

PHYSICAL CULTURE

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

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EXERCISES ON A DOOR

A UNIQUE AND VALUABLE SYSTEM OF EXERCISES THAT CAN BE ENJOYED IN ANY HOME OR IN ANY ROOM

By *Bernarr Macfadden*

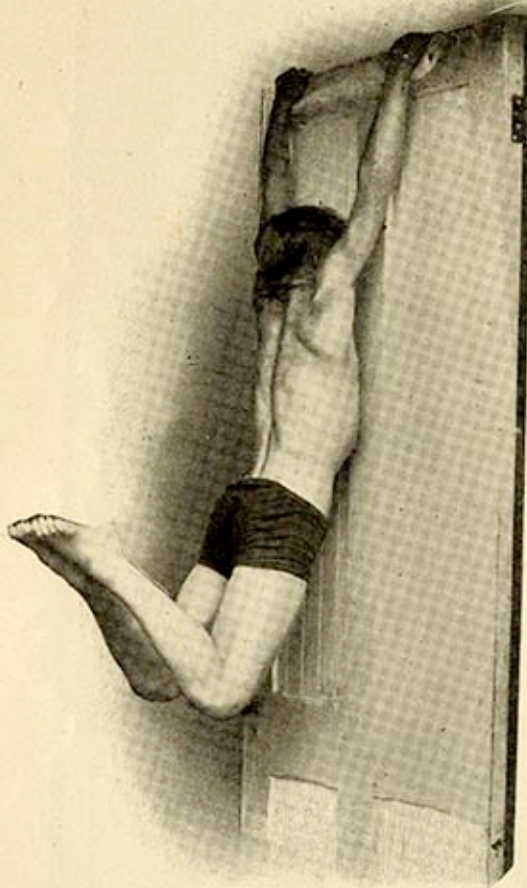


PHOTO No. 1.—First take a towel, fold it several times, and lay it across the top of an open door to protect the hands, as shown in the illustration. Then, hanging by the hands from the top of the door and facing it, raise the feet as high behind you as possible, as illustrated. When you have seemingly brought them up as high as you can, make a strong endeavor to raise them still a little higher. Relax and repeat the movement, continuing until tired. In all these exercises the mere position of hanging in this way will prove beneficial to the chest and upper body as well as to the grip, but the purpose of this special exercise is to strengthen the muscles back of the thighs and hips.

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I AM presenting herewith the first of a series of exercises to be taken on an open door. The movements illustrated in this and succeeding issues are only a few of the many which can readily be devised with a little ingenuity and thought, for there is a large variety of different exercises which can be performed upon this simple and readily available apparatus. The great advantage is, that no matter where you go, the necessary apparatus is always to be found, awaiting you.

In the past I have frequently stated that elaborate and expensive apparatus is wholly unnecessary for the purpose of exercise, and that, in fact, there is no real reason for expending even a small amount of money for specially designed contrivances. Of course, exercisers and gymnastic apparatus have their value, and in some instances may be of great service by stimulating interest in the work, but for all that there is an almost infinite variety of exercises which can be taken without any apparatus whatever. But when one tires of free movements, and by way of variety looks for something to take hold of, he can, if he so desires, find means of exercise with the help of almost any object with which he comes in contact. Thus chairs, tables, and bedroom furniture may be made use of, and, in fact, almost any of the articles or furnishings which may be conveniently at hand, in and out of the house. Light dumbbells are of course of assistance in the taking of exercise, provided that you desire to make your calisthenics more or less vigorous, or if you wish something upon which to tightly grip the hands. But if you do not already possess a pair it is not necessary that you buy them, for you can find a pair of flatirons in almost every house, and I believe they will be found to serve the purpose of strengthening the grip even more effectively than dumbbells.

Similarly, and, if you are sufficiently ingenious and versatile, you will probably be able to secure desired exercise with the aid of the very first object that your eye may rest upon.

The reader may not be inclined to take up these door exercises about which I am to speak with a view of following this one particular system of movements for a very long period, although if the necessity arose, one would doubtless find them amply able to fill all requirements for any length of time. However, they are here presented more as a diversion than as a serious athletic proposition, and also as a means of maintaining interest in the work of building up strength and health. While physical culture may be an absolute necessity in your own case, and the practice of your daily exercise may be regarded by you as an imperative duty, it nevertheless is important that it be made as interesting and enjoyable as possible. I have always contended that exercise should be regarded in the light of play. As it is really recreative, so it should seem like recreation, as the term is generally understood. For this reason it is advisable from time to time to vary your exercises, either by adopting entirely different sets of movements, such as here illustrated, for a few weeks, or by introducing some of these or other movements into your regular "system." It is of course a good plan to ascertain your weak points and select a set of special exercises which shall correct them, and to adhere to them persistently, no matter what other movements you may take. For this purpose some of the resisting exercises which I have heretofore described and illustrated will be of value to you. But an occasional change will break the monotony of the work and make things more interesting, with the result that you will take your daily exercise with more spirit and added relish.

If you have the ordinary wooden fence in your back yard, you will find that there are a great variety of movements which can be taken with its help, including vaulting and jumping. And if you have a high board fence conveniently at hand all of the movements illustrated here can be performed upon it.

If you are in the country, and have a ladder leaning up against a building,

there is almost no end of "stunts" which it will afford you. Some of the movements which will be presented later in this series are not very much unlike the work of climbing, and climbing of any kind is good exercise. If you live in the ordinary frame dwelling, you will find it capital exercise as well as a fascinating and exhilarating sport to scale the outside wall of the house, going up by means of the ledges and corners formed by the doors and windows, and climbing in through the second-story window. This is a little dangerous, however, and should not be attempted unless you can get sufficient holds and are absolutely sure of each move that you make. But after some practice, one will be surprised to find that there are quite a number of houses so constructed that one



PHOTO No. 2.—First position same as beginning of last exercise. Then, keeping the knees straight and rigid, endeavor to raise the legs as high behind you as possible, as shown in illustration, and then try to raise them still a little higher. Relax and repeat. It will surprise you to find what a splendid exercise it is for the entire back.

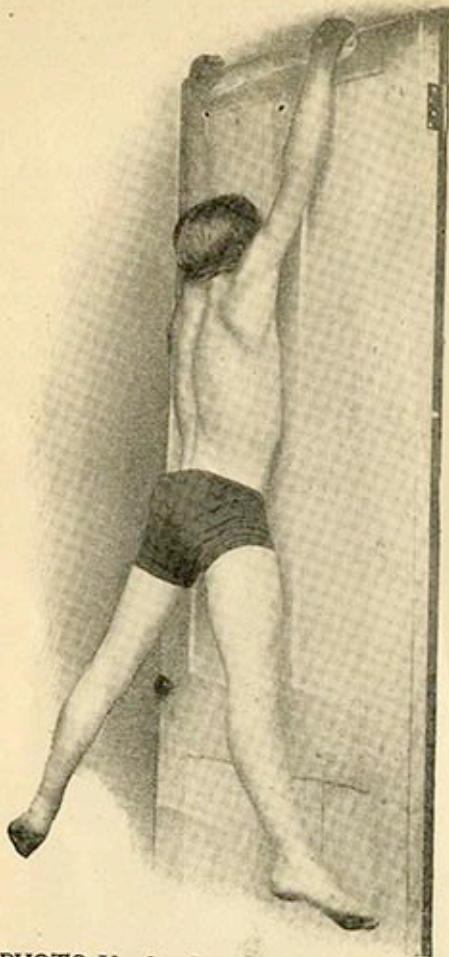


PHOTO No. 3.—Commencing with the same position, and keeping knees straight and rigid, bring the legs apart and up sideways as far as you can, as illustrated, then endeavor to raise them still higher, as in the preceding exercises. For muscles on the outside of upper legs and hips.

can climb up the outside and go in through the windows of the upper stories. To climb up to the balcony over the front porch, if you have one, is also interesting exercise and the movements illustrated in this series will be found good training for such efforts. In fact, some of these same exercises would be good training for the work of scaling cliffs and rocks in mountain climbing, the movements and bodily positions being somewhat similar and in some respects not unlike those used in tree-climbing.

When commencing these exercises you should first be sure that the door is firmly secured. In case the door hinges are not able to bear the strain, a little investigation beforehand may save you the necessity of making repairs.

I would suggest that you take a towel, fold it two or three times and lay it over the top of the door as illustrated, to protect your hands from the sharp edges which otherwise would probably make it

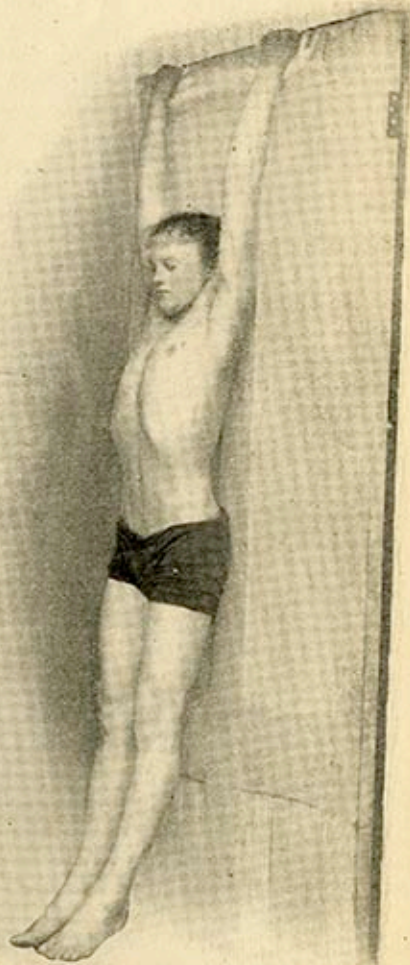


PHOTO No. 4.—This illustration shows another position in which a number of very valuable and effective movements can be taken. This is the first position with which to begin the next exercise. A pair of heavy leather gloves may be worn, as a substitute for the towel, and they will be an even better protection for the hands, than the towel.

very uncomfortable for you. A pair of heavy leather gloves would be even more satisfactory as a protection to the hands than the towel. You will find, by the way, that all these movements are particularly good for strengthening the grip, and especially so, if your towel is of a slippery texture.

As it is necessary to have your door open in order to take the exercise, you will be sure of getting a good supply of air, provided that you have the windows of the room open. If you are timid about being seen by those passing outside your room, take the exercise on the inside of the door, in which event the door itself will effectually hide you from view.

One of the special values of this system of movements lies in the fact that they are rather unusual in

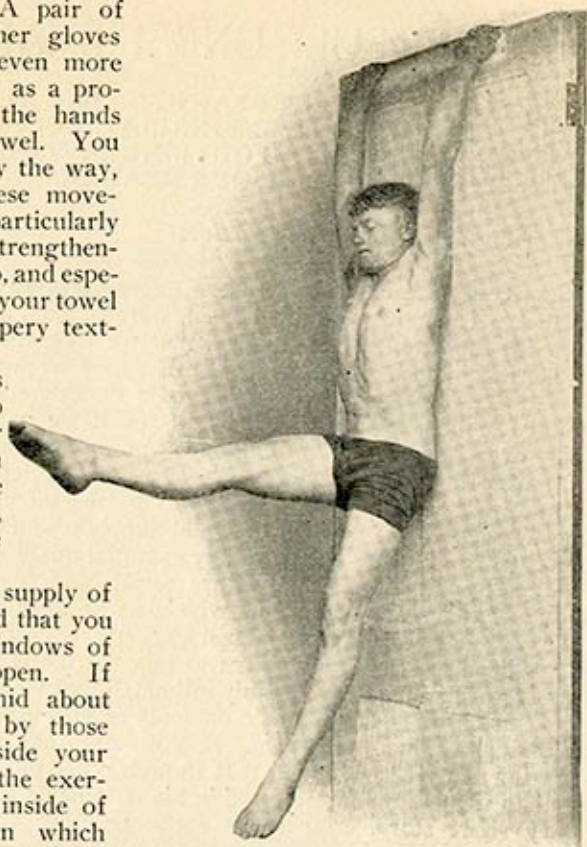


PHOTO No. 5.—Commencing with the position shown in the preceding illustration, bring the right leg up as high in front of you as possible, keeping knee straight, as shown in photo. Then attempt to bring it still higher, and return to first position. Repeat until tired. Same exercise with other leg. For muscles of abdomen and front of upper thigh.

their nature and bring into play muscles that are not much used by the average man. In fact, even those who are in the habit of taking considerable exercise and who also indulge in many out-of-door sports will benefit from these movements. The hanging by the arms, which is part of all these exercises, raises and expands the chest, which is an important and desirable consideration. And if one has been seated at his desk or been working in a stooped or bent position for a prolonged period a few minutes of this exercise will have an unusually refreshing influence upon him. Indeed, the exercises herewith described and those that will follow, should especially appeal to all those men who are confined at some tedious work for long hours during the day.

Splendid Opportunity for Physical Culture Athletes

An opportunity is offered to Physical Culturists to enter the various amateur athletic contests that will be held by the Madison Square Exhibition Co. in connection with their Grand Competition to determine the most perfect man and the most perfect woman in the world. Very beautiful prizes will be offered for amateur wrestling, in both catch-as-catch-can and physical culture styles, in the following classes: Featherweight, welterweight, lightweight, middleweight, heavyweight.

There will also be: Five-mile run, 15-mile walk, two-mile run, one-mile run, half-mile run, quarter-mile run, 220-yard dash, 50-yard dash, standing high jump, running high jump, standing broad jump, putting 16-pound shot, throwing 56-pound weight for height, back lift in harness, straight two-hand lift, 50-yard run, carrying 100 lbs., climbing the rope hand-over-hand.

There will also be a number of important athletic contests for women, some of which will be: A Women's Fencing Championship, which, in view of the popularity and growing importance of this splendid sport, should prove most interesting.

Then, too, a silver loving cup is offered for basketball games between prominent Women's Basketball Clubs.

We publish this item in the hope that as many Physical Culture readers as possible will send in their entries and compete in the various competitions. Entries for all of the contests should be sent in at an early date.

WEIRD: WONDERFUL: UNBELIEVABLE

A NEW SERIAL TO SUCCEED "PERFECT BEAUTY"—THE STRANGE CIRCUMSTANCES UNDER WHICH WE FINALLY ACCEPTED MANUSCRIPT—AN INTERESTING OUTLINE OF THE STORY FOR THE BENEFIT OF OUR READERS

By *Bernarr Macfadden*

MY readers may not, perhaps, realize the difficulties that are encountered in searching for new and interesting stories, suitable for publication in this magazine.

In the quest for such, we have to go over a vast quantity of matter that contains but little that is of interest or value, before we secure anything worth presenting to our readers. Hence, a "find" of exceptional worth and unique quality is well worth the chronicling, and this I am about to do.

For several months I have been searching for a strong serial story to begin in the issue following the conclusion of "A Perfect Beauty." The difficulties incidental to this search were, for many reasons, far more numerous than if the hunt had been for an ordinary short story. Physical Culture literature is of a new type. Writers who are alive to its value as a part, or the pivotal point, of a story are to be met with at infrequent intervals only. Still I must admit that they are in-

creasing. Even the old-time authors of conservative ideas are beginning to realize the importance of the physical culture movement and spirit. In the not far distant future therefore, we will perhaps find that no story will be considered of interest, unless the characters in it are men and women with strong, clean personalities, who eschew all that is coarse and enervating, and whose every characteristic indicates high ideals and the possession of those magnetic individualities which are among the main essentials of superb manhood, or womanhood.

While the search for this story was thus on, we received from a person unknown to us and to the literary world, several letters about a tale which, so he declared, embodied his personal experi-

ence. These experiences as he roughly outlined them, were of such an unbelievable nature, that we took it for granted that they were the product of a disordered mind. As a result we paid but little attention to his communications. He persevered, however, and at length one of our replies was to the effect that, provided he could supply a story possessing the generally essential qualities of a Physical Culture serial, and filled with the incidents which, as he claimed, he knew of by actual experience, he might call at our offices to talk the matter over. But we plainly intimated that we had not time to waste on fools or visionaries.

It may be said here, that he afterward stated that though other publishers were interested in his statements and gave him far more encouragement than we had done, yet he was determined to have his story published in our magazine, if at all, as it was in his opinion the only appropriate vehicle for the publication of such a story.

He came to Physical Culture City in person, so that he might be able to verbally impress us with the truth and value of the story. He had an extremely interesting personality, but as he began to recite some of the distinctive features of his tale, I was forced to wonder whether he was or was not really sane. My suspicions as to his sanity were strengthened, when he once more assured me that all of the incredible experiences to which he has alluded in his letters and which he was prepared to fully describe in his story, were actualities. He had traveled, so he declared, up through the sky and out into the space beyond until he reached the neutral zone between the earth and the moon, where the force of gravitation ceases to prevail. Beyond that to a region

**Suitable Stories
Hard to Secure**

**He Outlines a
Most Unbeliev-
able Story**

**Physical Culture
Authors are
Increasing**

**Extravagant,
Almost Prepos-
terous Claims of
the Man who
Penetrated Space**

**Discovery of a
New Writer**

filled with ether rays of such a marvelous dynamic quality, that properly applied and used a million miles could be traveled nearly as easily and as quickly as a few miles on the earth's surface.

By means of an apparatus of his own invention, the Etheroplane, which utilized these same ether rays, he declared that he had traveled through uncounted millions of miles of space, sustaining life

**Traveled far
Through Space
Among Stars
and Suns to
Other Solar
Systems**

meanwhile by means of a supply of oxygen, which he carried with him in the shape of tablets, he having successfully reduced the gas to a solid form. He further asserted that he had made these trips backwards and forwards from the earth into the distant space a number of times, and during one of them came within the attraction of another planet, a member of a far distant solar system, upon which he was able to safely land with the assistance of the Etheroplane.

All this and more of the same, including the dangers and delights of voyaging through space sounded too fantastical and preposterous for human belief. Yet, though it was impossible for me to give credence to a word of his extravagant tale, I must admit that I was intensely interested in it, and the question naturally

**Incredible Yet
Most Interesting**

came to me, as it has come to thousands of other students: It is possible for the people of this earth to communicate with and visit the inhabitants of other worlds?

Civilization is advanced by contact of nation with nation, and if such international rubbing of shoulders results in the enlightenment and improvement of the world in general, why should not accurate information of civilizations that may exist in other worlds be of tremendous value and import to humanity.

So I listened to his strange, incredible tale with keen interest, even if I doubted as I did so. Never have I heard anything more startling, more fascinating, or more inconceivable. Here was a man coolly and deliberately asserting that he has actually visited one of the far distant worlds which revolve around those tiny, twinkling specks of light that we see in the incomprehensible reaches of unending space, which specks, so astronomy teaches us, are suns, each with its attendant

girdle of planets. Impassively and in a crisp, condensed way he told me just how this daring trip had been accomplished, and proved or seemed to prove that it was scientifically possible. As he progressed it almost seemed to me that after all there was a faint possibility that truth was at the bottom of his statements.

**Examined by
a Scientific
Expert**

At this juncture, I remembered that one of the members of the editorial staff of this magazine had had a scientific education of a somewhat thorough nature and so he was summoned to listen to the visitor's tale and, if necessary, take exception to it. He did both, and for an hour or more the alleged traveler into space was subjected to a searching cross-examination that bristled with technical terms, most of which were totally unfamiliar to the layman. Question followed question, theory after theory, argument after argument. Finally it came to an end and the sub-editor wiped his forehead and looked puzzled. Then he turned to me and said, "The man is neither fool nor theorist. On the contrary he argues from the soundest and most advanced of scientific data and beliefs. I do not know what to think. Scientifically speaking, that which he claims to have done is *possible*. Practically, it appears to be *impossible*. That's all I can say about it."

But truth or no truth, it was evident to me that his statements, if reduced to narrative form, would be read everywhere with the most intense interest. And long before he had finished his weird tale, I concluded that through him, I had found the story for which I was searching. And I further concluded that no story had ever been published that was at once so bizarre and fantastical, and yet so filled with apparently tangible reason. And he was right in his conclusion that PHYSICAL CULTURE was the magazine for his story.

**The Story of
a Truly Civi-
lized Race**

Apart from its scientific and sensational aspects his tale deals mostly with the civilization existing in another world. It compares that civilization with the conditions existing here to-day, and the result is amazingly interesting. The tale is not devoid of humor either. But its main value, however, is to be found in the fact that it proves that we, of this earth, are

from the standpoint of true civilization as known in another planet, mere infants playing on the threshold of Truth. With sledge hammer blows of comparison, and sarcasm, it convicts us of egotism, shallowness, and general inferiority of purpose and methods.

Besides all this and as has been intimated, there are thrilling adventures and hair raising experiences which will hold the reader's closest attention.

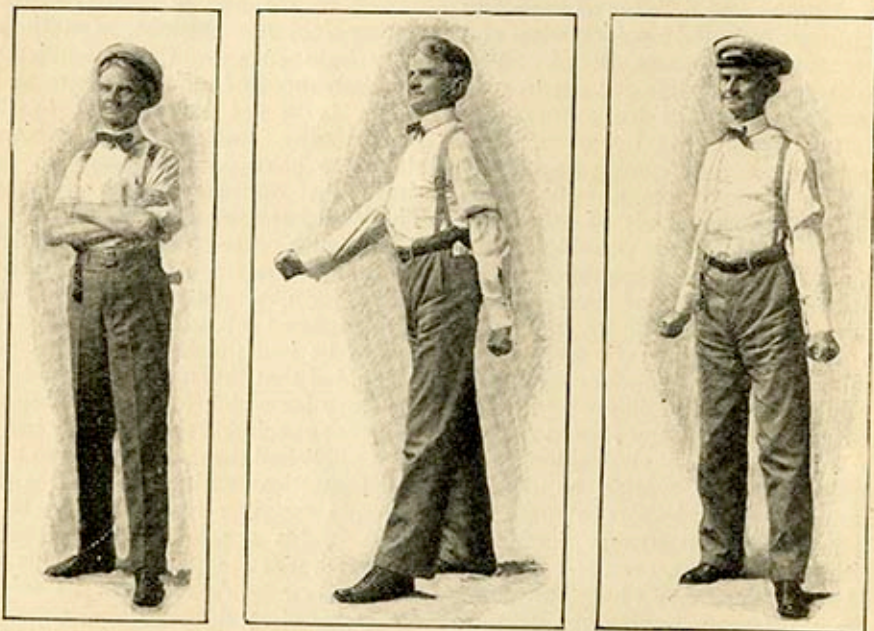
What Led to His Weird Experiences The author of this remarkable story knew nothing of physical culture when he became interested in the experiments which finally, as he avers, took him to another world. As he freely admits, the idea from which he developed his means of traveling away from the earth and through space, was suggested to him by the experiments of a corporation organized in the Western part of the United States for the purpose of drawing electricity from the ether.

