlers, especially those belonging to the A. A. U., suffer is a regrettable phase of this branch of sport. Only once or perhaps twice during the year, do the devotees of the mat have a chance to compete in a contest, and then it is generally a championship contest. This is no way to encourage our wrestlers. Athletes cannot develop who have no opportunity to compete except in a championship. As in other athletic sports, competition is the main means of bringing out all that is good in a man. Give the wrestlers more meetings, and their chosen sport will benefit thereby.

Wrestling is one of the most interesting sports known to physical culture but it seems apparent that if we had more competition, the game would become more popular. The A. A. U. is always preaching the advancement of good sport. Here is an opportunity for it to put its precepts into practice and give the wrestlers as much show as the track athletes. The leading members of the A. A. U. are nearly all interested in track sports. They appear to rivet their attention on the runners and jumpers and seem to forget the baseball players, the basketball players, wrestlers, etc. They could if they would inaugurate a series of wrestling contests to be held in conjunction with the running races. That this is practicable is proven by the manner in which the allied sports were exploited at the recent Physical Culture Exhibition.

The tennis team which has been selected to represent America abroad this summer to compete for the Dwight F. Davis trophy reflects the sound judgment of the committee and we may rest assured that the players will strive to regain the honors they lost last year. The team is undoubtedly the most evenly balanced one that America could produce, for the players are all steady experienced men and can be depended upon to hold their own with any rivals. The team is to consist of B. C. Wright, national singles champion and ranking player of America, Holcombe Ward, Kreigh Collins and R. D. Little.

That which seemed to handicap the American tennis players more or less in the past, were the grass courts. The same condition also affected the American sprinters when they competed on the grass courses abroad. This year, however, the tennis players before departing for the other side will make a complete circuit of many of our foremost grass tennis courts, there competing against the strongest players that can be found. In this manner their chances abroad will be considerably enhanced and we may look forward to a return to the shores of America of the famous trophy. That our tennis team has all its work cut out to win the trophy goes without saying, for in order to reach its present defenders, the Doherty brothers, they must first defeat the French team, and then meet the winner of the Austria-Australia match. Should they successfully run these rounds they are then eligible to meet the defenders at Wimbledon, London, June 15th, 16th and 17th.

One lack of foresight on the part of the committee, be it in the East or in the West is the non-payment of Miss Sutton's (the present British Champion singles) expenses. While the American lady was abroad last summer, she became a great favorite in the tennis world, by her remarkable playing and her unassuming manner. Followers of tennis abroad were in hopes that she would return to defend her title this year, inasmuch as their champion was not absolutely fit to meet the American at the time of the meeting. It is a regrettable circumstance that the Western committee cannot raise the amount to send Miss Sutton abroad. Southern California, from where Miss Sutton hails, has no amateur organization to provide for such contingencies, as is the case in the East, where players are sent abroad at the expense of the Eastern Tennis Association.

Should the West refuse to send Miss Sutton for the honor of American tennis, it behooves the East to send the American lady along with the American gentlemen. In all competitions of an international nature it is fit that we send as complete a representation as possible, in order to do justice to ourselves.