This Startling Story Will Commence in Our October Number I am satisfied that every lay reader of this magazine, as well as every student of science, will find it rich in startling incidents.

Therefore, beginning with the October issue of this magazine, we will have a serial story entitled,

CIVILIZATION IN THE PLANET OLYMPUS

The Startling Story of the Wonderful Experience of a Daring Scientist During His Visit to Another World. The Astounding Experiments which Enabled Him to Get Beyond the Attraction of the Earth and Penetrate Into the Space Beyond. The Amazing Civilization Existing in a Distant Planet. The Wonderful Attainments, Mental, Moral, and Physical, of the Inhabitants of the Planet Contrasted with the Superficial Civilization on This Earth.



A FIFTY-SEVEN-YEAR-OLD PHYSICAL CULTURIST

To the Editor:—

At my time of life (fifty-seven), I am equal in activity, strength, and endurance to the average healthy young man of twenty to twenty-five. I do not grow stiff in joint or sore in muscle by exercise, and can endure severe strain without fatigue. I regulate my exercise daily, hence my strength is renewed day by day.

I can swim a strong, swift current that requires strenuous muscular effort, and enjoy the exercise like a boy. My activity is not assumed,—it is natural.

My judgment, after many tests along physical lines, is that a man should be strong and active at any age of life and able to undergo, without fatigue, all that duty demands and desire indicates.

Cartersville, Ga.

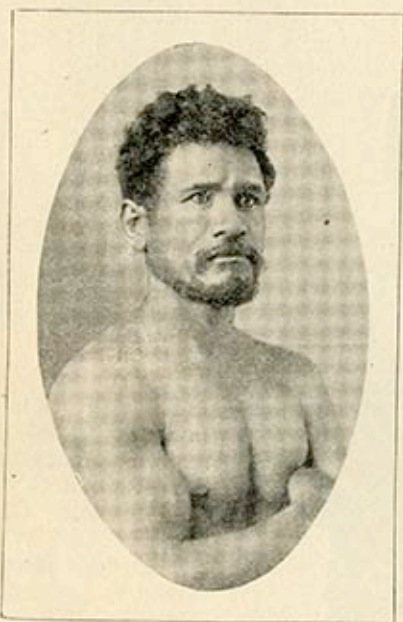
MILLER H. GILREATH, SR.

HAWAII, THE PARADISE OF THE PACIFIC

STORIES OF STRENGTH AND PROWESS POSSESSED BY NATIVES—
THEIR SIMPLE VEGETARIAN FARE COMPARED TO THAT OF THE
STURDY JAPANESE—LIFE IN GENERAL IN HAWAII

By G. Edwards

THEY say, in Hawaii, that the golden age of the Hawaiians is past; that the life of the natives a generation ago was more beautiful, more pictur-



Showing a Powerful Development of Arm, Chest, and Shoulder Muscles

esque, and more healthful than it is to-day. Civilization has touched the lives of the natives, and it is a question whether they will be able to adapt themselves to the changes that civilization demands, or whether they will succumb to them as did the Indians of the United States. Once the Hawaiians were a free, happy, and physically magnificent people, unacquainted with the prudish notions of dress and behavior that afflict so-called civilized countries. To-day they are, to a large extent, foolishly adopting the dress, the food, and the customs of the white people with the result that pulmonary and venereal diseases are making fatal inroads among them.

Interesting stories are told of the

former physical powers of the Hawaiians, the most phenomenal of these being that of a Kanaka woman who swam from Oahu to the nearest island,—a distance of fourteen miles,—with her sick husband on her back. He did not survive the journey, but his devoted wife had the satisfaction of seeing him interred in their native burial ground.

Despite the fact that civilizing influences are acting unfavorably upon the life of the average Hawaiian, the race, as a whole, still maintains a fine standard of physical manhood and womanhood. Mr. Musick, the author of a book on Hawaii, in describing the physical prowess of the Hawaiian, says:

"The natives are always employed for the heavy work in foundries, while the work of lading and unlading vessels is done almost exclusively by them. The Hawaiian is indispensable to the inter-



A Native Fisherman

island traffic, where absolute fearlessness is essential. The manning of boats at all hours, day or night, to carry passengers

or freight to and from the steamers at the various landings is done altogether by the native Hawaiians. This is a hazardous employment, requiring skill, courage, and hardihood.

"I have seen these brave men battle for hours in wind, rain, and angry seas, to effect a landing at some dangerous points; I have seen their boats capsized and crushed on the rocks along the shore, but so skillful are the boatmen that seldom is one of them drowned. I have often braved the dangers of the sea with an Hawaiian crew, at landings and in

surfs where nothing could tempt me to try it with a crew of white sailors. They swim like fish, and the capsizing of a canoe or boat is a matter of indifference to them. They are the only deep-sea fishermen, and often go in their frail canoes out of sight of land, but rarely fail to return.

The almost exclusive food which the natives depend upon for obtaining the muscular strength above referred to, is taro, the national "staff of life" of Hawaii. This food has the great advantage of being both cheap and fattening.

Taro is a plant that has a claim on the attention of physical culturists by reason of the fact that in many respects it is an ideal food.

It is a perennial plant, the stalk of which grows from one

to three feet high, having leaves resembling very closely those of the calla lily, and a large root looking somewhat like a yam, or more like an artichoke.

The plant grows in very rich black soil, which is flooded periodically, just like the rice fields of our Southern States.

The root requires from twelve to eighteen months to mature, and is rich in phosphoric acid and potash, according to the analysis of taro made by Mr. A. B. Lyons, formerly Government Chemist for Hawaii.

The meal of taro, as now purchasable in the U. S. markets, contains only a trifle over 12 per cent. of water and 87 per cent. of nutrition. The fuel value to the human body of one pound of raw taro varies from 460 to 695 calories, according to the quality of the taro, whereas, the fuel value of one pound of taro meal amounts to 1600 calories.

By way of comparison the fuel value of one pound of Irish potatoes amounts to only 375 calories, peas 290, sweet potatoes 580, and whole wheat flour 1645. Whole wheat flour contains about 12 per cent. of water, or the same as taro meal, 87.5 of nutrition, or slightly less than taro meal, a trifle more fat, 12 per cent. less of carbohydrates and 1-2 per cent. less of mineral matters. This plain and easily comprehensible comparison will illustrate the great

nutrition value of the food. Hon. George R. Carter, Governor of Hawaii, in a re-



Common Type of Brawny Hawaiian



A Hawaiian Athlete

cent communication made the following statement regarding taro: "For many years not only the natives, but all those who have lived in the Hawaiian Islands have recognized the products of taro to be soothing to a delicate stomach and easily digested. I have always believed that if this nature food could be supplied to those who are suffering from indigestion, or who cannot find food which can be assimilated, taro in some properly prepared form would, in many cases, prove a blessing.

The following remarks are taken from the writings of Dr. C. H. Pearson, author of the very popular "Cabin on the Prairie," and "Young Pioneers": "We say we are educating and Christianizing the Sandwich Islanders (Hawaiians), but possibly we are to learn from them the sensibleness and value of a less artificial and complex diet. Anglo-Saxons eat not to build up the body, but to tickle the palate. Too many kinds at a meal, and too much fussed up, which means too painstaking care to the good wife, expense to hard-working husbands, and

dyspepsia for the pampered stomach. Should taro in some shape or the other prove an acceptable diet to us as a people, how it would simplify the menu, and how much money it would save."

One of the most interesting sights illustrating the physical prowess of these Hawaiians is on the wharves at which the great steamers arrive and depart. The passengers on these boats have a custom of throwing money into the sea so that the Kanaka boys may dive for it. It is an inspiring sight to watch these youths with beautifully formed, bronzed bodies plunging and swimming with the grace and ease of fishes, apparently as much at home in the water as on the land. And they rarely fail to recover the submerged coins.

The climate of Honolulu is perfect. The windward parts of the islands are always cool. It is favorable to white people who have sense enough to change their dietetic habits to suit the demands of the climate. Still many of those who settle upon the island continue to eat three heavy meals daily, including much meat. As a consequence digestive disorders set in, and the trouble is attributed to the climate, rather than to the folly of the sufferers. The diet of the Hawaiians should be adopted more or less by those people who intend to live in the Hawaiian Islands. The food of these people is, as has been intimated, almost wholly taro and, in smaller degree, fish.

Hawaii is a land of delight for those who would settle in a country where Nature is at her best and where the growth of everything needed for clothing, sheltering, and nourishing the body of him of simple tastes can be obtained without the toil and continuous struggle that are familiar to those who work for the bare privilege of living in more northern and less favored lands.

It is a paradise for the physical culturist, for in Hawaii he can sleep always in the open and pitch his tent wheresoever he would. Except in the large cities where the influences of civilization have obtained a strong foothold, there are no conventional rules to harass one and no mode of dress to pattern after. One can lead a free and unrestrained life without regard to prudes or captious critics.

THE ART OF DIVING

By G. H. Corsan

THE theory of graceful and fancy diving seems simple enough; how about the practice—is it as easy? No, indeed, it is not; if it were, it would



Fig. 9 illustrates a come-back dive.
It can be taken with a run



Fig. 10 illustrates a flap-jack dive

on a suit of old clothes and padding. When going off a height, aim at a certain place in the water and cut a way into that spot with your hands held in the form of a wedge, and thus break the way for your head. High diving is a good scalp cleaner, it is, in fact, the very best. If your hands are not tight together when you strike the water, your arm will be thrown back in the form of a hammer-lock, but you need not be the least afraid of dislocation. It looks much further down to the water than it does up to the spring-board.

As for high or Swedish diving, such as is taken off sixty to eighty foot ladders into a shallow tank, this is in the realm of professionalism, and I am ignorant of the methods used, except to note the fact that the participants frequently get killed.

not be worth while, for we strive for that which is hard, and enjoy the struggle. Just climb up a thirty-foot diving tower and look down; ninety-nine men out of a hundred will immediately climb down again. Better start at the ten-foot board until you get thoroughly used to it, then try the twenty, after which you can venture on the thirty. Remember that all spring-boards do not act alike, some will throw too far, while others are too stiff.

Never dive into strange water, but get in easy and swim under water with your eyes open, and examine your surroundings for snags, rocks, etc., and also the nature of the bottom and depth of water.

If you fear a severe slap on your bare skin when first diving from a height, put

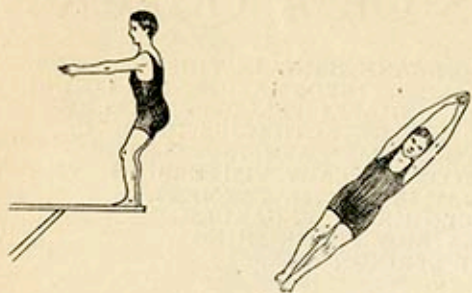


Fig. 13 illustrates a back-forwards dive

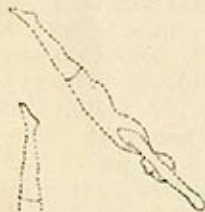
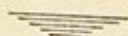
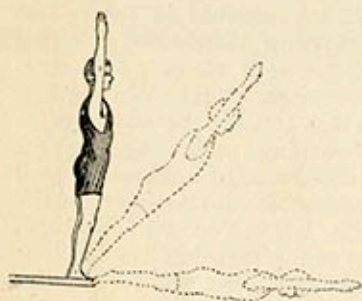
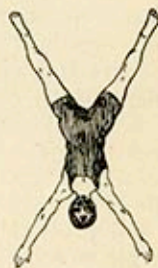
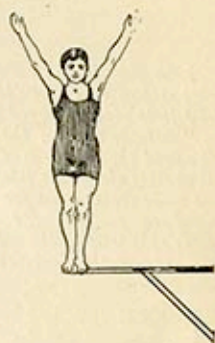


Fig. 11 illustrates a tumble-over dive. Arch the body and turn up the hands as soon as you touch the water, so as to take a shallow dive

Fig. 12 illustrates a "butterfly" dive. The higher this dive is performed the better

THE CONFESSIONS OF A QUACK

THE FULL TRUTH ABOUT THE PATENT MEDICINE GANG IN THIS COUNTRY—
ASTONISHING AND HITHERTO UNREVEALED INFORMATION DISCLOSING
THEIR INFAMOUS METHODS OF LURING UNHAPPY FELLOW CREATURES
INTO THEIR TOILS—METHODS USED BY THE NOTORIOUS DR. R. L.
WILLIAMS AND DR. KANE—HOW YOUNG MEN ARE INOCULATED
WITH DISEASE AND MADE TO BECOME STEADY VISITORS TO
OFFICE—MANNER OF BLACKMAILING UNTIL PAYMENT
IS OBTAINED—FULL DISCLOSURES REGARDING
GANG OF MEDICAL QUACKS NOW FLOURISHING
AT THE FAMOUS HOT SPRINGS, ARK.

By A. N. Kidd

I am pleased to be able to present to my readers these complete confessions from one who touched the lowest step of infamy in the business of wrecking human bodies and souls. The writer of the confessions that follow was employed by the various quack concerns throughout the country as "decoy duck," "steerer," and "outside man"; the meanest sort of work that a human being can stoop to. He came into my office and asked the privilege of these pages partly because he is in the last stages of a disease, consumption, that will shortly claim his life, and partly with the hope that in writing these words he may be able to make at least some retribution for his part in the undoing of his fellowmen by warning others against the methods of the medical quacks. The statements contained herein have been duly sworn to before the proper authorities. I hope they will be the means of saving thousands from the hands of the criminals who are practicing in the name of the medical profession.—BERNARR MACFADDEN

FOR over twelve years I have been connected, in a number of capacities, with some of the most notorious quack medicine concerns and "doctors" in this country. I have, during the period in question, acted as "tout" in so-called medical museums; have "steered" rotting victims at Hot Springs to the dens of my employers; have acted as "rubber," my duties being to charge the pores of the suffering ones' bodies with poisonous mercurial ointment; as "outside man" have threatened, bulldozed, and practically blackmailed those who sought to escape the snares that had been woven around them by my quack bosses; was one of "our trained corps of medical assistants"; have posed as a full-fledged M. D.; have been a party to that most audacious of all swindles, the electric or X-ray treatment; acted as a decoy duck times without number to lure victims into the awaiting net; have affixed my signature as witness to hundreds on hundreds of documents by which unhappy creatures placed their purses, their bodies, their reputations, and practically their souls in the power of these medical beasts of prey, and in short, have sounded the full depths of the infamy which surrounds and submerges the daily doings of the quack.

That I have been a party to the physical ruin and the mental destruction of

perhaps thousands of my suffering fellow beings will, in view of my confession as above, be of an obvious nature. That it would be impossible for me to undo a tithe of the harm that I and my partners in crime have wrought, will be obvious also. A man who has done his share in the undoing of many, many lives cannot in the course of a single lifetime nullify the evil that he has thus brought about. Nevertheless I shall attempt, as far as in me lies, to do that which I can in the way of reparation by warning others against the means and methods of men such as I was, and of those who are responsible for men like me. You will probably say that my conscience has been a long time in awakening. To this I reply that I fully deserve the aspersion. But consciences are of two kinds; there are those that become more callous the longer they are in contact with evil until, at last, they lose the faculty of feeling altogether. But there are others, with whom friction with evil has the contrary effect, and at last, unable to endure the increasing sting of remorse any longer, they, by a supreme effort, dissociate themselves from that that has caused them so much shame and suffering. It is true that the wound remains and the pain continues—not infrequently for all time. But the sense of freedom more than compensates for

the rest. I thank God that I know whereof I speak, for my experience has been that of the latter class, and so it comes about that I am writing this confession.

I have chosen *PHYSICAL CULTURE* as the vehicle for that confession for several reasons. In the first place I know that its editor can be neither gagged by the quacks through the medium of his advertising columns or fettered in his actions against their villainy by their threats of legal or illegal actions. Furthermore, he knows that that which I am about to tell, is the whole truth, the sole truth, and nothing but the truth. Again *PHYSICAL CULTURE* is one of the magazines—I had almost said the *only* magazine—that places its convictions above its interests and its integrity above its bank account. Also do I know that it is the publication which quacks dread and hate, because the public looks upon it, not only as an embodiment of absolute fearlessness but also as the incarnation of truthfulness. So that a statement or article which appears within its covers is accepted at its face value by the world at large and the quacks suffer in consequence.

I am using the term "quack" in connection with those scoundrels who pretend to cure the diseases peculiar to men. It should be added that women and even children are among their victims, but the bulk of their revenue comes from adult members of the male sex, for the very evident reason that it is these that are especially liable to the maladies in question. There is a subsidiary or allied form of quackery which pretends to restore lost vitality, and up to very recently this form of swindling was of a most lucrative sort. But, and it is said at the suggestion of President Roosevelt himself, the authorities have been waking up a bit in regard to these "manhood restoring" charlatans with the result that some of them have gone out of existence, more have had their mail stopped by "fraud orders," and others—marvellous to relate—have had their advertisements refused by the newspapers. It is stated on good authority, though, that the newspapers only took this unprecedented step after they had been warned by Washington that the advertisements in their columns would cause them to be

put in the same category as other of the quack literature affected by the fraud orders.

Quacks may be classified thus: those who do an office business; those who make a specialty of a mail order clientele; the Hot Springs gang; the electric fakirs; the humbugs who cozen their victims with the aid of some scientific fact or element that has been widely advertised in the news columns of the newspapers and of which the public knows literally nothing, and the so-called psychic modes of treatment, which last, perhaps more than any of the others, go to prove the amazing gullibility of a goodly portion of the population of the United States.

I shall attempt to deal with the quacks in the order given.

The medical fakir who robs and ruins his patrons through the medium of an office business is always to be found located in a big city and he gets in touch with his dupes with the assistance of the newspapers, directories, and the lists that are obtainable from a number of sources. Sometimes, if his stay in the city is not of a permanent nature, he may rope in a shoal of victims with the aid of "a free lecture to men only" not infrequently given in the biggest available local hall. Indeed ministers of the gospel have even been known to lend their churches to these scoundrels for the purpose in question. Apart from the residents of the city, the quack also counts on outsiders whom his advertisements reach, and who very much prefer to be treated by somebody a hundred miles or so away from where they live, rather than by a home physician, fearing lest, in the latter case, the nature of their malady be made known to their friends and neighbors.

Most of the quacks' offices are fitted up in an impressive fashion. There is always a reception room together with a "consultation room" into which the patient enters by one door and exits by another, the idea being that after "consultation" he shall not come in contact with any of the other gulls and so exchange confidences with them. Here is the quack's method of working his game.

On entering the reception room, the prospective victim is requested to write his name on a blank which is given him

for that purpose by an attendant. The blank is then taken to the "doctor." The visitor is told that the doctor is engaged and will be at liberty in a short time. This is done in order that the impression may be made that the doctor is an extremely busy man.

After five or ten minutes, the visitor is ushered into the "consultation room" and is there received by the doctor, to whom he confides the nature of his disease. Right here let it be said that the foundation of the success of all these quacks is the fear of the victims, and on this fear the doctor at once begins to play. So, after some conversation, the doctor makes an examination of the patient and, as it proceeds, he purses his lips, frowns portentously, and shakes his head ominously. The victim is thus properly impressed and anxiously asks to be told the facts about his condition. Whereat the quack parries the question and proceeds further with the examination, making copious notes meanwhile and becoming apparently more and more disturbed.

Finally, and when it is all over, the doctor requests the patient to take a seat, looks at him fixedly and with profound pity.

"I am sorry to say, sir," he begins, "that you are in a bad way. It is to be regretted that you did not call on me before this. The disease has gotten a deep hold on your system. Who, by the way, sent you to me—your family physician?"

This question is asked for a purpose. It is intended to imply that family physicians are in the habit of sending patients to the "specialist," being unable of themselves to effect a cure.

The visitor will invariably reply that he saw the doctor's advertisement in such and such a newspaper, on which the quack makes a note of the name of the publication, for this is one of the means by which he ascertains what advertisements pay him best.

"But," continues the quack after some thought, "I can cure you within a reasonable period, provided that you faithfully follow my instructions and place yourself in my hands only. Are you willing to do this?"

The unhappy man, who by this time is sick with fright and dread at the awful

pictures that the doctor has drawn of the results of neglecting the disease, gladly gives the required promise.

"But," continues the quack, "I may as well tell you first as last, that your case presents features of an unusual nature. It calls for expensive medicines, many of which I shall be obliged to import especially for you."

If the patient intimates that he does not mind the expense, which he usually does, the doctor then comes down to what he, at all events, considers the most important thing about the whole business, and that is the amount of money out of which he can fleece his victim. To ascertain this amount is easily done, thanks to his extended experiences, and the method of so doing is as follows: a large inquiry blank is produced which the victim fills up. So filled, the blank puts the doctor in possession of all details regarding the visitor, including his name and address, age, names of his parents if any, whether he is married or single or intends to be married, his business and his salary, if an employee; the names of two of his best friends; if engaged, the name of his fiancée, if a member of a church, the name of his pastor, and lastly the nature of his sickness. In addition to all this, the quack asks some adroit questions which puts him in possession of further details of the patient's personal affairs and prospects. On the basis of all this, the doctor says, "I will agree to cure you for such and such a sum, a proportion of which is to be paid down and the balance when the cure is effected."

The sum named for the cure varies with the financial ability of the victim as does the amount to be paid down. Usually a quack with an office business will not consider a proposition of less than \$100 and I have even known cases in which a badly se red man of means has attached his signature to a document by which he agreed to pay \$5,000 on the day that he was pronounced sound and healthy! Instances in which the victims would readily sign a contract by which they were to pay two, three, or five hundred dollars for a cure came under my observation more times than I can remember. In the great majority of cases, twenty per cent. of the total

amount was paid down by the victim on the day that he agreed to place himself in the quack's hands. I should here add that the contract which the victim signs is of a cast-iron nature and nearly always has a clause to the effect that if he consults with, or is prescribed for, by any other doctor than the quack, the contract becomes void as far as the quack is concerned, while he can call upon the victim for the balance of the sum agreed upon.

When the victim is ready to sign the contract, the doctor summons a couple of witnesses, one of whom is a notary public, the contract is accomplished, and so ends the first phase of the swindle.

"Now," says the doctor, "for your sake and my own, all of your prescriptions must be filled by a druggist to whom I will send you. Almost all other druggists are untrustworthy and sell adulterated drugs which are harmful to a patient and hurt the reputation of the doctor. You agree to this, I suppose?"

Naturally the victim acquiesces, not knowing that the drug store is simply an adjunct of the doctor's office and indeed is part of the whole scheme of robbery. So the prescription is made out, and I know of my own personal knowledge, that the average cost price of the drugs which these prescriptions call for is from five to eight cents, while the drug store man "soaks" the victim for from eight to ten dollars. This sounds incredible, but it is true, nevertheless.

"Now," continues the doctor, "come to me in four days' time and we will see how you are getting on." The victim departs, has the prescription filled, and reports back in due course. "There is already an improvement in your condition," declares the quack, "but I shall have to make a further examination." This he does and once more shakes his head in a discouraged fashion. "As I have said, your case is a bad one, and I find that I shall have to modify your medicine a little," he avers.

Another prescription is written out and again the victim parts with \$5.00 or \$10.00 at the drug store. In nine cases

out of ten this second prescription is given with the express purpose of either aggravating the symptoms of the victim or of inducing other symptoms which are directly due to the medicine itself and of which, of course, the doctor is fully cognizant. "You'd better come and see me to-morrow," remarks the quack, with a worried expression on his face at the end of the consultation. The patient does so and is told that he has a pain here, or an ache there, or is suffering from loss of sleep, etc., all of which, as the doctor well knows, is the outcome of the drugs. But the apparent knowledge of the quack in regard to these things has due weight with the victim, who is more than ever convinced that he is in the hands of a very clever man of medicine indeed.

This kind of thing—the continual changing of prescriptions which of course means the constant paying out of money by the patient—goes on indefinitely and in the meantime he gets no better for the simple reason that it is not to the quack's interest to cure him, which brings me up to the most terrible aspect of the quack business, an aspect so incredible and revolting that if I had not had years of knowledge of it, I would scarcely credit it, was it told me by another. And it is this: *I have never yet known a case in which the quack attempted to cure the unhappy creature whom he was treating. On the contrary, the medicines administered were in each and every instance intended to either aggravate the malady of the victim or to perpetuate it.* It is perhaps unnecessary for me to point out the reason for this. A cure would mean the ending of the everlasting demands on the victim's purse through the medium of the prescriptions. And I should here mention that the time always comes when the quack notifies his victims that he has to import, especially for him, additional drugs that are not obtainable in the American market. This statement is always made to the victim in the presence of a witness for reasons which will appear later.

(To be continued)

CURING THE CLERGY

PHYSICAL CULTURE IS NEEDED BY THE CHURCH IN ORDER TO
EXTEND ITS USEFULNESS AND INCREASE ITS INFLUENCE—A
CLERGYMAN SHOULD NOT ONLY PREACH THE RELIGION OF
THE SOUL BUT THAT OF THE SOUND BODY ALSO AND
HE SHOULD BE AN EXEMPLAR OF HIS TEACHINGS

By Rev. Charles Luther Kloss, D. D.

Rev. Dr. Kloss, who is pastor of the Central Congregational Church in Philadelphia, has for years been an earnest advocate of the need for regular, intelligent exercise by men whose work is of a sedentary nature, and especially for members of the clergy of all churches. He is one of the most vigorous and picturesque writers among Congregational divines, endowed with a graphic skill and gifted with a rare quality of humor.—
BERNARD MACFADDEN

THE modern church is a sick institution; it needs an infusion of vitality and a thorough change of method. Some churches need an earthquake to stir them up. There are still left many like the old-fashion Mississippi steamboats that had such small boilers and such large whistles that every time they blew the whistle they had to stop and get up steam to blow again.

But if commanding culture, equipped with every modern appliance, the church can often make the wheels go round with difficulty. Yet the young men are conspicuous by their absence from the church. What is the cause of this comparative impotence? Many of the reasons are subtle and intricate. But one thing is apparent,—the church has been saving souls and neglecting bodies. It has been talking about the spirit as if it were a realm apart from the material and earthly. It has been treating spiritual diseases without understanding the causes, without proper diagnosis.

Of all persons who should be exemplars of robust vitality, physical, mental, and spiritual, the preacher of the Gospel should easily be first. There is such a vital and intimate connection between the condition of the nerve cells and the will, between the state of the blood and temper, between digestion and capacity to work, that no spiritual teacher can consider himself decently equipped for his work until he knows something about these relations. But it is not enough to know, he should himself be an example of sterling obedience to the laws of health.

Theodore Roosevelt is a man of sunshiny optimism. He has abundant faith in himself and the people. He has a big

body, which he keeps well groomed and nourished. By his perfect understanding of its mechanism he has made it a willing servant of his aggressive will. The cares of state do not press so heavily as to make him forget the duty he owes his physical health. He knows how to rest, and to "toil terribly." Indeed it is becoming more evident each day that the first asset of success in any department of life is to be a good animal, with healthy nerves, abundance of red corpuscles in the arteries, sound digestion, and muscles that respond the instant the imperious ego presses the button.

The propaganda of the simple life as preached by Pastor Wagner came none too soon. Americans are living at a too rapid pace. Plain living, high thinking, and strenuous deeds are inseparably blended.

Life is a unit with a trinity of manifestation. One part cannot be affected without disturbing the whole. Christianity contemplates the salvation and redemption of the body just as much as that of the soul. Was it not Mr. Beecher who disposed of the question, debated by the wisest philosophers of the ages—Is life worth living?—by saying, "that depends on the liver"? It will be a welcome day when our theological students will write theses on the relation of muscle, blood, and the ethical sensibility.

The preacher should know food values for himself, and should illustrate his knowledge. A poorly nourished body means an enervated mind; an overfed one means a diseased mind. If there could be pasted in each mother's Bible a table of nutritious foods and how to prepare them, it would mean as much to religion



REV. CHARLES L. KLOSS, D. D.
Pastor of the Central Congregational Church, Philadelphia,
who strongly advocates regular exercise for all clergymen

and spiritual culture as to teach her the Lord's Prayer. The present scientific research and insistence on pure foods is keeping to this earth, and to their parents, many children who would otherwise join the angelic hosts, "removed by an inscrutable Providence." As it is, the percentage of infant mortality is abnormally high. About three-fourths of all our bodily ailments and diseases, and, it might be affirmed, the same percentage of immoral acts, can be traced to improper diet, for there exists a more widespread popular intemperance in eating than in drinking.

A father, by precept and a liberal use of the rod, had done his best to reform a boy whose staple diet was meat, sausage, and pie and cake at his meals, with lunch between. In despair, the father appealed to his family physician. The good doctor, something of a philosopher,

told him the boy's veins were gorged with bad blood as a result of his diet. He had to behave badly or he would burst. The father then changed his diet to hominy and milk. The boy became so good in three months that the father, in alarm, thought he was not long for this world. Prayer, Bible-reading, and spiritual exercise will not avail provided there is left a set of vicious bodily habits which inflame the blood and continually incite to sensational living.

There is another thing of which the preacher should know the value, and that is exercise. Most clergymen suffer from mental dyspepsia and too close application to books. The result is a minister invisible six days in the week and incomprehensible on the seventh; the kind who talk of the "deep, intuitive glance of the soul penetrating to the remote recesses of absolute entity, thus adumbrating its immortality in its precognitive perceptions." What matters a fine acquaintance with the spiritual calculus, and microscopic differentiation of doctrine, if the lungs be not crammed with ozone and the life vitalized by abundant exercise?

In the writer's class in the divinity school were a number who devoted themselves to baseball and other outdoor sports. The two honor men, who divided the fellowship between them, boned continually at their books. They reproved the group who had athletic tendencies for their non-spiritual temper and lack of appreciation of the intellectual opportunities of the hour. One of the honor men died four years after his return from Germany. The other is in an insane asylum to-day. All of the baseball enthusiasts are alive, at work, and good for many years' hard toil.

One of the most noted evangelists of the country died before his time because of his neglect of the physical. The same could be said of one of New York's most popular clergymen, and a score of others of prominence.

What wholesome messages were those

of Henry Ward Beecher and Phillips Brooks—so sane and normal! Both of them were superb specimens of physical health. They knew how to maintain the proper balance of the faculties. They were electric with spiritual power, radiating life and inspiration to all who touched them.

Dr. Joseph Parker, who was for many years the leading preacher in England, was accustomed to walk three miles from

his home to the church every Sunday morning. While one of his deacons opened the service the good doctor was indulging in a bath and vigorous rub-down. When it came time for the sermon he put on a gown, stepped out on the platform, and delivered his message. In the pink of physical glow, every nerve tingling with excess of vitality and joyous abandon, he preached like—well, like a house afire, to use a colloquialism.

Builded like a Greek god, with superb physical endowment, he took advantage of the best physiological aids to create the right spiritual atmosphere. He was wise. There is only one improvement to suggest to Dr. Parker's method, and that would be not only to give a bath before the service to every preacher, but to every member of the congregation as well.

The plea of this paper is for a ministry not less equipped mentally—not less given to spiritual exercise and culture—but for one that does not neglect the fundamental knowledge of physical conditions which make for good blood, clean, healthy living, high thinking, and resolute wills. In the coming days the battle between right and wrong is to be more intense. Strong, robust men are needed who can give hard blows, and take them. The effeminate, tea-drinking clergy have long since been discredited. Let there be the note of fearlessness, manhood, courage, and the soldier quality; let the appeal be to sacrifice and heroism from men who illustrate what they preach, and it will be no longer a question of depleted churches.



REV. CORNELIUS PATTON, D. D.

Secretary of the American Board of Foreign Missions of the Congregationalist Church, one of the best and most enthusiastic golfers among the clergy of Boston

Preliminary Contest at Montreal for Selecting Candidate to Enter \$1000 Prize Competition

The Montreal Physical Culture Society has set aside September 8th, 9th, 10th, and 11th for exhibition and preliminary contest to select representative for \$1,000 Prize Contest. Wrestling, fencing, bag punching, club swing-

ing, and other interesting athletic tournaments will be part of the features of the Montreal exhibition. The exhibition will be conducted in the spacious River Side Park.

PARLIAMENT OF THOUGHT

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

Upholds Objection to Theatrical Department

“TO THE EDITOR:—

I am very glad that someone has criticised the Theatrical Department. I think it an entirely unfit and out of place Department for a magazine like *PHYSICAL CULTURE*.

How can you, Mr. Editor, devote so many valuable pages to such utter rubbish as the Theatrical Department? Give us some beneficial exercises on the pages now occupied by the stage news, and you will be doing more to win the esteem of your subscribers and readers than you can ever hope to by continuing the department. I cannot understand how such an article or articles as that, found its way to a magazine like *PHYSICAL CULTURE*.

I suppose you receive letters every day from people who are ‘knocking’ something in your magazine; but, certainly you must consider how unjust it is to force such trash upon your readers. A story like ‘Where Decency Is a Drawback,’ in the *PHYSICAL CULTURE*, ought to convince anyone that it is not a department that can find space in your magazine.

I would not have it understood that I consider all actors corrupt. No, far from it, there are good and bad in every walk of life, but merely a department that has no connection with the high ideals of *PHYSICAL CULTURE*.

EDWARD C. PIRRUNG.”

Would Substitute Department of Church News

“TO THE EDITOR:—

I most heartily agree with Mr. Calhoun in the *Parliament of Thought* of the June number, and do not think that the Theatrical Department should have a place in *PHYSICAL CULTURE*.

Every other part of this magazine contains only that which will uplift its readers and make them nobler and cleaner men and women, while this particular department has no good points about it but rather tends to do harm in an indirect way to its readers.

There are many other subjects that could take its place, that would be more beneficial

and interesting to its readers. For instance, the enemy of the play-house, the church. Or rather, the Christian religion. This subject is sadly lacking in your magazine.

There are thousands of Christian physical culturists who would like such a department, and there are many thousands more who would be benefited and helped thereby.

I hope that some action will be taken on this matter.

A. JENSEN.”

Defends Theatrical Department

“TO THE EDITOR:—

I can't ever imagine what possessed you to publish the letter of Mr. A. W. Calhoun's, unless you foresaw that it was going to stir up a hornets' nest of contradictions. In the first place he quoted a lot of the rankest prudes to help him out. Whenever I read anything like the letter of Mr. C.'s I am almost led to believe that Dr. Osler is at least half right in his theory. I have heard the same remark, dozens of times, from professionals, ‘Oh! I'll never let my child go on the stage.’ No; because they are rotten to the core themselves, they think the child is bound to be, just for the reason that they may let it follow the stage. They never think that it might have been the education and not the stage that caused the trouble.

It is a big undertaking to train children into a great and good way of living, just the same as it looks like a big undertaking to train ourselves. They're too lazy! That's what's the matter. They'd rather let some one else have the trouble, i. e., ‘follow the old beaten path’ by paying their expenses at some boarding school or other institution equally productive of evil and prudery.

The theater is as good as any other profession or walk of life, not even barring the ministry. There's good and bad everywhere, but if you have had the care of a true mother or father (or in other words, of a widely different parent than A. W. C.) you will select and see only the good of all things.

It is the act that counts most in this world. The act of the actor in historical (including Biblical) drama, brings the desired lesson forcibly to the mind of the auditor, in a manner more effective than a million magpie sermons. In the theater you become enraptured! In the church you go to sleep! Words are of little import without action. It was the acts of Jesus Christ that have made his words live.

There is only one way in the world to protect your children against evil, and that is, to bring them up in open truth and honesty. That is to say:—educate them under the system promulgated by this magazine. When you beget a child that is too good to enter a first-class theater, you want to announce the second coming of Jesus Christ! I do agree with Mr. Calhoun that a theatrical department is hardly pertinent to PHYSICAL CULTURE, with the exception of the pictures or photos. Physique is an important factor when an actor or an actress is seeking an engagement. So, naturally, the photos of these specimens of proportionately developed men and women, are of interest to the physical culturist. Mr. Calhoun wants to study optimism a little. Whenever you hear an actor make the remark, 'None of my children, etc., etc.,' tell him that he ought to be ashamed of himself, after earning his livelihood in the theater for so many years. A little effort in the right direction of proper thought and proper education will make you proof against all evil.

GEO. H. WILSON."

Finds Sermons on the Stage

"TO THE EDITOR:—

That one man should raise a cry against the theater is not at all surprising, but that one man should try to prove the theater and the actor unworthy of a page or two in PHYSICAL CULTURE is absurd. He tries to prove, by quoting others, that the theater, as well as the actor, is immoral. When Dumas made that remark to his friend, referred to by our correspondent, he was no doubt thinking of his 'Camille,' but fortunately all plays are not 'Camilles,' and permit me to say here, that the man who sees a first-class drama, and does not carry a sermon home with him in consequence, is not at all likely to carry a sermon home from church.

I have reason to believe that the immoral actor and actress never has occupied a square inch of space in this magazine, and furthermore, I don't believe they ever will, and to refuse to recognize the profession on this score would be a great mistake.

Take the leading and popular stage folk of to-day, and you find a body of men and women who follow closely the laws of right living and health with few exceptions. There are many people who desire to know more about the people who amuse and entertain them and why should PHYSICAL CULTURE not be the means of bringing to our notice the members of the profession who live according to the ideas endorsed by this magazine, and whose work and popularity show it?

Retain the department by all means, and give us more of it if possible.

CHAS. E. DUFFIELD."

A Vigorous Protest against Marriage Legislation

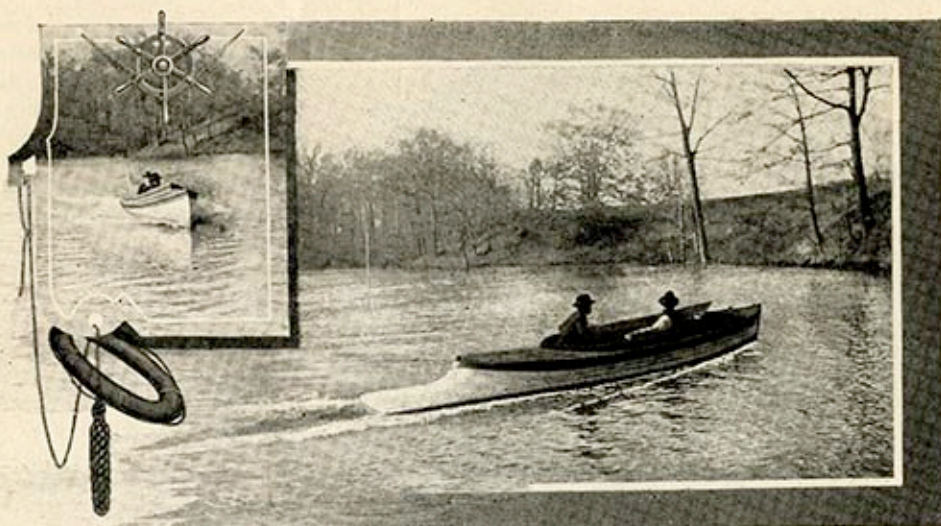
"TO THE EDITOR:—

Looking over a back number of PHYSICAL CULTURE I came across an article entitled, 'The Marriage of the Unfit,' and I cannot agree with the writer that the amendment to the marriage laws, as proposed by the Iowa Society for the Suppression of Disease and Degeneracy, 'should meet with the heartiest commendation from every intelligent citizen.' To my mind there is something repugnant in the thought that an independent, liberty-loving, intelligent person must obtain the consent of a doctor before he or she can enter the bonds of matrimony. And it is easy to see that many abuses might grow up under such a law, and that it might be productive of hardship and injustice in many cases; especially where relatives, who from prejudice of self-interest, might wish to prevent persons from marrying, and therefore bring such pressure to bear upon the medical referee that he might refuse the desired certificate. There are many people, and the number is rapidly increasing, who feel like entering a vigorous protest against the growing tendency of physicians and health boards to interfere with their home life and force them to conform to their ideas in matters pertaining to health. Witness their efforts to have laws passed making it a crime for anyone to practice the healing art except those who have graduated from a medical college. Notice also the attempts to procure compulsory vaccination forcing people to submit to something which many of us know is positively injurious, and which is often attended with the most serious results. Another instance of a like nature is the proposed new charter of Minneapolis, Minn., which gives excessive powers to the health commissioner. And now comes another organization of medical men who are endeavoring to have a law passed which, in effect, will prevent anyone from marrying unless the permission of a doctor is secured. I am aware, of course, that the reason given by the advocates of the measure will be that it is for the public good; the same reason that is given for compulsory vaccination. We know that compulsory vaccination of the people is a good thing for the doctors, and no doubt the proposed marriage law would be a good thing for them also.

The marriage bill which has been introduced into the Iowa State Legislature will, if it becomes a law, add still greater power to the bonds of medical tyranny.

Dr. George H. Simmons, secretary of the American Medical Association, as well as editor of its organ, said in the January, 1902, number of his journal: 'Not the least of the objects to be gained by organization is political power.' This was a significant remark; the doctors are rapidly acquiring the political power, and if this continues, it will not be very long until the people will be entirely at the mercy of doctors and health boards.

J. C. P."



ROW-BOATS AND MOTOR-BOATS

ROWING ENCOURAGES THE ACTION OF THE BODILY ORGANS, BUILDS UP MUSCLE, AND MAKES FOR MORAL AND MENTAL VIGOR—THE EVOLUTION OF THE ROW-BOAT—STEEL VERSUS WOODEN BOATS—WHY THE MOTOR-BOAT HAS ATTAINED SUCH SUDDEN POPULARITY

By James K. Henderson

THE rowboat as a means of pleasure and source of exercise is almost without a peer.

Rowing enthusiasts claim that the use of the oar combines more completely than any other open-air sport, the best features of physical training. They assert, and with truth, that its value as an exercise consists in bringing into play a great number of muscles, and the stimulation of the action of several bodily organs, thus imparting vigor to the entire system. Since, too, the art of rowing is only acquired by long and assiduous practice, it calls for a judicious system of preparation and training which, being in the nature of self-discipline, adds to the athletic benefits to be derived from the sport. Every oarsman will indorse these assertions. And it may be added that all agree that rowing, in its racing form, develops that high moral quality known as "pluck" to

an admirable degree, while, at the same time, it brings into being a power of endurance that borders on the marvelous. If you have been lucky enough to get into close touch with the members of any racing crews of repute, you cannot have failed to have been struck by their magnificent physical development and the atmosphere of perfect manhood which enveloped them. The same thing stands good to a greater or lesser degree in the case of the amateur oarsman, who contents himself with a spin on the river, lake, or ocean-bay after business is over or before it has begun.

Nowadays one can, if one desires to become the owner of a row-boat, do so by the expenditure of a comparatively small sum. Indeed, if he is at all handy with carpenter's tools, he may get his boat at the cost of the lumber and the time expended on building it. Some of



A REST UNDER THE SHADE OF THE BIG OAK

This is a Typical View of One of the Many Beauty Nooks that Abound on the Shores of our Lake at Physical Culture City

our city residents have turned out capital boats in this way, the lines and finish of which would do credit to the professional boat-builder. On the other hand, if one wishes to get a boat ready made, such may be purchased second hand for a few dollars, while new boats may be gotten from \$15.00 or \$20.00 and upwards.

It goes without saying that wood is still commonly used in boat making. Yet craft made of steel are in high and growing favor on account of their durability and lightness. Many boats that are now built are to all intents and purposes life-boats, being unsinkable and nearly non-capsizable. The advantages of such craft cannot be overestimated, as they reduce the chances of an accident to nearly less than nothing.

Rowing has been officially defined by athletic authorities as "the art of propelling a boat through the water by means of oars and sculls, the person operating sitting with his face towards the stern and his back to the bow of the boat." In this respect rowing is exactly the reverse of canoeing. The actual act of rowing consists in reaching the body forward with the oar in the air, then dipping the

blade or flattened part of the oar in the water, simultaneously throwing the body straight backward, pulling the handle of the oar back to the chest with the assistance of the arms, by means of the resistance offered to the feet by the stretcher and—in the case of a racing craft—the sliding seat. So the oar acts as a lever, the water as a fulcrum, the boat the weight to be moved, while the weight and strength of the oarsman constitute the motive power. The total action of rowing is made up of two portions—the "stroke" and the "feather." The stroke consists of pulling the oar through the water with the blade at right angles to the liquid. Feathering is the turning of the oar at the conclusion of the stroke so that the blade will assume the horizontal or "a plane with the surface of the water." This is

done by dropping and turning the knuckles at the end of the stroke. Rowing may be accomplished with a single oar if there is more than one person in the boat, or with the assistance of two small oars commonly called sculls, one of which is held in each hand.

Some persons seem to be born with a natural knack of using the oars, while per contra there are those who never can and never will row artistically, no matter how persistently they may practice.

There are more bad oarsmen due to trying to learn to row in very light boats than from any other cause.

The best way is to take your first lessons in the art in a good, steady, fairly heavy boat out of which you cannot get much speed, but in which you will learn to use your oar without a danger of an upset or without your craft executing all kinds of antics.

Here are a few hints in regard to the acquiring the proper way of handling the boat and using the oar. I am now supposing that you are alone in the boat. When you embark, step into your craft with face to the stern, putting one foot on the keelson lengthwise, quickly draw

the other foot after it and, stooping, let yourself gently down on the seat by placing a hand on each gunwale. Sit square and trim the boat by moving in your seat. Ship your sculls by drawing them by the handle towards you—the presumption is that they are already in the boat with the blades toward the bow—then by depressing the handles, you will raise the blades over the gunwale. With a quick movement slide the oars overboard and you will then have no difficulty in adjusting them in the rowlocks. The sculls should be held lightly yet firmly, nearly close to the end of the handle, but not so close that the thumbs are extended over the ends. Most persons prefer to have the thumbs underneath, although there are many scullers who advance reasons why they should be on top of the handle with the rest of the fingers. Personally, the writer prefers the thumbs above, for, by adopting that position, it is easier to feather. However, this is a matter of taste.

In making the stroke, the body should be inclined forward with the spine kept perfectly straight, the stomach well out, the chest forward and raised as much as possible. The position of the trunk thus assumed will be very much like that of a soldier during drill, except that in row-

ing, the great secret is to keep the stomach out, whereas in drilling, it is mistakenly taught that it must be kept in. Advance the shoulders simultaneously, keeping both on the same level. The joints of the arms and legs and hips should play freely in their sockets, for stiffness at these parts is fatal to form. If you are going in for speed, remember that a quick "recovery" is absolutely essential. By recovery is meant the bringing the oar back into a position to begin a new stroke at the end of the old one. The whole art of rowing may be summed up thus: first, when the hands are raised at the beginning of the stroke and the oar driven beneath the surface of the water, the whole power of the oarsman should be brought to bear on the oar at its first contact with the water; secondly, that the pull "home" to the chest, should be in a perfectly straight line, thus securing a horizontal stroke through the water, and thirdly, that the finish of the stroke should be as quiet and easy as it is possible to make it without deliberately lessening the force applied, which naturally diminishes by itself. To understand just what a good stroke is, is half way towards acquiring such a stroke. If you will study the foregoing directions, watch



A ROW ON THE LAKE DURING THE LUNCH HOUR
This is a Good Way to Acquire an Appetite or Assist Digestion

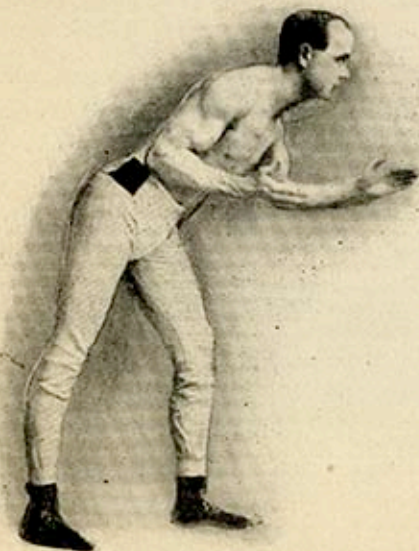
a clever oarsman at work, and practice constantly, you may certainly become an adept. Considered as a matter of exercise, the sculls are to be preferred to the single oar for, owing to the fact they call for a very equal distribution of muscle-power, they tend to correct that common disposition on the part of our bodies to develop muscle unequally.

A motor-boat is practically a row-boat fitted with a modification of an automobile engine. They vary in size from the tiny craft of sixteen feet, having a motor that weighs less than forty pounds and perhaps one and a half horsepower, up to boats that approximate the dimensions of a small yacht. Gasoline motors are most generally used, although electric motors are not unknown. The fascination of a motor-boat lies in its speed, and some of these tiny crafts are marvels in this direction. Lightness and strength are the factors sought after in the construction of a motor-boat, for without these qualities, speed cannot be developed. In consequence of this, thin steel has been most successfully used in their construc-

tion, and in addition, the lines of naval torpedo boats have been utilized also.

As has been said, the motor-boat is not a muscle-making craft. Still they are of undoubted benefit from a physical culture standpoint. There is nothing more exhilarating than to be aboard one of them with a clear stretch of water ahead, the engines working at full speed, a humming foam-crested wave rising higher than the bows of the craft, and a keen wind blowing in one's face due to the rate with which one is forging ahead. Besides that, the motor-boat calls for a keen eye and a steady hand, both of which are desirable possessions, the cultivation of which is to be commended. Those sports which have a flavor of danger about them always commend themselves to the wholesome-minded man with red blood in his veins. Motoring on the water is not a sport for weaklings or cowards. On the other hand it makes for health and courage, steady nerves and a ready wit. Because of this it is to be hoped that the motor-boat has come to stay.

A Likely Prize Winner in the Approaching Contest to Determine the Most Perfect Man



JOHN J. PRISTEL

"TO THE EDITOR:—

I had been troubled with rheumatism every winter since the year 1899. I am a veteran of the Spanish-American War, and I contracted the disease, I believe, by sleeping on the wet ground.

Had been given up by different physicians at home, so entered the N. Y. Hospital and after three weeks' care, being able to walk around, decided to leave for some country place for my health. While in the country, some friend sent me one of your valuable books on Physical Culture, which I believe has saved my life.

Up to this time I had been a physical wreck. My friends and relatives believed me to have consumption. Two years have now passed and I have not tasted meat, drank tea nor coffee or alcoholic stimulants. White bread, butter, or cheese I never eat. And although a habitual smoker at the time, I have never used tobacco in any form since, and I am cured.

I would advise any person suffering from rheumatism to study Physical Culture, if they want to be always young and strong.

I am now 27 years of age, height 5 feet 8¼ inches, weighing, stripped, 140 pounds. This is 30 pounds more than what I weighed when I first practiced Physical Culture, my weight being 110 pounds at that time.

Yours truly,

JOHN J. PRISTEL

447 West 13th St., City."

THE ATHLETE

WHAT HIS AMBITION SHOULD BE

By *Henri Sande-Stollnitz*

*"Man is his own star, and the soul that can
Render an honest and a perfect man
Commands all light, all influence, all fate.
Nothing to him falls early or too late."*

*Epilogue to Beaumont and Fletcher's
"Honest Man's Fortune."*

An athlete may well be ranked among artists. Athletics were studied in Greece as a branch of art, and led to several useful rules of diet, exercise, etc., applicable to ordinary modes of life. Bodily strength and activity were so honored by the Greeks that the athlete held a position in society totally different from that of the modern pugilist. When he proposed to enter the lists at the Olympic or other public games, he was examined with regard to his birth, social position and moral character. A herald then stepped forth and called upon any one who knew of aught disgraceful to the candidate. Even men of genius contended for the palm in athletic exercises. Chrysippus and Cleanthes, the famous philosophers, were victorious athletes. The profound and eloquent Plato appeared among the wrestlers in the Isthmian games at Corinth, and also in the Pythian games at Sicyon. Even the meditative Pythagoras is said to have gained a prize at Elis, and gave instructions for athletic training to Eurymenes. So great was the honor of an Olympian victor, that his native city was regarded as ennobled by his success, and he himself considered sacred. He entered the city through a special breach made in the walls; he was supported at the public expense; and when he died was honored with a public funeral. Some of the victors were honored with statues, to which, even during their lifetime, homage was paid by command of an oracle.

Ambition and will power are close allies. The ambitious man usually possesses an unbendable will. In his ambition to reach his goal he knows no obsta-

cle; for him naught on earth is insurmountable. In his ambition to compete with one of greater fame in order to adorn himself with his laurels, and in his endeavor, through his feats of physical strength, to condemn to oblivion those of the vanquished one and thus stand unrivaled, he, the athlete, is capable of enduring the greatest privations and making the greatest sacrifices. He gains an indescribable mastery over himself before conquering others; for whoever aspires to conquer others must needs first conquer himself, and he who does that deserves to be crowned with the laurels of victory and called a hero. And is there, indeed, any hero greater than the one who subdues his own passions and brings his body into subjection to his will? But let us not confound the slugger or pugilist, who in a brutal manner fights for money, with the athlete whose aspiration is fame, and who, in time of need, uses his strength wisely for the protection of the feeble and wronged; who, when his country is in danger, will, regardless of peril, be foremost to raise his hand in its defense.

With the pugilist of the present day we may compare the gladiators of ancient days, who were slaves brought up and used to amuse the public.

The greater the hero, the less selfish is he, for his aim and purpose are ever urging him forward, and he is always mindful of the fact that should he but once become a victim of his passions, he would lose prestige in his own eyes, and thus never accomplish the task of making others applauded him. He therefore fortifies himself against all temptations, and the one who can withstand temptation belongs to the goodly company of moral heroes. Emerson says of heroism: "It persists; it is of an undaunted boldness and of a fortitude not to be wearied out. The temperance of the hero proceeds

from the same wish to do no dishonor to the worthiness he has."

The Talmud says :

Who should be deemed as heroes true?
Their evil passions who subdue.

The most precious possession of the athlete is his health. Knowing that power and strength would be impossible without perfect health, the athlete keeps the strictest vigil over this most valuable of all treasures.

There is a great moral lesson in the diet of the athlete. Just as one should be cautious and weigh and consider his words before speaking—for a single word may bring lifelong happiness or sorrow—so the athlete first investigates and analyzes the food of which he partakes, being aware that a single meal of improper food might be the cause of his defeat. With him eating is only one of the essentials for the building up of a perfect body, which harbors a strong and healthy mind.

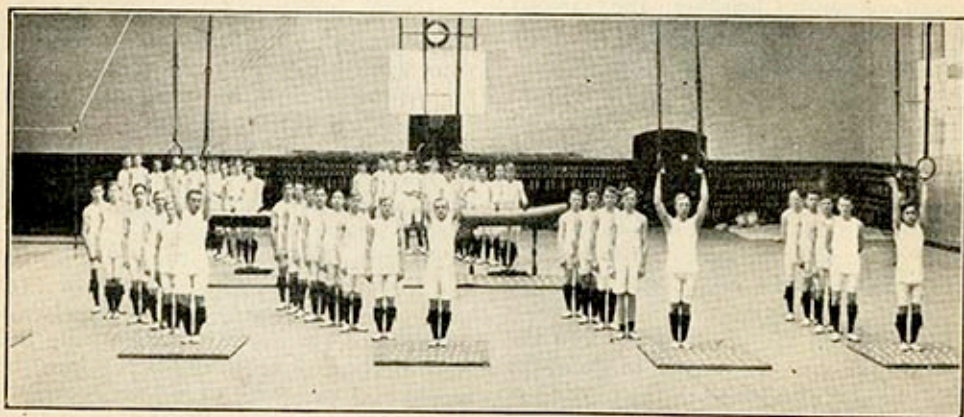
It is incumbent upon parents to teach children self-control from earliest youth and impress on their minds that whosoever has cause to be proud of great manly accomplishments is unmistakably the possessor of self-control and will power.

Physical culture should be obligatory

in all educational institutions, as also in every reformatory, house of correction and insane asylum. Self-control and perfect physical health go hand in hand.

An evening newspaper, in an editorial on "A Lesson in the Sports of Maniacs," said: "The insane patients of Ward's Island have given an exhibition of their athletic prowess. Spectators and athletes alike were all insane. Yet throughout the day there was no disorder, no trouble, no difficulty in returning the unhappy men and women to their quarters when the sports were over. There could be no more valuable proof of the importance of outdoor exercises and of general cheerfulness to human health. It is probable the great majority of those who witnessed and took part in the games might have been saved from insanity had they in earlier life devoted more time to healthful life out-of-doors."

The true athlete is a benefactor to mankind. His temperate life is full of moral lessons, which should be looked upon as examples to emulate in order to become and remain physically strong, to combine purity of thought with cleanliness of body, and thus be a blessing to the world at large.



Students of the University of Pennsylvania Taking the Compulsory Exercise in the New Gymnasium

Regular Classes are now held in the gymnasium and every student has to take a course in gymnastic training as part of curriculum.

LIVING REPRESENTATIVES OF FIVE GENERATIONS

A REMARKABLE FAMILY—LONGEVITY OF MEMBERS TRACED LARGELY TO PLAIN LIVING, RATIONAL EXERCISE AND ABSTINENCE FROM TOBACCO AND LIQUOR

By John L. Rogers

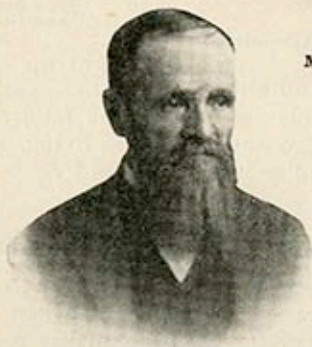
It is unusual for a family to be so healthy and prolific as to have representatives of four generations at one time. Indeed, in these modern times of tight lacing, late marriages, improper eating and living and lack of proper exercise, a very small proportion of families can show living representatives even of three generations.

In view of these facts, the accompanying pictures of Mrs. Lucy Phelps, her son, her granddaughter, her great-grandson and her great-great-granddaughter, all of whom are alive and well, possess a most remarkable interest.

An added interest is imparted by the fact that Mrs. Phelps, who is 98 years old, is active about the house and requires no



Mrs. Augustus E. Cutler, Age 52 Years
A Granddaughter of Mrs. Lucy Phelps and
Grandmother of Baby Elizabeth A. Cutler.



Lyman Hill, Age 73 Years
Great Grandfather. Son of Mrs.
Lucy Phelps and Great-Grand-
father of Baby Elizabeth
A. Cutler



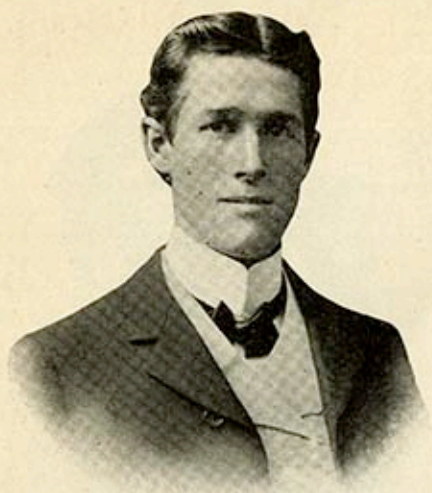
Mrs. Lucy Phelps, Age 98 Years
A Great-Great-Grandmother

one to attend her. Her eyesight and hearing are unimpaired, and in a firm and clear hand she writes many letters to relatives and friends. Mrs. Phelps lives with her son by her first husband. He is Lyman Hill, 73 years old, and living in Kingston, Michigan. Mr. Hill's daughter, Mrs. Augustus E. Cutler, aged 52, resides in West Mystic, Conn., and her son, Ralph Cutler, and his baby daughter, Elizabeth, live at 2373 Seventh avenue, New York City. Mr. Cutler is 24 years old and Elizabeth has rounded out the first half of her first year.

Twice before Mrs. Phelps has been a representative of one of five generations. Her second husband died at the age of 98, and her mother lived to the same age. The latter died from the effects of an accident and was in excellent health when the accident occurred.

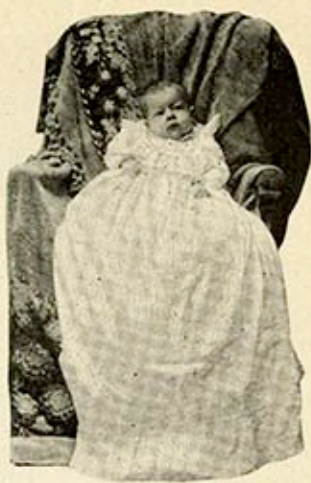
Mrs. Phelps sent two sons to the Civil War. One was killed in action and the other died from wounds received on the battlefield.

Baby Elizabeth Cutler is a remarkable little person. She has living a great-great-grandmother, a great-grandfather



Ralph Cutler

Father of Elizabeth A. Cutler and Great-Grandson of Mrs. Lucy Phelps



Elizabeth A. Cutler

Baby daughter of Mr. Ralph Cutler, and Great-Great-Granddaughter of Mrs. Lucy Phelps

and four grand-parents, to say nothing of sixty-two second cousins. This record will certainly please President Roosevelt.

All of this remarkable family were

brought up on farms or in rural communities, and the health and longevity of the family can be traced largely to plain living, rational exercise and abstinence from tobacco and liquor.

CAUSES OF NERVOUSNESS

There are five causes of nervousness, says *Human Culture*, namely:

- (a) Low vitality of the nervous system.
- (b) The faculties of self-mastery being weak.
- (c) Loss of sleep.
- (d) The use of improper foods and drinks.
- (e) Association with erratic, excitable, nervous, idiotic, insane, cynical and pessimistic people.

When the life-force is constantly leaving the body at the finger-tips, at the feet, through the eyes, at the knees, at the hands and at the elbows, a person becomes nervous.

In order to overcome these losses, a person should learn to control every movement. These losses occur in various ways. Irritable movements are the detectives of this malady. A restless foot, an uneasy eye, a swinging leg, involuntary motions, a trembling voice, an uneasy step, jerky actions, anger, irritability, pessimism, sudden starts, etc., are signs of nervousness.

Thus a person may sit in his own room, when suddenly he hears a noise, he makes a general start of the whole body, leans back in the chair, sighs and loses a great current of life-force. He is nervous and becomes more nervous.

A woman hears the key in the lock move in the dead stillness of the night, or she thinks that she sees a mouse. With one involuntary recoil she shrinks back, sinks into a chair, trembles inwardly and outwardly for ten or fifteen minutes. She is nervous and loses life-force at every turn.

Indeed, unless a person develops his faculties of self-mastery, unless he increases vitality of the nervous system, unless he gets the sleep which is necessary each and every day, unless he eats the right kind of foods, and drinks the right kind of drinks, and unless he associates with the right kind of people, he will become more nervous; lastly, he will become a physical and mental wreck; he will become old-looking and haggard; he will die before his time.

MODERN CIVILIZATION AN IMPROVEMENT ON THE PAST

By *William la Fontaine*

(Answer to Article in June "Mental Realm" Flaying Modern So-Called Civilization)

MODERN civilization may be "eaten with sores and loathsome in spots," but was not ancient civilization more so, and are we not slowly conquering the disease that afflicts us?

The core or vitals of civilization is not wormy and disintegrating as has been said. There is a core of truth and cleanliness to it which will in time cover sin and pollution as effectually as it is now covered by them.

Look around and you can find many noble men fighting bravely for better things. There may be some bad "reformers" and hypocrites, but it is unfair to class all as such. The core of civilization is represented by good men, and who can say that good men are bad? The writer of "Modern Civilization" would have us believe good is bad; white is black.

We may be headed for some such fate as befell Carthage and Rome, Athens and Babylon; but did not a higher civilization emerge from the ruins of each of these? It must be remembered that the human race has evolved very, very slowly and that, therefore, human nature changes very, very slowly. It has taken humanity a very long time to reach its present relatively high state and in all probability it will be a very long time before a very much higher state is reached. There will be progression and retrogression, but the impetus will always be toward progress.

You cannot perceive the growth of an oak, but you know that it grows. You cannot see the human body grow and develop, but nothing is more certain. The slow and silent causes of Nature are at work, processes that are imperceptible, processes that we cannot understand, but processes that are actively working, nevertheless. In society it is the same.

Sin is not increasing, considering the whole world. It is said that we are paying the price of our ease and comfort. These prices and sufferings under which

we are struggling are but the results of the transitional stage through which we are passing. We are adapting ourselves to social conditions and many inconsistencies must be looked for. Indeed, it is these inconsistencies that cause all our troubles. We hold one thing in theory and do another in practice. We preach and study noble precepts one day in a week, and entirely forget or ignore them the other six days.

It is said that if we do not become extinct we will deteriorate into some low and disgusting creature, fully described by our writer. On the contrary, there are more beautiful people in the world, with all their imperfections, than ever before. People are recognizing that sin destroys itself and with recognition comes the remedy.

I fully admit that there are monstrous evils, evils that make a man of good morals shudder with disgust and despair, but then there are benefits. It would be impossible to specify them here, space will not permit.

Civilization may have robbed us of the right to breathe and move about, but it has also robbed us to some extent of the old right to murder and plunder, as was and is the custom among savage tribes.

Civilization is not at fault, but the human being that lives in cellars and dark alleys and ten-story structures is. Man's first duty is to take an interest in himself, and but little interest in himself is taken by the man who lives in such quarters.

There should be some distinction made between true and false civilization. Our writer on "Modern Civilization" makes no distinction, and would have us think there is none but false civilization. Many of our women may be in the condition he mentions, but infanticide has been practiced before, if not in the same ways, then in other ways. It must be remembered that we throw off the brute-inheritance very slowly.

True there is an antagonism between

mental activity and sexual and physical fertility, but the "finest and fittest" of our race are but paying the penalty of indulging in such extreme mental activity. They either willfully or ignorantly disobeyed this law. If ignorantly, then it reflects on their intelligence. If willfully, it reflects on their morals. I fail to see how "finest and fittest" can be applied to such as they. If the world were full of such "finest and fittest" our race would then really be in danger of extinction. Our writer seems to have a very peculiar idea as to what "culture and refinement" really mean. He says, "true refinement and culture cannot reproduce themselves." If that be the result of "true refinement and culture" then the sooner we are delivered from his idea of refinement and culture the better for humanity. Extinction would surely follow. True civilization presupposes quality not quantity. True refinement and culture mean the ability and inclination to rear the largest number of efficient human beings, beings fitted for the battle of life. All causes that negative such a result are evil and those that practice them are to be classed as the opposite to the cultured and refined.

I will admit that our wants are being multiplied and that there is a dangling of multitudinous artificialities before the noses of deluded humanity, and that civilization as it now is, taken as a whole, is a hollow mockery of that grand and noble civilization that is to come. But we have many good signs of that far-off time. Good and true men are more frequently met with, and humanity in general seems to compare very favorably to past ages.

Wealth seems to be accumulating in

the hands of the few on the one hand and on the other it seems not. When man relaxes his unthinking grasp on the "almighty dollar" and considers it a means instead of an end, we may look for better things. Men are beginning to say in theory that the undue hoarding of money is injurious, and they will eventually practice it.

Under the head, "What Civilization Has Given Us," is a long list of the curses that savage life, not true civilization, has given us. Civilization is eradicating these curses slowly but surely, almost imperceptibly.

We positively have not held fast to all the badness and let go all the goodness. We are simply holding on to about one-half of barbarism's badness, and have about one-half of civilization's goodness.

Our writer says in its "bad phases" civilization is not far removed from savagery, but he says nothing about its good phases. Such an argument is decidedly one-sided. It is not civilization that he means, but the lack of it.

Again our writer is mistaken when he says our philosophy and ideals have improved but little since remote antiquity. Examine the wonderful writings and philosophy of Herbert Spencer, and you will find food for thought on any subject that concerns man—a philosophy in every way entitled to our earnest consideration and perusal. Show an ancient philosopher or philosophy that in any way compares with Spencer or his philosophy in comprehensiveness. I also think in all other ways we can compare favorably with the ancient poets, orators, rhetoricians, etc.

SUGGESTS THAT WINNERS IN PRIZE CONTEST SHOULD MARRY

TO THE EDITOR:

I am very much interested in your prize contest to determine the most beautifully formed man and the most beautifully formed woman, and in your steadfast efforts to create among the people a love for, and an appreciation of the body beautiful. You are the only man, as far as I know, who has had the courage to make this an issue. Our educational and religious systems have treated the body with deliberate contempt. We have been taught to find greater interest in fancy breeds of pug dogs and guinea pigs than in well-appearing human beings. We have fairs and stock exhibits in every county of the country, and at which prizes are offered for the best specimens of the various domestic animals, but never on a single occasion has a prize been offered for the best specimen of man or woman. Thousands of dollars and years of time and effort are given in breeding domestic ani-

mals, but who is contributing a penny to develop perfect human beings? The world is crying for the need of experiment along the lines of developing carefully bred and beautiful appearing men and women. There is nothing that I would like to see more, and I am sure most of your readers have the same thought, than that the prize winners in the \$1000 prize contest marry. Nothing could give your preachings greater stimulus. We could witness then the practical demonstration of your theory of developing a superb race of human beings by the coming together of the pure and clean and fit in marriage. The entire world would watch this first step in what will, in time, become the scientific rearing of perfect human beings and which will supplant the attention and effort now given to breeding animals.

P. R. RANKIN.



SYMPOSIUM ON DIVORCE

-THRAP-

I herewith give the sixth installment of the opinions of notable men and private citizens on the divorce evil. As in the instance of those published last month the majority of the contributors to the symposium confirm my long advocated belief that divorce is the outcome of an ignorance and the violation of the physiological laws of marriage. In this connection one of the most interesting features of these letters is the readiness with which many of the writers advocate the abolishing of prudery by the contingent teaching of the laws in question to the young of both sexes — BERNARR MACFADDEN.

THE ventilation of the divorce problem as given in this symposium, has brought about somewhat unexpected results, among them being the very general discussion of the subject in the columns of the newspapers, inaugurated after the publication of the first instalment of this series. We are glad that the newspapers followed our initiative, because no question which deeply affects the community can be satisfactorily settled unless it has been thoroughly threshed out, and this can only be done when the community has had broad opportunities for expressing its opinions. In the present instance, those who put themselves on record in regard to divorce through the medium of the daily press, did so in a manner which was very much in line with those who have been good enough to contribute to our symposium. Of course the bigots and the prudes were heard from, voicing their usually weak and invariably nauseous protests against "putting asunder those whom God hath (allegedly) joined together," but this was to be expected. But on the whole, the consensus of opinion was, that in order to destroy the upas tree of divorce, you must annihilate its roots, and the way to do this is to educate both young and old in those physiological laws which relate to the union of the sexes. Which is precisely that which I have consistently insisted on.

I must confess to a certain degree of self-congratulation in having started the discussion of the subject in the way stated. That "imitation is the truest

flattery" is generally admitted, and hence it is that if I were amenable to the influence of flattery, I might at this moment be suffering from a more or less mild attack of big head, considering the manner in which the daily newspapers have been good enough to follow my lead in regard to the divorce problem. Fortunately for myself and perhaps for my readers, I do not easily yield to the persuasions of egotism, and hence it is that my only feeling of gratification in this connection is, that through the medium of PHYSICAL CULTURE, as told, a vast amount of enlightenment must have come to the community by reason of the very general discussion of the problem in question, thanks to the symposium.

I commend to your attention the contributions to the discussion which are now given. Mr. H. Aylmer Harding, whose letter follows, is a well-known neuropathic physician of Winnipeg, Manitoba. Mr. Harding is not only a physical culturist in a theoretical way, but in the course of his practice he is successfully testing those theories in a practical fashion.

"DEAR SIR:—

In the United States the divorce court is the open gate to freedom from restraint of criminal, and often repulsively cruel relations. That it has been abused none will question, but that its aim is high, even ideally so, none will doubt who impartially investigates those circumstances which in the large majority of instances lead up to it.

The divorce court is the product of keeping a house rather than a home. And where unnatural and criminal relations are entered

upon, they cannot too soon cease, for two wrongs do not make a right. Ignorance of sexual hygiene is a prolific source of married troubles, and where this is the case, the story of the Fall is again enacted, and Cain or Lust kills Abel or Love.

I know nothing more piteous than to witness the tender glances of a devoted and happy couple on the eve of their marriage, to see the glow of health in the young bride's cheek, and the manly vigor of her lover, and then after two years or so to mark the change, which is so common as to become the rule, in the families, of rich and poor alike.

Tell me, was your first child conceived prayerfully?

When you determined upon that first embrace, did you consider that Image of God you hoped your wife would bring into the world? Were your thoughts pure? Did you consider the best time of year, your possible hereditary or acquired weakness?

Before men go out to get killed in warfare, they are examined physically to see whether they are fit to stand the strain of the battlefield and necessary army routine. It would be well if both sexes were proven fit for marriage; fit to bring forth into the world healthy children, made in the Image of Love instead of Lust.

The perfection of the fulfillment of the marriage relation will depend largely upon the perfection of the agreement, independently of the plane of growth of the allied parties. When two tones in music agree we call this result harmony. Heaven means harmony. When two souls unite upon a common plane of desire, dominated by unanimous standards of right and reciprocally adjusted to each other, this effects agreement, and becomes harmonious or Heavenly. In perfect harmony Love supremely rules. Marriage is a formal human tie, justifying certain relations having as their object the highest use of the reproductive organs. No mere marriage form renders that act moral and right which common prudence, science, and religion must regard as immoral, wrong, and degrading.

Let me cite a few common examples. Here is an old man of possibly sixty-five, with little else but this world's goods to recommend him, but who wants an heir; he unites with a young girl full of vitality and in the flower of ripening womanhood—for motives of policy, and the church smiles upon the union—so called—and the minister pockets the fee.

Here is a young enervated and devitalized youth of wealthy but foolish parents. His medical man has ascertained him to be the victim of unnatural habits of long standing. Regardless of the future wife, the physician advises marriage.

Here again is the habitual cigarette or alcoholic wreck, seeking alliance with perhaps an anemic young woman with an eighteen-inch waist. The church sanctions since it permits such marriages, even quoting the worn-out passage, 'What God hath joined, let no man put asunder.'

Yes, that is it; where God joins. But does God always join in such instances? Does not

the spirit of an abiding carnal selfishness make possible then direful combinations, which become mere legalized forms of the most repulsive prostitution, to which slavery is added where the woman is concerned?

The gospel of Christ is being preached as never before, but the sad fact remains that disease, and sin, and vice ride rampant through the land. Our clergy as a body, need to learn more about the body and its functions, and mere theological training at college does not supply the needed knowledge which, when applied, literally saves the soul and heals the body.

In America to-day the divorce court assists in this one great work; it allows and provides that women shall obtain that freedom as independent citizens which refuses subjugation and compulsory slavery with a husband proven unworthy the title. It creates no newer evil; it but exposes present unrighteous conditions and would seek to save the 'weaker vessel.'

The writer would advocate the removal of the cause, however, and hence this article. Prevention is better than cure. Let us look at the evil wrought by one criminal couple of the name of Jukes. This delightful pair produced more than 1200 offspring in 50 years, of whom the following have been accounted for: 300 were devitalized paupers; 300 died in infancy; 7 were murderers; 50 were prostitutes; 60 were habitual thieves; 130 were general criminals; 400 were physical wrecks early in life; and the balance were insane, imbecile, and irresponsible.

This couple were married, but it is open to doubt whether God joined them together. So much for immoral marriages. Until recently many of the towns in western Canada possessed whole districts given up to prostitution. One such was W—. At one period in 1893 there existed in that city of 60,000 inhabitants, a colony of some thirteen houses, wherein lived about one hundred and forty prostitutes who plied their trade. Now these women, circumstanced as they were, seldom or never gave birth to children, and consequently were not responsible in handing down to posterity an heirloom of depravity and sinful propensities, as is unfortunately the case with many church-sanctioned society marriages.

If we aim to be men, we can at least afford to be truthful and look at social problems as they are in the way that you look, instead of through colored glasses. The modern society marriage is the precursor of a long line of evils—made possible only by prevalent conditions which foster them.

These conditions are everyday facts, but they are curable. Let us let in the Light.

There is plenty of love in the world. Men and women are sacrificing themselves in every direction animated by love, either self-love, altruistic or God-love. Yet while love should be the motive for action, wisdom must dictate the method. Mere love, unbacked by wisdom, makes its mistakes through excess of uncontrolled zeal or impulsive desire. The world needs wisdom to direct love. It is the Truth alone that sets free; it is not hearsay, idle

conjecture, nor tradition alone, but the manifested wisdom of Love in action incorporated with our own lives. Ransack the whole kingdom of Nature as we may, delve into the marvelous processes of every phase of organic life and this great fact of the Law of highest use maintains. That wondrous power of attraction which links together the molecules of vegetable and mineral life, is love manifesting upon lower planes.

As we investigate the realms of nature, we are forced to the conclusion that Law is at work unceasingly and perfectly, and that all lesser planes of organic life, below that of humanity, conform to that Law, with an instinctive sense of right. Either God is omnipresent or God is not. If God, which is Love, be omnipresent, then Love interpenetrates all things, and Paul was justified when he said, 'for I am persuaded that neither death nor life, nor angels nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature shall be able to separate us from the love of God.'

The manifestation of love depends upon its vehicle, the sexual functions, and according to the perfection of structure will be the capability for love. Perfection of structure upon the human plane demands physical beauty and robust health fostered by normal conditions which invite growth. Love cannot stand still; love is only happy in the making of more love. Hence love finds almost perfect expression in that maternal spirit which desires to perpetuate love. Herein love finds pitfalls and temptations, however, and that purity in which we 'see God' is sometimes lost or besmirched amidst the trials of enforced child-bearing. The progress of the race, the health and longevity of individuals, and the sacredness of the marriage relation, hinge upon a right understanding of Sexual Hygiene, as you assert. It is perhaps almost as important as learning the catechism! It is unfortunate, however, that our spiritual advisers think otherwise, or wholly fail to think at all, dismissing these matters as outside their department. Tell me, ye Stewards of God's Mysteries who preach Christ, 'the Way, the Truth, and the Life,' why ye leave out that phase of the Truth which so vitally affects the spiritual, moral, and physical health of the race? Plead ignorance if ye will, but not that it is outside of your department. If the truth means anything, investigate it for itself; preach it from the house-tops or from the pulpit, but scorn that half truth which warns the sinner against

sins of commission, and yet justifies that spurious modesty which harbors sins of omission.

Hereditary evil is not final, or Christ's teaching were unavailing. The structural fitness of the physical organism has been modified unduly by centuries of perverted appetites and wrong conditions. When transmitted from father to son and grandson, we call this hereditary. Let us start right here, and accepting the Truth which sets free, change the physical conditions in our own life where we can, and learn how to build up a body which in another generation or two shall be structurally fit.

Marriage is often a falling out of love, and the voice of self is heard and then love departs. Why not keep on all through married life that same chivalrous and tender spirit which is the peculiar charm of lovers prior to the marriage ceremony? To do so would be to regulate child-birth in regard to numbers and would insure health and an heirloom of honor and virtue in place of sin and disease.

The world needs 100 per cent. men and women, instead of 20 per cent. men and 15 per cent. women, whose spiritual safety lies in the keeping of some devoted priest and whose bodily health is a matter of weekly dependence on the doctor.

It is another melancholy fact due to alleged 'physical necessity,' that comparatively few of either sex marry whose reproductive system is structurally perfect. In the case of the man some form of abuse has weakened the organs or devitalized the system. In the case of the woman, the tight corset and unhygienic mode of living have rendered her unfit for reproduction. The act of self-gratification even though mutually desired, when the possibility of unhealthy reproduction is present, is nothing less than a crime against the race, and a sin against the individual yet to be born.

If you don't want a child, don't waste vital force for mutual gratification, simply because you have had a marriage ceremony performed. The love which did not sanction sensuality before marriage does not permit it afterwards. In concluding this article the writer would only add that the views herein expressed are based upon research and *practice* in the daily life and colored by an experience covering many years of personal struggle towards those ideals here embodied. The struggle will not be an easy one to anyone, but the goal is worth the fight, and the victory can be won.

H. AYLMEY HARDING."

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GRAFT AND THE COMMERCIAL AGENCIES

STINGING COMMENT ON THE "PRIVILEGED" BLACKMAILERS AS SET FORTH
IN A COMMUNICATION MADE TO THE MEMBERS OF THE PENNSYLVANIA
LEGISLATURE—THE AGENCIES FROM THE STAND-
POINT OF FEARLESS AND INDEPENDENT NEWSPAPERS

By Ernest Cooper Clews

THE series of articles on the "Vampires of Trade" as the New York *World* once christened the Commercial Agencies, which have been appearing in this magazine for some months past have, as already intimated, borne fruit in the shape of bills that have been presented to the legislatures of New York and other states to the end of the curtailment of their blackmailing powers if not to their total suppression. With this article, the editor of *PHYSICAL CULTURE* will temporarily let the matter rest in order that certain actions growing out of his efforts to ventilate the abuses of the agencies may have an opportunity of ripening and bearing such fruit as shall in the future insure the business public freedom from the impositions at present practiced upon it by these privileged corporations. It is not meant by this that the subject will be dropped altogether. On the contrary it will be resumed in due season and with added vigor and increased evidence. If anything was wanting to vindicate the space and attention that had been bestowed upon the Commercial Agencies in this magazine, the number of the communications received from business men all over the country commending the action of *PHYSICAL CULTURE* in this regard would be amply sufficient. Space has permitted of the publication of but a mere tithe of these letters, the quantity and quality of which, however, go to prove that the mercantile interests of the United States are keenly alive to the harmful influences and criminal practices of the legalized blackmailers in question.

It will be appropriate to here quote from a circular which has been sent to the members of the Pennsylvania legislature in regard to a bill which is now before that body, to the end of attempting to make the Commercial Agency comparatively law-abiding. The circular

says amongst other things, "No doubt the reader will be surprised at the mention of an Inquisition in this enlightened age, and in this land of liberty. But, nevertheless, strange as it sounds, we have in our midst an Inquisition in every city, village, and hamlet in the United States. Its spies and informers are veiled in secrecy and security, while its victims are bled and stricken down in the dark, after the manner of the victims of the Italian Mafia. There is at present no court to appeal to for protection, no jury, no chance for defense, or any provision for the punishment of the commercial assassin. In the Dark Ages, the pretended justification of the secret Inquisition was religion. The Inquisition of to-day is for money. It uses its power to extort and make money. No matter how its Head Center may disguise his object, it's a plain case of an organized system to make money with no other capital than 'check' under the false pretense of doing good.

"Such are the institutions calling themselves Commercial Agencies. They pretend to know and to tell to whomsoever can be persuaded to pay them, just what every person engaged in any kind of business is worth in dollars, what character he has, and how far and how much he can be trusted, just as if they could look into every man's heart and conscience. They print all this pretended information in a book which they send broadcast to their subscribers throughout the land, and in special circulars and reports, besides—if you pay extra—cautioning their subscribers in every instance that, under no circumstances, must this secret rating or report be communicated to the victim, showing that the Agencies are afraid to let their victims know what they say about them.

"Just imagine the daring impudence of such an undertaking, namely, to gauge

every person in all kinds of business in the United States, from the peanut vender to the millionaire banker, from the poor shoemaker to the heaviest manufacturer—tell just what he is worth and whether, and how far he can be trusted, and put all this down in cold type with the audacity of an astrologer, or the pretention of a spiritualist medium. And yet this is just what the Mercantile Agencies pretend to do. They boast that they are outside the pale of any law—a sort of freebooters, who levy toll on the entire mercantile and manufacturing world, and threaten everyone with the pains and penalties of the modern Inquisition who refuse to comply with their demands. They reap millions and pay out nothing, except a trifle for clerk hire, postage and printing. They manage to get their principal work done at the expense of their victims, and, of course, their net profits are enormous.

"In theory they pretend to protect the creditor class against dishonest debtors, but in practice they are a great assistance to the rogues, who know just how to work the Agencies, whilst they damage the honest middle and poorer classes; the rich are, of course, invulnerable to their attacks.

"The Agencies engage a spy in every town in the United States, who is usually a lawyer, very often a shyster, for no really self-respecting attorney would lend himself to act as a spy on, and a traitor to his neighbors and friends, as is done in Russia. In small places, without a resident attorney, it is usual to appoint a justice of the peace, or a shopkeeper, as informer. This gives those parties an opportunity to favor their friends and avenge themselves on their enemies. Well, this spy reports the rating of every business man in his town to the headquarters of the Agency. Of course, he cannot, and does not know exactly how much every one of his fellow citizens is worth, but he pretends he knows, and he reports what he thinks or pleases to report, and he does this secretly—that is, secretly so far as the victim is concerned. You are numbered and labeled and gauged by this informer, who in many cases is himself a dead-beat. He receives no pay for this from headquarters, but receives the collections which are turned

over to the Head Agency, and here is where he gets in some of his fine work.

"The rogue who starts out to cheat his creditors knows the weak spots in the agency business and, therefore, knows just how to take advantage of them. He makes a big show of opulence and of a rushing business, assumes a virtue if he has it not; he never complains of hard times, and is sure to subscribe to the Reference Book of the agencies, and besides retains the local agent on some pretended lawsuit, pays him a big fee in advance, and gets A No. 1 rating. That local agent understood perfectly well what the retainer was for, although neither party mentioned the object plainly. If you don't believe this, just look into the pages of the Reference Book every time a large or startling failure occurs, and you will find in almost every instance that those parties are rated extremely high, showing how little reliance can be placed on the system. On the other hand, thousands are rated way down who never failed, and whose acquaintances trust them any amount, notwithstanding the Mercantile Agency virtually says: 'Don't trust him, he deserves no credit.'

"Suppose nine attorneys should associate together and call themselves the Supreme Court of the United States, without having been elected or appointed by the proper authority, and masquerade as the Supreme Court of the United States, what kind of justice does anyone suppose the people would get? And yet it is exactly what the Commercial Agencies are doing. They are self-appointed judges of the character, standing, capital, and credit of every business concern throughout the land. Their hearings are secret and ex parte, and their decisions are sown broadcast, and there is no appeal unless you subscribe to 'our book,' or you have a friend who is a patron of the Agency and, therefore, has influence.

"A gentleman who was for a long time connected with one of the principal Mercantile Agencies, and who knows whereof he speaks, has come to the conclusion that the Agencies, like the liquor traffic, are more of a curse than a blessing, and if they cannot be suppressed entirely, they certainly ought to be regulated and governed by law." Outside of PHYSICAL CULTURE there are some few publications,

which, not being subsidized or bulldozed by the Commercial Agencies, have had the courage to express their convictions. We give some excerpts from them as follows:

From the Titusville (Pa.) *Herald*: "As it is now, no business man is safe from the secret attacks of the Commercial Agencies and their irresponsible local agents. Of course, the agencies themselves are bitterly opposed to being governed by any law, and object very seriously to paying any taxes whatever, notwithstanding they are making many millions of dollars of profit out of their business, in which their investments consist principally, not of cash, but of 'cheek.'"

From the Titusville (Pa.) *World*: "It may seem strange to the casual reader why Commercial Agencies and business failures should be coupled together, but those who have watched the newspapers and have noticed the numerous large and important failures, and at the same time looked up the rating of the bankrupt concerns, could not help but be struck with the curious coincidence that all those large, and more or less dishonest, bankrupt concerns had the best of rating both as to capital and credit, in the Agencies' Reference Book. Instead of being true guides, it turns out that the agencies have been worse than useless, in fact, they have proved themselves to be false guides, and the potent source of large losses to over-confiding creditors. It, furthermore, shows that their whole business is guesswork, pure and simple, when not worse. But notwithstanding the large amount of money which the Agencies are making, they persistently disclaim all responsibility both to creditor and debtor, and people actually pay their money for the purpose of being misled. Said a large manufacturer lately: 'Our experience has been that our losses have been largest where the ratings are highest, whilst we lose very little on customers who get a black eye on the Agencies' lists. Years ago, Erastus Wiman, who had been the principal member and manager of _____ Agency, failed with liabilities of over \$600,000 and assets consisting of a few farms on Staten Island. Surely he was posted on himself, but his own Agency entirely failed to give his deluded creditors any warning, and this is about the

way the system works all around. You see, the rogues know just how to work the Agencies, whilst the majority of business men, who are honest, make no effort to get good ratings, and do not subscribe to the Agencies, and hence are often set down as worth very little, and to be trusted only at the same ratio.'"

From the Carry (Pa.) *Flyer*: "There is prima facie evidence that the agents of the Agencies must live by blackmail—or in other words by 'commission' in some form, either for reporting a firm favorably or by the sale of its lying reports or both. In either event the money paid is nothing but blackmail. There is plenty of evidence that firms that refused to buy their book have been lied about—rated in a manner positively damaging to their standing and business. We have one excellent company here doing business, whose paid-up capital is sworn to and on file accessible to anybody, that is persistently misrepresented by _____, or was until the firm 'subscribed.' A little note was entered at Erie against a certain man, but paid within twenty-four hours thereafter, as soon as the party learned of it; no execution was issued. The report of it appeared in the next Agency Advice, weeks afterwards, and the amount of the note was multiplied ten times over!

"If these are not the methods of blackmailers then we don't know what methods the blackmailer resorts to. Our experience with _____ reports justify us in other ways in believing their reports are mainly of the kind that are paid for by parties unworthy of credit. More than four-fifths of the advertising bills we have contracted with people recommended by _____ to have capital and be worthy of credit in the past ten years have proven utterly worthless. One of these was a Pacific coast advertiser. We sent the bill to _____ to collect. They reported that they couldn't collect it. Then we looked the concern up again in the latest _____ report we could find, and there they were, 'capital \$15,000; credit good. We have a similar bill at Lima, O., only larger. We sincerely hope the legislature will take steps to put a stop to the stupendous confidence operations which _____ are carrying on.'"



With the Collaboration of BARBARA HOWARD

A startling story of the trials and temptations of a beautiful Western Girl in New York

(Concluded)

CHAPTER XXVIII

NOTHING could have been more distasteful to Grace than the task she had set herself of going to Mabel March to inform her of Charles Denver's perfidy, but it was characteristic of her that she never faltered in determination to do so from the moment that she felt it was her duty.

She did, indeed, submit the case to the sculptor in a hypothetical way, wishing for his opinion, although fairly certain beforehand that it would not be such as would confirm her in her intention; for he was not merely a thorough man of the world, but he was one who had absorbed the ideas of many different peoples, and had constructed a philosophy of his own which Grace had often found herself unable to accept.

Their discussions had always been good-tempered, and she had never failed to learn much from them, but his arguments, although usually irrefutable, had often failed to carry conviction.

"I can't argue with you," she would often say, "but I am not convinced."

At which he would laugh in his good-humored way and answer:

"I am glad you don't let me convince you. No one should convince you but Grace Harper."

He meant that he wished her to assimilate his ideas and form her conclusions for herself, so that they would be her own and no one's else.

On this occasion he listened to her while she told the story of how a young man had wooed and won a girl only to

trick her by a mock marriage, which only by the merest accident had she discovered in time.

It needed no great cleverness on his part to discover that she was telling an experience of her own, but he betrayed no sign of suspecting anything more than she chose to tell him.

"Why didn't he marry the first girl since he seems willing to marry another?" he asked when Grace ended.

"I think because the first girl was poor and not aristocratic enough for him."

"And the other girl is both?" he asked.

"Yes, she is rich and a favorite of society."

"And you want to know what the first girl should do now that she knows he is going to marry the rich girl?"

"I thought I would like your opinion."

"Well," he said, working with apparent absorption at his clay model, and speaking slowly, "my opinion is that the first girl would better mind her own business."

"Do you mean that she would better not warn the other girl?"

"What the other girl does is not the first girl's business, as I can see. Do you think it is?"

"Ought one stand by and see a fellow creature come to harm when a word may save him?"

"How do you know that your notion of harm and the fellow creature's is the same?"

"Does any girl wish to marry a scoundrel?"

"Have you never heard of a girl

marrying a man she had been told was a scoundrel?"

"Oh," cried Grace with a trace of irritability, "you always have a clever question to ask. Nevertheless you don't answer my question."

He laughed softly. "I don't suppose any girl ever marries a man she thinks will be a scoundrel to her, but the fact is that marriage is pretty much the only legitimate business for a woman, and she goes into it, taking the chances the same as a man invests his money. The man may have been a scoundrel to other women, but won't be to her."

"It is your cynicism that makes you say that," cried Grace. "And it seems a very cheap cynicism, too."

"Women marry drunkards to reform them, I am told," he answered quietly. "And I think I have heard the saying that rakes make the best husbands."

Grace bit her lip; she had heard as much herself, and moreover had known of one such case in her own little circle in California.

"Well," she said, "suppose you are right, how does that justify the girl in refraining from going to the rescue of the other one?"

"Why do you talk of rescue, Miss Harper? Isn't the man going to marry the second girl?"

"But he is none the less a scoundrel."

"Very true, but let us suppose he had succeeded in his base design against the happiness of the first girl, would she not afterward have married him to save her honor?"

"I don't know. Yes, I suppose she would."

"And she would have known better than anyone else that he was a scoundrel, would she not?"

"Yes, but she would have been saving her honor."

"Well," he sighed, "from my point of view she would be a more foolish woman than any other could be. It would be like a man giving the money he had in the bank to the highwayman who had stolen his purse. But of course I am peculiar in my views. I don't see how I am dishonored because some man has robbed me."

"I might agree with your views on that subject," Grace said thoughtfully,

"but I do not see how you can justify anyone in permitting another to work an injury on an innocent third person."

"Suppose someone were to come in here and destroy this clay model of mine over which, as you know, I have worked so hard, on the plea that it was a wicked act to make a statue and that I would be helped by such destruction, what would you say?"

"But that is too absurd to suppose."

"You may think so, but I assure you that it is an article of belief with the Mohammedans that this making of a figure as I am doing is wicked. Now you think it is wrong for a young man to do what this young man did to the first girl; perhaps the second girl won't think so."

"Any girl must think so."

"Well, perhaps I am all wrong," he said: and there the conversation dropped, for Grace was troubled to hear him say the things he did, and he saw that he could say nothing that would carry conviction to her mind.

That afternoon, Grace dressed in her best, which was a very pretty gown and made a fine effect on her perfect form, and went to the address of Mabel March.

She would have turned away at the last minute but for the firm conviction that she would be derelict in her obligation to her fellow woman if she did not warn her: so she rang the bell and was admitted into the magnificent mansion by a liveried servant.

It happened that Grace had hit upon Mabel March's day at home, which fact, combined with her queenly manner and tasteful gown, accounted for the ease with which she obtained admittance into the reception room, although her name was unknown to the servant.

The splendor of the appointments in the room into which she was ushered gave Grace a new idea of the manner in which the wealthy classes in New York lived; and she was still engaged in a wondering study of the furniture, bric-a-brac, rugs, pictures, and other articles when Mabel March came floating into the room, a dainty reproduction of a fashion plate.

There was a smile on her pretty face as she entered, for although she had no recollection of the name of her visitor

she was assuming that it was some friend's friend whom she would recognize when she saw her.

The smile changed to a blank look as Grace rose. She knew she never could have met this regal beauty anywhere and forgotten her; for, of course, to see her anywhere but in society was not to have seen her at all; and it really was no pretense when Mabel said:

"Pardon me, but I do not recall where I have met you."

Her manner was as sweetly gracious as was possible, and Grace was wondering if it could be that she had misjudged the pretty little creature when she saw her buying a coat with Charles Denver.

"You would not be likely to remember me," she said. "I was a saleswoman at one of the department stores when—"

"Oh!" Mabel said in a tone of ineffable insolence, sinking into a chair without asking Grace to be seated. "And what do you wish? I am not in the habit of seeing tradespeople in my house, but since you are here you may speak. What have you to say to me?"

Grace remembered to have read of the manner in which the self-styled aristocrats of her country could convey insult and injury to those in poorer circumstances, and for a moment she felt the hot blood rising to her head; but her sense of humor combined with her pity for the spoiled little beauty enabled her to recover herself almost at once.

"I am not here on business of any kind," she said with a quiet dignity that affected even the essentially vulgar little creature, who had sought to wound her by her studied insolence.

"Then why are you here? You are not on my visiting list, I presume," Mabel said, trying to maintain her insulting manner in spite of the sense she had of having been rebuked.

"No, I am not on your visiting list. I came here to try to do you good."

"Oh! Salvation Army?" sneered Mabel, beginning now to have a consciousness of antagonism towards her queenly visitor.

"No, I didn't mean good in that way; I happen to know of something which it seemed to me you ought to be told."

"It ought to be something of very

great importance to justify such an intrusion as this."

"It is of the utmost importance."

"Very well, I will listen to you, and if what you have to say should turn out to be of interest or value to me, of course I shall pay you properly."

The poor, spiteful little creature could not resist the impulse to try to sting the splendid girl who had confessed to the crime of having been a worker in a department store.

"I wish no money for the service I am going to do you," Grace answered with a pitying smile. "I read in the papers that you were going to marry Charles Denver; is it true?"

In an instant Mabel was alert, her superior smile melting away into a look of eager, almost fierce interest.

"What concern is it of yours?" she demanded sharply; then added with a manifest effort to recover her former air of insolent superiority: "But I see no reason for not telling you. Yes, it is true."

"Then it is my duty to warn you against him," said Grace solemnly. "He is not such a man as you can trust your happiness with."

"Oh, indeed!" sneered Mabel with a shrewish laugh. "And may I ask how you come to be possessed of any knowledge of Mr. Denver?"

"It does not matter how I come by my knowledge. I can prove all I say."

Mabel looked at Grace now with a new interest; and as she looked a malicious smile grew on her face, the result of a thought that had leaped into her brain.

"Oh! you can prove it," she said. "Well, what is it?"

"He is so utterly false and faithless, so deceitful, so unworthy of a true woman's love that nothing but unhappiness can come from a union with him. I will tell you that about him that must convince you of this."

"So that you think I ought to break our engagement in consequence?" queried Mabel.

"I am sure you will."

"And then?"

"I do not understand you."

"I mean what is to happen after I have broken with him?"

"I am not concerned about that, Miss

March. My duty will be done in exposing him."

"You are sure you do not expect him to return to—to—Is it to you?" cried Mabel in a tone that was like the snarl of a little dog.

"Oh, you do me an injustice if you think there is any self-interest in this matter."

"Then you admit that he has been your lover?"

"I will tell you everything so that you may have no ground for misconception of me."

"But he was your lover?"

Looking at the superbly beautiful creature before her, Mabel could understand how pleasure-loving Charles Denver might easily have succumbed to her fascination, and she was quivering with hate and fear.

"If you will have a specific answer to that question: yes, he was for a while playing the rôle of lover to me."

A gleam of joy instantly lighted up Mabel's eyes. For a while, in the contemplation of Grace's beauty, she had forgotten her station in life.

"Oh!" she sneered, "and then grew tired of you?"

"Listen to me! He professed the most profound love for me, and declared he had none whatever for you."

"But he is going to make me his wife," sneered Mabel in a way that made it hard for Grace to go on.

"He was going to make me his wife," she said.

"Do you mean he said he was?"

"I mean that he knew there was no other way of maintaining any relations with me, and that he pretended to love me and strove to win my love with a view of winning my consent to marry him."

"With a view," said Mabel with an indescribable sneer.

"I met him first one day when you and he had a quarrel over your treatment of me in the cloak department."

"I remember you now; oh, yes, I remember you now," cried Mabel, starting to her feet with a look of hatred in her eyes. "Well, you thought you had won him from me, you fool! Could you not understand that a man like Charlie Den-

ver had no use for you but to while away an idle hour?"

"Stop! stop!" cried Grace in horror: "don't speak to a sister woman like that. I know now that he is such a man, but I did not know it when he pressed his attentions on me as any honorable man might have done."

"You knew that such as he could not stoop to such as you."

"What do you say, you poor little fashion-plate of a woman? Why, unworthy as I am, such a man as he must look up to see me, since he grovels on the earth. But never mind my part in this. I think that even you must comprehend the infamy of his conduct."

"In not wishing to give his name to one so far beneath him?"

"I don't know how anyone can be beneath him. But his infamy was in securing my consent to a secret marriage with him, and then trying to make me the victim of a mock ceremony."

"And you found it out too late?" cried Mabel eagerly.

"I found it out in time."

"And this is your story?"

Grace stared aghast at the girl who could treat such a story so lightly.

"Is it not enough?" she asked.

"It is very amusing," Mabel answered; "but you have entertained me enough. Later, when Charlie and I are married, he and I will go over the story again and have a good laugh at your absurd presumption."

"And it is possible that you take his infamy like this?" gasped Grace.

"How silly you lower class persons are!" Mabel said with an air of being simply weary of Grace's stupidity. "Did you really believe that Charlie Denver would think of marrying you? Did you suppose that because you had a sort of good looks that you could aspire so high?"

"I only wonder now that I could have looked so low. But I won't keep you any longer. You have heard what I have to say and if you will marry him after what you have heard the consequences must be on your own head; I have done my duty."

"You found it a very pleasant duty, no doubt, when, in your folly, you fancied you could prevent our marriage."

Why, you poor thing, all men of the world have adventures of that sort. You common girls never seem to learn anything."

"I certainly had not learned before what you have taught me to-day," Grace said, sadly enough, as she turned to go, "and I find it hard to believe that there can be any other girl, even in your class, who looks so complacently on the attempted ruin of another."

"Ruin! As if you would not have found it sufficient compensation to have extorted a sum of money out of him afterward. Oh, I have heard how that is done. It is never a poor man who gets the best of one of you common creatures, but always a rich one."

"I am very, very sorry for you, Miss March," Grace said. "Your words carry none of the insult for me that you would have them, but must all turn against your own self. I hope with all my heart that you will not live to regret your determination to marry Charles Denver."

She left the room followed by the mocking laugh of the poor little creature who had received her well-intentioned revelation with such scorn and contumely.

CHAPTER XXIX

Grace had no intention of telling the sculptor of her experience with Mabel March, but after the first unpleasantness of it was gone and the incident itself seemed to have slipped away into the life that was past, she felt herself impelled to tell him by a curiosity to know what his comment on it would be.

So, one day while she was resting between poses, she asked him if he remembered their conversation of a few days previous. He smiled as he answered by another question.

"Do you mean about the friend, or was she only an acquaintance of yours, who came near being deceived by a mock marriage?"

"You guessed it was I, of course," she said.

"Yes. And you went to warn the prospective bride, I suppose."

"Yes, and she took it as you said she would; even went so far as to wonder that

I had had the temerity to suppose such a man as he would ever marry so common a creature as I."

"Ah, your fashionable woman is the true enemy of society. With her silly and preposterous pretension of being better than her sisters, she is sowing a wind which she will reap as a whirlwind which will destroy the very foundations of the system which makes her possible."

"I don't understand you," Grace said.

"Well," he replied gravely, "there are those of us who see the handwriting on the wall. What do you suppose all this outcry against divorce means? What do you think is the meaning of the loud call to rally in defense of the integrity and purity of the home?"

"I know there is much talk against divorce, and I supposed it meant that society was rousing itself against impurity."

"Far from it; society is only having its periodical spasm. The talk against divorce goes hand in hand with the wild outcry against Mormonism and its accompanying polygamy."

"Surely you believe that polygamy is a thing to be fought against."

"I loathe it as I loathe any form of slavery, but at least it is more respectable in its openness than the polygamy that is practiced outside of Mormonism."

"Practiced where?"

"Here in New York; in every large city in Christendom; all over the country. We pretend to be monogamic, but our crowded houses of prostitution prove us to be polygamic. And does not the talk of that misguided girl show that she believes man to be polygamic? She wondered that you could expect to be the wife of a man of her set."

"You think, then, that such infamy is common?" Grace asked.

"You have had some experience in New York," he answered, looking keenly at her; "did you find it easy to obtain employment? Was no price ever put upon your getting work?"

"Yes; but I am beautiful. Does that make no difference?"

"It only makes your case a little harder. Oh, I have looked into this matter, Miss Harper, and I assure you that any girl who would be employed in any of our large cities must fight for her virtue.

From the trained nurse and the factory girl you will have the same story."

"But this is an awful state of affairs."

"It is common if awful. Where is the business in which there is no 'graft' as they call the robbery? The servant blackmails the tradesman, the great architect blackmails the builder, the employer blackmails the poor working girl. Plunder, plunder, plunder! No wonder the Socialist with his political and economic panacea is growing stronger each day; no wonder the Anarchist, with his ideal scheme of purity, plenty, and peace, is listened to."

"But if what you say be true, society is disintegrating."

"I think it is."

"It may be in the great cities," cried Grace warmly, "but I know it is not so in the country. I know men and women in the country I came from who would listen to no suggestion of dishonesty."

"But you left that country to come to the city," he said.

"I needed money."

"And you still need it?"

"I have earned all I needed to clear our ranch. I sent it home last week. I only want a little more."

"One always wants a little more," the sculptor said.

"But I shall go as soon as you have finished with me."

"When I have finished with you," he repeated slowly.

"Within a couple of weeks, you said."

"Yes, the posing will be done then, but I shall not be finished with you."

"What do you mean?"

"I mean that I wish you to be my wife. Don't answer too hastily. I know I am much older than you, but I love you, and I will make you happy if it be humanly possible to do so."

"Oh!" gasped Grace, as unprepared for this sudden avowal as if she had never met him before.

"I understand that I am abrupt," he went on, approaching her nearer, "but when a man reaches my age he may not act as a younger man does without danger of seeming ridiculous; but if I do not say a great deal I can feel all the more strongly."

"I beg of you to say no more," Grace

replied hurriedly. "I do not and cannot love you."

"Give me time to teach you," he pleaded, his fine face betraying an eagerness of desire which his moderate speech would never have done. "I would not have spoken but for your avowal that you mean soon to return home. At least withhold your answer for a few days."

"It would be useless," Grace replied, in pain at hurting one she so much liked and respected.

"But there is no one else; there cannot be," he urged.

"Yes, there is someone else," Grace said, hardly conscious of her own words. "There has always been someone else."

"But you said—"

"I know I said enough to make you think I loved the man who tried to deceive me," she interrupted, her manner more and more decided as she went on. "I am sure now that I did not love him as a woman should love the man she would marry. But there is a man out in California whose wife I shall be if he will ask me again."

"I did not know that," the sculptor said in a low tone.

"I have not always known it," she said half dreamily, her thoughts back in California and her heart throbbing with the recollection of the words Will Belden had spoken to her; "but I know it now. And oh! he is a man. You would say so if you knew him."

"He is fortunate, at least; and I shall congratulate him."

"And I congratulate myself that I have at last found out that I love him. I am grateful to you, sir, for the honor you have done me."

"Rather be grateful that through me you have made so pleasant a discovery in time," he answered, with a smile that was not without pathos.

"He spoke to me out in California before I dreamed of love," Grace said, "and I told him it was out of the question. Indeed, I was annoyed to have a friend turn into a lover."

"Later you will be pleased to have your lover become your friend," murmured the sculptor.

"Then I left him and it seemed to me that I had forgotten him almost," Grace went on, unconscious of the artist's mur-

mured words. "But I had not; for I can realize now that he was always a part of my life, that I always reckoned with his approval or disapproval. Is it not strange that I should not have known that I loved him? I must have done so from the very first."

"Perhaps you were busy growing beautiful and had no time for frivolity," he answered.

"He was the first to tell me I was beautiful," she answered, ignoring his jesting manner.

"And he did not object to your posing?"

"He knows nothing of this posing," she answered soberly. "Perhaps he will think differently of me when he knows."

"You feel that you must tell him?"

"I shall surely tell him now. I shall write to tell him so that when we meet he will know and I shall learn how he regards me."

CHAPTER XXX

Having determined to go home, it seemed to Grace as if the time could not come soon enough when she should start westward; and she became possessed of a fever of impatience.

She controlled herself to pose for a few days longer, but soon was obliged to give that up and confess to the sculptor that he must finish his work without her. He did not tell her so, but he was easily able to do so, since he had kept her with him latterly only because he could not bear to let her go.

She had already sent on the money with which to pay off what remained of the mortgage, but she had a snug sum in the bank besides, and with a part of this she bought some books for her father and some less intellectual things for her mother.

She wrote a long letter to Will, telling him everything about herself excepting that she loved him and the day she would be home; and finally she bade good-by to New York and turned her face to the West with a prayer that she might never have to leave it again.

Only those who belong in the Golden West can have any idea of Grace's feelings when, as the train of cars slid down

the sides of the steep Sierras, she knew she was once again on the beloved Pacific Slope.

She had arranged with her father that no one but he should know that she would arrive at a given time, and yet as she neared the well-known station her heart began to throb with an emotion that not even her love for her father would have called forth; and, although she knew that she had arranged so that no one but he should know that she was on the train, she could not keep her mind from the thought that she might see the tall, stalwart form of Will Belden at the station.

And her first feeling was one of disappointment when, as she stepped from the train fairly into her father's outstretched arms, her quickly roving eyes caught no glimpse of the tanned face of the young ranchman.

If she had not known before she would have known now what her feeling for Will was; and, whereas in former days she had felt herself indifferent as to his feeling for her, now she was tormenting herself all the while with the fear that he might have learned to be indifferent to her.

She could not forget Will even in the delight of the ride home with her father, who had so much to tell her and to whom there was so much to say, although she was hardly aware herself of how strong an undercurrent of thought of her lover was flowing under the conscious talk with her father.

All the way home she kept a constant lookout for the well-known horse, or listened for the sound of a strong hoof-beat behind them. And once she even touched her father's arm and asked him if he heard nothing. She fancied she had heard her name called.

Her father, man-like perhaps, never said a word to her about Will, but Grace had not been home long before her mother, woman-like perhaps, said to her:

"Will was over here yesterday asking about you, and it was all I could do to keep from telling him that you were coming."

"Is he well?" asked Grace, with a little catch in her throat.

"Of course; never was sick, was he?"

"Married yet?" asked Grace, trying to seem jocular.

"Married! Well, if that isn't a nice question for you to ask."

"How should I know? You never said anything about it."

"As if I wouldn't have told you. But I guess you know he isn't married. He'll be over here to-morrow; I made an excuse for getting him here. I thought you'd like to see him."

"Oh, yes, of course," answered Grace, trying not to be too eager.

"I say, Grace!" called out her father from outside the house, "I see someone on a horse coming this way. Looks like Will Belden."

Grace caught her breath and then—the first time in her life—darted to the mirror to see if she was presentable. The reflection must have been satisfactory, for in an instant she turned and ran out of the house to have the evidence of her own eyes.

Yes, it was Will; there was no question about that. And something told her that he would not be riding at that pace unless he had learned that she was home.

She wanted to meet him alone. She could not have told in words just why she wished it, but she did, and with her usual directness turned to her mother and said:

"It's Will, and I'm going to meet him and—surprise him."

"It won't be much of a surprise," said the mother dryly, "if I'm any judge. Perhaps you'd better ask him when you see him if he's married yet."

But Grace was too far away already to catch the last words. There was a pretty spot by which Will would have to pass, and she was anxious to reach it in time to intercept him.

She reached the place and had hardly

recovered her breath from running, when Will came into view, his gallant horse stretched out in a gallop. A few moments later, and the horse was pulled up short, and Will was on the earth, his hands out to Grace, crying with passionate eagerness:

"Then it was true; you did come to-day."

"Yes."

"And you didn't tell me."

"How could I know that you cared to be told?"

"Oh, Grace!" he murmured in a grieved tone.

"Oh well, Will," she answered, her head up and her eyes searching his, "I know you would have cared before I went away, but I could not tell what might have happened since to alter your feelings."

"Oh, Grace!" he cried with a sudden passion, as if her words had torn away his reserve, "I love you a thousand times more than—"

"Did you get my letter?" she asked, interrupting him.

"A few days ago?"

"Yes."

"Yes, I got it and answered it, but you came away before it could have reached you."

"What did you think of my posing?"

"I thought it was all right, if that is what you mean."

"And it makes no difference in your love?"

"Oh, Grace! Why should it?"

Whether or not he saw something in her face that emboldened him cannot be said, but something impelled him at that moment to open his arms, and somehow Grace got within their strong embrace.

"I had to go away to know I loved you," she whispered to him.

THE END

"Grow younger as you grow older by cultivating love of a good, healthy body. Keep the mind clear of worry, and the body free from unnecessary food. Live with the greatest regularity and moderation, taking systematic exercises."—Patti.

"Much of the elasticity of mind for which the Greeks were remarkable, as well as their activity and beautiful physical development, was due to their love of gymnastics."—Enc. Britannica.

DISCUSSION OF THE MILK DIET

I believe that a free discussion of the subject, based largely upon personal experiences, will help medical men and others who are interested in solving this important question. Readers who have original views upon the subject of milk as a food, or who are able to write from personal experience, are invited to send in letters to be entered in this discussion.—BERNARR MACFADDEN.

Ella Wheeler Wilcox Answers Dr. Arthur T. Bushwell

"TO THE EDITOR:—

Dr. Arthur True Bushwell has not wholly lived up to his middle name in quoting me. 'Three quarts of milk in addition to other food' was never advised by me. All other food should be dropped when the milk treatment is begun.

I believe in a milk diet for delicate digestions, and as a cure for almost any malady flesh invites by wrong living. Organic heart trouble alone, I think, will not admit of this diet, as the increased circulation accelerates the heart action.

I believe in the milk diet, because I have taken it with results so marvelous, and so beneficial, that all Mr. Rockefeller's money could not repay me, were I deprived of the knowledge that I gained by the experience.

I would be happy to give Dr. Bushwell the addresses of eighteen friends who have taken the milk diet at my suggestion, with results as gratifying. The milk diet is especially recommended to those who are suffering from anemic conditions of the blood, from lack of assimilation of food, or from any form of indigestion. It has cured innumerable cases of lung diseases, liver trouble, insomnia, and nervous prostration. It has cured the cigarette habit, and even the morphine habit.

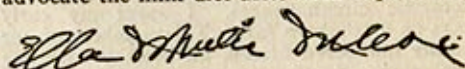
One who lives a wholly normal life, and eats only what is needed to sustain health and strength, has no reason to take a milk diet, or any other special form of diet. One who has a tendency to accumulate flesh with light eating should avoid it; those who have acquired unnecessary flesh by self-indulgence in appetite can reduce the weight and benefit the health by a milk diet.

The milk diet is a mere return to childhood's habits; it is a return to the 'Simple Life' and gives the tired digestion a chance to recover its strength while it supplies the depleted system with good blood and contingent circulation. It is not a diet that should be followed for life, unless one has irreparably injured the system.

A man of my acquaintance who destroyed his digestion by years of wrong habits, has lived for the last five years in perfect health and strength on milk alone. He is able to work more hours with less fatigue, than any of his acquaintances. He possesses a marvelous complexion, and is never ill. Another friend who had been a hopeless invalid for ten years, through complications of diseases, has lived on milk for three years, and finds herself perfectly well unless she attempts to return to solid foods. A dozen skilled physicians failed to give her even three days of health, until she gave up foods for milk. Seventeen other personal friends restored their

health, and the ability to digest a natural, varied diet, by taking the milk treatment for a few weeks.

It is but natural that I should believe in, and advocate the milk diet after such experiences.



Seven Hints for Drinking Milk

"TO THE EDITOR:—

Having had some personal experience in the use of milk, I will give the benefit of the same to others who may have need of a particular diet.

(1) The milk must be pure and not from a cow fed on distillery swill, brewery refuse, or turnips, or neither must she have 'calved' within four weeks.

(2) It must be 'eaten' with a teaspoon and not gulped down like water.

(3) It should be, if consumed in an unboiled condition, of a temperature between 75 and 140 degrees Fahrenheit.

(4) Each person must determine whether boiled or unboiled milk is best for him or her.

(5) The only safe way for invalids to use milk is to make a whole meal of it and stale bread. If any other food is wanted, it should be taken at another meal.

(6) 'Graham' bread is perhaps not advisable in the case of persons who are troubled with catarrh of the stomach or other irritations of the digestive organs.

(7) Raw vegetables or raw acid fruits must not be eaten with milk or within three hours of a meal consisting mostly of milk; neither should meat be eaten at the same meal as milk.

Of course some people with extra good stomachs can eat many incompatible things without apparent harm, but we are now talking of persons whose stomachs are a little 'off.'

A short time ago I noticed a young lady take a lunch in a restaurant consisting of a glass of iced milk, potato salad and hot half-baked biscuits. I felt like asking her if she wanted to commit suicide. Of course when rebellion breaks out internally, she will tell her friends that milk does not agree with her. Naturally not, under the circumstances.

Rightly used, milk will cure a great many troublesome diseases. Milk cured me when years ago I got 'at outs' with my stomach, and for the last six years my diet has consisted of milk and bread for breakfast and supper—beefsteak and plain boiled potatoes for dinner—no medicine, except occasionally a dose of Carlsbader Sprudel Salts.

H. S. HERSHBURG.

Titusville, Pa."

Says Milk Should be Scalded

"TO THE EDITOR:—

Discussion on the important question of milk as an article of human diet is of public benefit. For some time, I have been following the arguments pro and con which have appeared in your valued magazine, and in reference to the matter would say that milk is a liquid food, valuable, if taken in the proper way, and that it can be digested without difficulty, provided that the saliva perform its duty. Milk should be taken in such a way that the saliva is plentifully supplied and thoroughly mixed with it.

Let me give an experience arising out of domestic circumstances. I spent my early days on a southern farm. The members of our family numbered fifteen, all healthy with one exception. Every morning a cup of milk and water, previously boiled, was taken by all. We never took milk unless it had been scalded, that is, allowed to remain on the fire until the first symptoms of boiling were perceived.

On this farm we were unable to get ice to keep the milk, which consequently could only be preserved by scalding each day. This, of course, made it thicker and richer after each boiling, and, in my opinion, more valuable. Take into consideration that milk is a product of meat, and contains the same elements, more or less, and should be well cooked after being exposed. When a babe takes milk from the breast, the milk is not exposed, hence not adulterated; but when the ordinary product is about to be used after exposure, it should be cleansed by boiling. Cooked milk is certainly a valuable liquid food, and can be prescribed in the case of the weakest digestion.

The custom in this part of the country, I notice, is to keep milk for many days by means of ice association, and yet even then disease germs cannot be avoided by the consumer who expects to be benefited, but who is very often harmed.

The writer suffered from typhoid fever at the age of ten and was fed on cooked milk. No doctor attended him until the morning of the crisis, and when the medico arrived, he said 'All that could be done had been done for the patient.' The writer pulled through, feeding on boiled milk, and in a short time was quite well again. He has also had the experience of an acute case of malarial fever and was fed on cooked milk with a similar result to that in the foregoing case. His parents have also undergone a great amount of illness through accidents, etc., and have found cooked milk to be a most valuable food. In cases where the patient was too weak to swallow, the milk bath has proved beneficial and recuperative. Those who condemn milk as a food, however fresh it may be taken, for the sick as well as for the strong, should try it

cooked. They will then see the different effects it has on the body. This is proven by referring to the hand-fed calf, that is, the calf separated from the mother. I have seen calves after two days' separation get lank and thin by feeding them on fresh milk, which, if on the other hand the milk had been scalded, would certainly have given nourishment to the poor animal. Such animals have died, although there was no scarcity of fresh milk, yet being hand-fed instead of partaking directly from the breast they succumbed.

Those debating the subject will save valuable time and space if these facts are taken into consideration. Milk is practically of little value after exposure until cleansed by cooking, when it becomes very nutritious.

Should you esteem this contribution interesting, or worth insertion in your magazine, you may use it in your 'Milk Discussion.'

New York."

HAROLD A. E. CLARKE.

Advises Cold Milk

"TO THE EDITOR:—

The question of milk as a food is a subject upon which much can be said, both for and against its use.

My personal experience has been very satisfying; not so with a friend of mine who tried its use and experienced bilious attacks and at times very sensitive headaches.

For the past ten months all I have allowed myself for supper has been a good-sized bowl of bread and milk, which, with a glass of milk at dinner, is the only liquid I take at meals.

I find that cold milk will be more easily digested than when it is heated, and will not cause biliousness, as the latter sometimes does.

My health is perfect, I am never the least indisposed, and upon arising I feel fresh and strong for the day's work, going without breakfast the greater part of the time.

Not being a full-fledged physical culturist I sometimes indulge in very hearty dinners (always taking milk to drink, however) and I have yet to feel the slightest pain of constipation.

I agree with the editor, however, that it is best to avoid its use where there are symptoms of nasal diseases or a tendency to catch cold easily, as it is a very heating food.

Chicago, Ill."

RAYMOND E. CONKLIN.

"TO THE EDITOR:—

Milk and cream taken in any quantity, even though absolutely pure—direct from the farm—invariably give me pimples and roughness of the skin. I know of one or two similar cases.

Rhinebeck, N. Y."

(MISS) EMMA TRIPP.

"If you start to tell anyone of your troubles and he turns the subject and doesn't give you a chance, hunt him up afterward and thank him for it."

"A man too busy to take care of his health, is like a mechanic too busy to take care of his tools."

RUNNING DOWN HILL AND MOUNTAIN SIDE

AN EXERCISE CALLING FOR QUICK THINKING, POISE, AND DARING

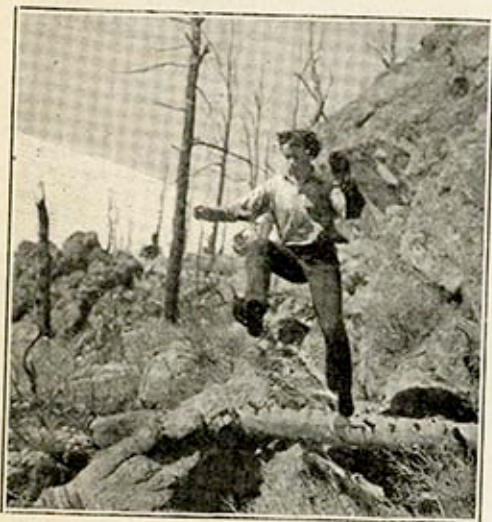
By Enoch J. Mills

(Chair of Athletics, Ft. Worth University)

The exercise described in this article is of a novel nature and, without doubt, a great deal of benefit can be derived from it. The reader must be made aware, however, that there is a certain amount of danger attached to this form of exercise and considerable caution should be practiced by the beginner in undertaking it.—BERNARR MACFADDEN.

ONE of the very best outdoor exercises I have found, is running down a wooded and rocky mountain side.

If there is someone with whom you



With one swift stroke you direct your tremendous momentum

can race, the sport is more exciting.

Although I have played and coached in most of the popular athletic games, I have never found anything so thoroughly exciting and vigorously refreshing to mind and body, as this form of exercise.

For me the ideal place is down a mountain side among trees and over rocks and logs. Because this kind of a place gives speed not only to body but to thought. It forces into action nearly every muscle. The eye flashes decisions with astonishing quickness. The mind decides in a fraction of a second the spot to be touched by a foot, or the instant to stoop to avoid a tree limb.

It is easier to race with gravity than to hold back, and so you are soon leaping down the mountain with giant strides.

You are going faster than a ten-second sprinter, and every muscle tingles with the intensity of speed and excitement. In an instant you choose, as you run, a way between trees, over rocks, logs, and bushes that bar the way. You leap over fallen trees without being able to see the spot where you are to light. Often you will have to light on one foot, and off of this foot spring over a second log without touching the other foot. A series of leaps over logs, springing from one foot and lighting on the other, as you hurdle, gives a fine test of your agility, strength, decision, quickness of the eye, and confidence. While at full speed you sometimes leap to the top of a log heap and direct your tremendous momentum to right or left with a quick stroke of one foot while you are in the air, clearing them on a flying leap.

You reach the foot of the slope with every nerve tingling with the wild exhilaration of the run.

The run has given you speed, concen-



Over wide windrows of logs through which it is impossible to run slowly

tration, and alertness, all of which results in permanent good.



The Zahir, or Grand Master of Ceremonies, in Court robes.
(Photograph from Private Collection)

on the most brilliant epoch in history?

This is a large question to answer in a few paragraphs. But in this age of brevity, it must be answered briefly, if answered at all.

The genius of the Persians resembles that of the French people, the most brilliant, inconsistent, and inconstant in Europe. But while the military qualities of the French, their gaining of vigor by blending with other races, their religious principles, and their geographical position have enabled them to rise superior to their defects of character, the Persians have yielded, and their destiny has been molded by their frailties and handicapping conditions, rather than by their virtues. If Persia had been situated farther west when the reawakening of Europe began, after the fall of the Roman empire, it is quite possible that the pressure of modern influences would have met with more prompt response, with the consequent results that she would have held her own in the march

of progress and might have avoided the subtle invasion of Christendom on the integral rights of Asia. Although the Persians are of undiluted Aryan stock, and so far closely allied to the Europeans, their dominion is and always has been Asiatic in character, as well as location. This fact, while it gave the Persians an earlier opportunity to assert themselves, also hindered them from firm and permanent progress after each change of destiny or fortune, because resisted by the absolutism of the patriarchal character of Asiatic governments, which repress effort and popular aspirations after self-government. The Persians are the only Asiatic people who ever had the qualities to fit them for the responsibilities of popular government except the Japanese, at the present hour; but they forfeited these possibilities by their inherent defects of character. The unspeakable corruption and lethargy for all except personal gratification, into which the governing classes invariably fall in those Asiatic countries, tend to debauch the morals and ambition of the people, and to check any occasional impulses towards improvement. This point will further appear in the sequel.

Another cause of Persian declension is the everlasting sex question in a country where both sexes are equally dissolute, while in no polygamous community are the restrictions placed on the liberty of women so strict as in Persia. Of course ways are found for modifying or evading the restrictions. But the character of the laws on this subject, as well as the light value placed on human life, is shown by the surveillance kept over the ladies of the royal harem. It is only in recent years that the penalties have been somewhat relaxed against those caught in the streets or country roads when the Shah's wives ride abroad, even though veiled and in closed litters, or carriages. All window blinds were, and are still, ordered tightly shut before the ladies emerged from the palace, and every man caught in the path of the cortège was smothered or ripped up on the spot. It was my fortune, among

other adventures, to run against this terrible custom, and to be the means, perhaps, of reducing some of its tyranny. "But this is another story."

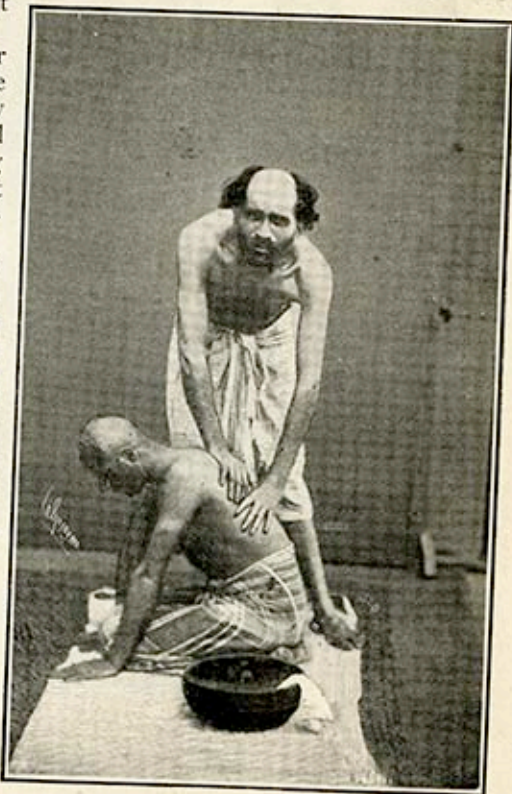
The fact is that, whatever the original character of the Persian, he showed at a very early period an amazing willingness to yield to pernicious influences. If he ever had any high standard of honor and virtue, he quickly abandoned it for almost an entire callousness to any moral sense. If one would judge what the Persians were or might be under other circumstances, let them be compared with the Persian colony of Parsees or Persees, in India, one of the finest communities in the world. Disdaining to accept Islamism at the Mohammedan conquest, they fled to India. Like all such self-exiled votaries of a creed, they clung to the nobler and most characteristic features of their religion, and the law of principle being their guide and the chief means for the preservation of their national identity in a foreign land, they have prospered and won the admiration and respect of all who come in contact with them.

It is because of a lack of belief in or practice of the principles revered by the Parsees, that a people so exceptionally brilliant as the Persians, and possessed of vitality to survive so many crushing revolutions, has never been able to profit by its lessons and proceed beyond a certain limit of relative development.

Whatever Xenophon may have stated in his fanciful *Cyropædia*, what he records of his own personal experiences in the *Anabasis* indicates that at that time the Persians, with exceptions here and there, were already without virtue, full of treachery, dissimulation, and lying, and destitute of any genuine patriotism, very much as they are to this day. The people were apparently frugal and thrifty, as they are still, and the out-of-door life everywhere permissible, owing to the delightful climate, gave an attractive simplicity to the popular customs. But the life in sumptuous gardens and pavilions, in cool, open bazaars, or on spacious rooftops, only aided the inclination to sensuousness, which was encouraged by the artificial, insincere, and corrupt example of the court and nobility. Save for a few choice, select souls, of whom

almost every people has some, there was no higher aim in view for the Persians than Epicureanism. Each succeeding dynasty or revolution, while displaying a temporary luster, and bringing to the front some really great men, terminated, like its predecessors, in the depths, and still further hindered occasional aspirations to rise from the slime to the pure ether.

Herodotus tells us that the Persians borrowed from the Greeks the vice of pæderasty; there is no doubt that it was familiar to the latter. Socrates discussed the subject with Alcibiades as in Christian countries one might talk of keeping a mistress. But that the Persians needed to be taught the practice is marvelous. In any case, they soon proved adepts. Even now the vice is dying out but slowly in Persia. Cyrus, it is said, introduced eunuchs. This implied polygamy. In Persia these wretches are often white, and curious incidents sometimes occur in connection with their duties. The



Massage in Persia

Persian monarchs and nobility have generally selected wives from their own people, unlike the Turks and other Orientals, who have often mingled the native with foreign blood. But for this reason and perhaps because of the utter corruption of morals, Persian Kings have often married their own sisters, and in one or two cases, perhaps oftener, their own daughters. The scandals and crimes of Persian royalty, the tragedies of the Persian palace, are probably unsurpassed in horror and wickedness by anything of the sort in history.

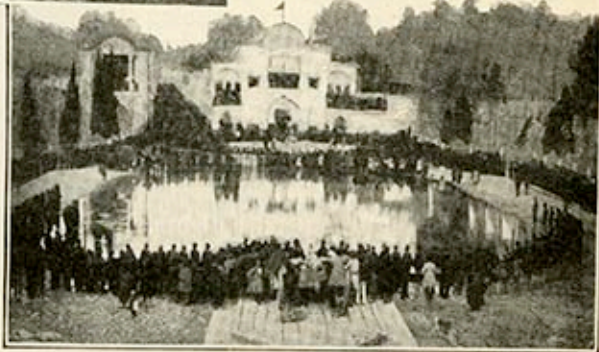


Persian Wrestlers

The natural cruelty of the people, their indifference to suffering, common to both sexes, made these court intrigues doubly terrible. But all this was so natural to them that it received but slight if any reprobation from a community that went on just the same, following its usual avocations and amusements undisturbed. Anyone's turn might come next. The universal motto, whether of fatalism or indifference, was, "Let us eat and drink, for to-morrow we die." Somewhat the same wild strain moans and laughs through the immortal quatrains of the Rubaiyat.

That cold-blooded cruelty was from early times an innate trait of the Medo-Persian race was shown by the nature of the legal penalties. A truculent despot,

having unlimited power, may in moments of passion order his victims to swift and terrible sufferings and death. That has happened in many countries, and death, with or without torment, has been too often lightly meted out, whether for crimes, misdemeanors, or differences of faith, in most Christian lands in past ages. But no people has deliberately ordained in its code, so far as I know, such an awful list of penalties as did the Persians. In that code the punishments were not only almost invariably for death, but were also uniformly for a lingering doom. Mere decapitation or strangulation was rarely ordered. But the victim of king or satrap or governor had to linger in excruciating and unspeakable torture for days and weeks, and in public places where he could be seen of all men. This species of penalties is gradually ceasing in Persia under western influences, although not those of Russia, we hasten



Open Square at one corner of the Palace. Shah sits in open window to witness athletic sports and executions

to add. But as late as one reign ago, a high official was inclosed in a large apartment, which was then walled up, and he was left to die of starvation. Callousness to suffering was a curious feature of even Christian civilization almost up to our time. But never in any country, European or Asiatic, has cruelty been legalized and practiced to such a degree

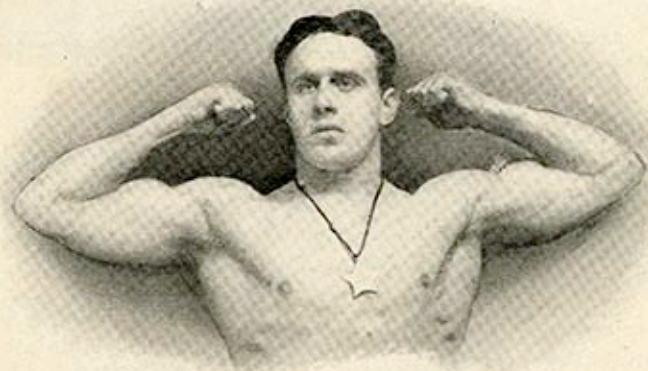
as almost to become a fine art, as it was in Persia.

Turning from this phase of Persian life and character, let us look at a more entertaining example of vice in high life as represented at the capital of that country, some seventy odd years ago, and not yet impossible to-day. In the picturesque suburbs of Teheran is a summer pavilion of Teth Alee Shah. Each Shah builds his own pleasure resorts, which are left to decay after his death. This particular place, known as Negaristân, was sometimes frequented by the King when his majesty was minded to enjoy a little sport with his wives. The grounds are surrounded by a high wall, and in their present solitude and neglect are pervaded by an air of not unpleasing sentiment. The roses grow wild in vast tangled masses of beauty, and in the shade of the cheuars the nightingale warbles undisturbed.

The prominent feature of Negaristân, however, is the bath, and it is evident such was the intention of the royal builder. Water is scarce on the plateau of Persia, and the vapor bath of marble, with hot and cold plunges, is essential to the residences of the great. The people resort to public baths. The bath of Negaristân is deserted now, and hence I could stroll about its nooks and mazes at

my will, the gray-bearded custodian attending to explain each object, relate the traditions of the place, and earn his rare pishkesh. On the second floor of the bath is a gallery which leads to a slide built in the wall. This slide is made of highly polished white marble, and is just wide enough to give space for a woman of ample proportions. It seemed to me that it might be a little difficult for a very fat houri. The Shah of Persia, the successor of Cyrus, Darius, Anourshirwan, and Abbas, dressed as he was born, would take his stand at the foot of the slide. His wives, appareled in the same easy and not unattractive costume, would then chase each other in wild glee, with screams and little shrieks of feigned alarm around the gallery, then squatting one by one on the slide, there being no skirts to impede them, slipped swiftly down into the arms of the royal spouse below. When they were weary with this sport he would plunge with them into the great central tank, where fountains were playing, and they would enjoy a genuine mermaid and merman frolic.

In view of such facts as are briefly stated here is it necessary to inquire farther for the causes of Persia's present decadence? There are other causes, but these are sufficient.



Mr. J. R. Hannam, Hyde Park, Leeds, England, a Contestant in the Great Physical Culture Competition to Determine the World's Most Perfect Man

NATIONAL SPORTS OF THE SWISS

LOVE OF GYMNASTICS AND OPEN-AIR EXERCISES CHARACTERIZES THE HARDY MOUNTAINEERS—DESCRIPTION OF SOME OF THE SPORTS—PRIZES NOMINAL—GLORY OF BEING VICTOR VALUED

By *W. G. Fitzgerald*

FEEL sure that in proportion to its size, little Switzerland is fonder of open-air sports and games than any other country in the world. The recruits of its army are perpetually indulging in "Schützenfests," or rifle target-practice; and later on, may be maneuvering

literally as old as the hills in the model Republic. Every Swiss infant has its own little sleigh almost before it can walk.

As a general rule, the townsmen go in for gymnastics, and the peasants for wrestling, flag-waving—a most peculiar sport—and stone-heaving. Townsmen and peasants alike practice shooting assiduously; and to give them opportunities to show off their skill, fêtes are constantly being held. These festivals are usually inaug-

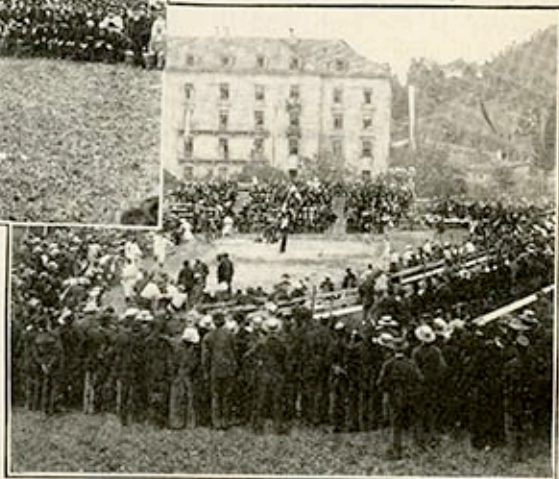


A wrestling match in a Swiss village as described in the text—note the special short wrestling breeches and belt

"above the clouds," dragging cannon up wall-like precipices in the Alps, or, armed with alpenstock and ice-ax, newly-made soldiers may be seen cutting steps in the greenish-blue ice of the glaciers, 12,000 feet above sea-level.

Many of the great theatrical performances of the Swiss are open-air festivals, such as the performance of Schiller's "William Tell," at Altdorf. Then there are the Feasts of the Vineyards, the Feast of the Narcissus, and several other open-air celebrations, more or less well known to foreigners.

Only within recent years have football, golf, cricket, and skiing been introduced into the "Playground of Europe"; but of course tobogganing and skating are



Flag-waving and stone-heaving contests in a Swiss town

urated by a procession, headed by representatives of the Cantonal, or Federal Governments, followed by men, boys, and girls, carrying banners, wreaths, garlands of flowers; and of course, the inevitable brass band.

On such occasions the houses are decorated with flags, and the streets with arches of evergreen. After the procession, the competitions begin in earnest, before a rarely demonstrative audience.

The prizes are by no means considerable, honor and glory being placed above everything. Cups and small sums of money, however, are distributed, and in remote rural districts, a sheep or a goat.

Flag-waving is a favorite amusement of the Swiss peasantry, and for these competitions the men will train for months. After the day's work, the young rustics meet and stand in a row or circle with their flags in hand. The flag has a short, heavy staff, and its holder, by dexterous and powerful motions of his wrist, describes various figures in the air, without allowing the flag to furl up for an instant, or go into the slightest fold—a far more difficult thing to do than you might imagine.

To accomplish his purpose, the flag-waver must keep his body perfectly still, and the right arm as rigid as the wrist movements will allow. An expert flag-waver will describe crosses and circles, letters and complicated figures, or throw the flag high into the air, then catch and jump over it, pass it between his legs, throw it to companions and catch it again—without ever once allowing the flag to curl or fold itself. This feat demands amazing strength and dexterity, for the flag is heavy and the slightest awkwardness will cause it to fold, when the game comes to an end.

Swiss wrestling is somewhat peculiar. For the sport the men wear a special pair of short trousers of very tough material over their ordinary long trousers. The former are fastened by a strong belt. Before beginning to wrestle, competitors always shake hands and promise to wrestle "in good faith and without spite." Then each seizes, with a firm, right-hand grip, his opponent's belt, whilst the left hand takes hold of the other man's right trouser-leg. The next moment, with bodies bent and heads close together, the struggle begins.

In order to win, an opponent must be twice placed upon his back. Queer and grotesque attitudes are often assumed by the struggling men, and if they are well matched, the game lasts a long time. One or other competitor may call for a rest, and this is accorded him. During the interval the two gladiators lie prostrate, face downwards, on the grass,

whilst another pair take their place in the ring, so as to sustain the interest of the thousands present.

It sometimes happens that both men are exhausted before one gets any advantage over the other, in which case they may retire, declaring aloud to their backers that neither is yet conquered. The victor in these wrestling matches shakes hands cordially with the vanquished, and stands him a very harmless drink.

Most interesting, and even exciting is it to watch a well-matched pair of Swiss wrestlers. Attack and defense follow with great rapidity. Sometimes the men appear rolled up in a ball, or one may be held high in the air, and yet by a clever movement avoid touching the ground with his back as soon as he comes crashing to the earth. Indeed, an agile man can frequently conquer a much stronger and heavier opponent, for in Switzerland, as in other countries, science counts.

Stone-heaving among these peasants is a feat of strength, pure and simple. Huge stones of oval or cylindrical shape, procured from the beds of torrents, have to be raised from the ground to the level of the shoulder, and then, with either left or right hand, tossed a certain distance without the competitor moving an inch from his place. The stones are frequently very heavy—from 80 to 110 pounds, but seldom more. But even some of these heavy masses will be thrown from fourteen to twenty-two feet.

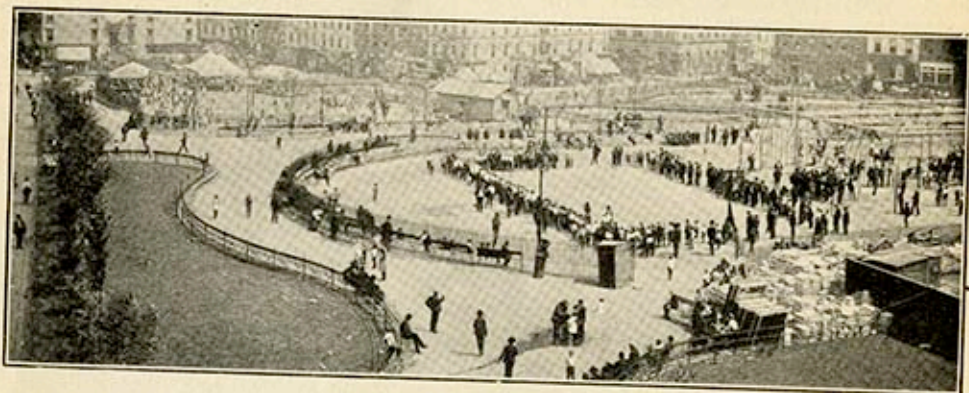
These games are practiced on the farms on Saturdays and Sundays, when the week's work is done, and a village match is fast approaching. The occasion of one of these "Alplerfests" is a public holiday; and when they are held in towns like Lucerne, Zurich, or Berne, eminent gymnasts join in the sports and the spectators may be numbered in tens of thousands.

Gymnastics, by the way, form a very prominent part of the Swiss school curriculum; and even when the young men leave school they join gymnastic clubs. Such clubs have proved to be a great blessing to Swiss clerks, students, and others, by giving them the means of enjoying regular systematic exercise at all seasons.

NEW YORK'S PARKS AND RECREATION GROUNDS

NO OTHER COMMUNITY IN THE WORLD BETTER PROVIDED WITH MEANS OF BUILDING MUSCLE AND PROMOTING MORALITY THAN IS THE METROPOLIS OF THE UNITED STATES—
DESCRIPTION OF THESE INSTITUTIONS

By H. M. Watchett



Section of Wm. H. Seward Park

THE people of the city of New York to-day enjoy facilities for outdoor recreation greater and more varied than those of any other community in the world, and plans are maturing for largely extending the existing opportunities. That such a desirable state of affairs should exist in a solidly built up municipality, is, indeed, remarkable. In most cities of the world, undeveloped lots abound in and about their corporate limits and the youthful and aged (for the old will have their athletic fling) find in such places the opportunity for indulgence in sport and pastime. It is true that in the suburbs of the boroughs comprising the Greater City of New York, apart from that of Manhattan, open lots may be found where crowds assemble for baseball and the like, but the phenomenal growth of population in all the boroughs marks a time limit on the availability of such territory for the purpose, and when that period arrives, as it soon will, the people of the densely crowded tenement district would have no outlet for their pent-up energies except in the streets or private inclosures. The numerous beaches and suburban private resorts

would always be open to them, but the facilities for healthy recreation which they afford are but meager; drinking and dancing are the main attractions, and are not calculated to advance a race of men hardy and hearty, strong in limb and morals, men fit to cope with the affairs of private and public life. Rosy-checked women who would be satisfactory wives and mothers are not the product of such ephemeral enjoyments. Truly a way must be found by which pallid youth and pale maid can regain and retain health and strength.

Such was the problem confronting the metropolitan civic authorities less than a decade ago; a problem which, in its solving, meant measures heroic and expenditures monumental. The Borough Presidents and the Park Commissioners vied with each other in commendable efforts to ameliorate the physical condition of their constituents. The Commissioner of Docks was not a laggard in that direction, while the Board of Aldermen and the Comptroller were quick in providing the necessary financial assistance for such laudable purposes.

Parks were to be converted into playgrounds and open-air gymnasiums. In

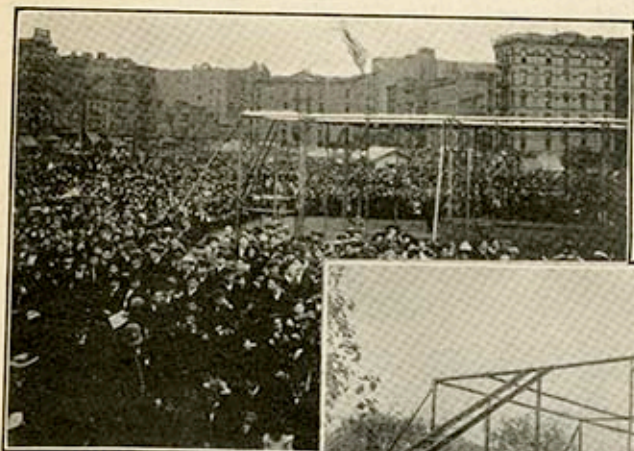
crowded sections, where no parks existed, parks were to be made. Great blocks of tenement houses were condemned, bought by the city, and cleared away at tremendous cost. Where they formerly stood are now beautiful open spaces, scientifically designed, with every utilitarian convenience, and in every way all that could be desired regarding artistic and æsthetic embellishment. Such a spot, for instance, is Wm. H. Seward Park.

Not the poor and middle classes alone were considered in the problem facing the authorities. The well-to-do must have their playgrounds and exercising fields. For them were provided such features as the Speedway and the Grand Concourse.

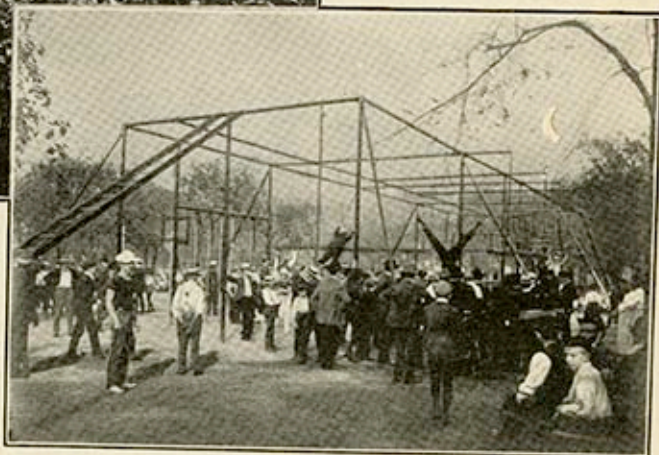
It is the purpose of this article to deal

door establishments in the country, where the poor may disport themselves to their hearts' content. Every day, barges, each accommodating from 2,000 to 5,000 persons, steam away to suburban retreats, with their living cargoes from the congested districts. These more or less private undertakings, while entirely praiseworthy and commendable, and assisting thousands toward health and happiness, afford the opportunity to a very small fraction of the population.

To revert to the efforts of the civic authorities, however, to begin with the Borough of Manhattan, as the original city of New York is now officially designated, there are in all 60 parks, open-air playgrounds, and gymnasiums. In addition and supported by the Board of Education are 19 Vacation Schools; 41 Vacation Playgrounds; 5 Open-air Playgrounds and 7 Roof Playgrounds; in most of which the general appliances found in regular gymnasiums are installed. Under the joint jurisdiction of the Commissioner of



Crowd listening to a Sunday Band Concert at Wm. H. Seward Park

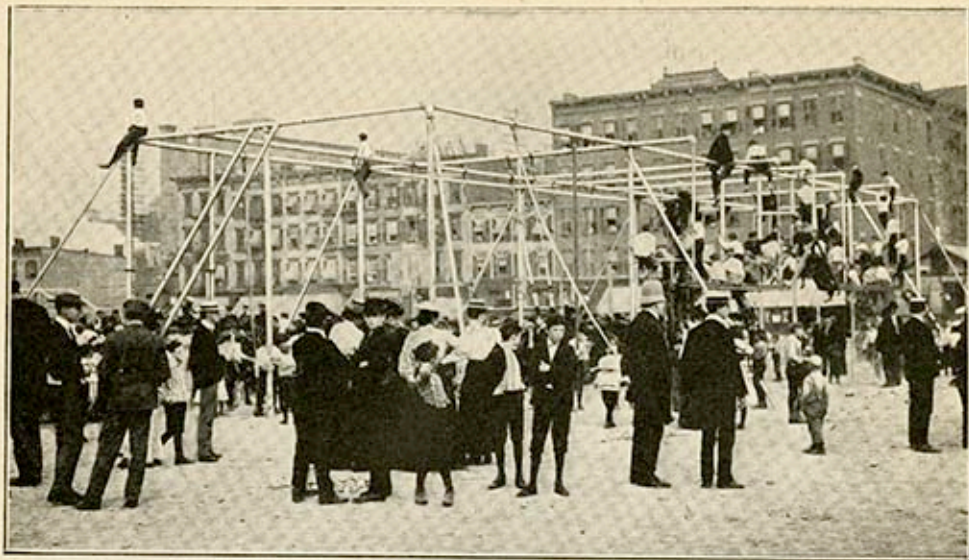


Tompkins Square Park Playground

with those outdoor recreation facilities which are absolutely free to all the people; facilities not only for indulgence in, but opportunities provided for them to witness athletic contests and sporting spectacles. As in all other populous centers, there are many inclosed parks, where, for an admission fee or for charter rate, every description of game may be engaged in or observed.

In addition are many charitable societies and organizations supporting out-

Docks and the Board of Education, there are 7 Recreation Piers in the Borough. They are usually two stories in height; quite ornamental, solidly constructed, and upon which every facility for public comfort and enjoyment is at hand. On each pier, a full military band gives



Gymnasium and Playground in De Witt Clinton Park

nightly concerts. As an evidence of appreciation, it is only necessary to state that on the pier at East 24th Street, as many as 12,000 persons can be accommodated, and it (as are the other piers) is crowded every night.

Numerous public bath houses are maintained by the authorities in the boroughs of Manhattan and Brooklyn. Many are of the kind known as floating baths. Others are in permanent structures in different parts of the boroughs. In the floating bath houses swimming is thoroughly taught by a corps of four male and two female instructors, who, through the instrumentality of the United States Volunteer Life Saving Corps, teach thousands of boys and girls to swim. The older pupils, as they become proficient, assist the regular teachers. The Life Saving Corps voluntarily undertook the task of imparting the knowledge of how to care for one's self in the water and also supplied each bath house with a life-saving outfit; all absolutely free to the public.

Central Park, the largest and most famous park in the Borough, is a beauty spot. The games encouraged here are chiefly tennis; on one field alone 3,000 or more contestants are accommodated with courts at one time. Baseball fields are liberally provided, as are facilities for

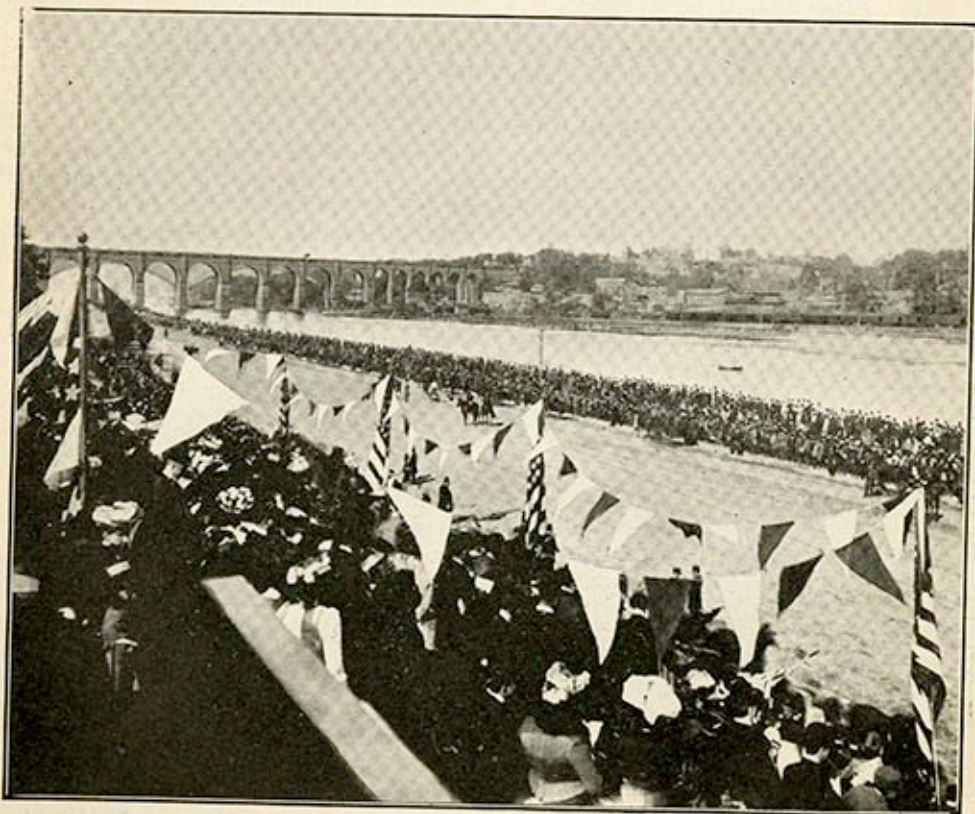
football, croquet, etc. On the several beautiful lakes, hundreds of toy yachts find their courses laid down, the boats being stored, when not in use, in a handsome clubhouse. In the winter, the Park Commission keeps the ice surface in excellent condition, provides special lighting facilities, and opens the heated boathouse for the free use of the skaters. Aside of the foregoing, little opportunity is given for sports and games in Central Park. There are places where one may romp on the grass and there are picnic groves galore. The Park Conservatory, the Metropolitan Museum of Art (one of the greatest collections in the world), and the Menagerie are all open free to the people. Also prominent in the outdoor features of the Park is the famous Mall, in the center of which, the best concert bands give free concerts to audiences frequently reaching 100,000 persons.

Within the boundaries of St. Nicholas Park, the plot of ground formerly known as Jasper Oval is now maintained by the Park Department, a fine recreation ground where ball games and other field sports are permitted under proper restrictions. There is little in the line of athletics in the other parks of Manhattan. Tennis and croquet are in many of them the only games permitted.

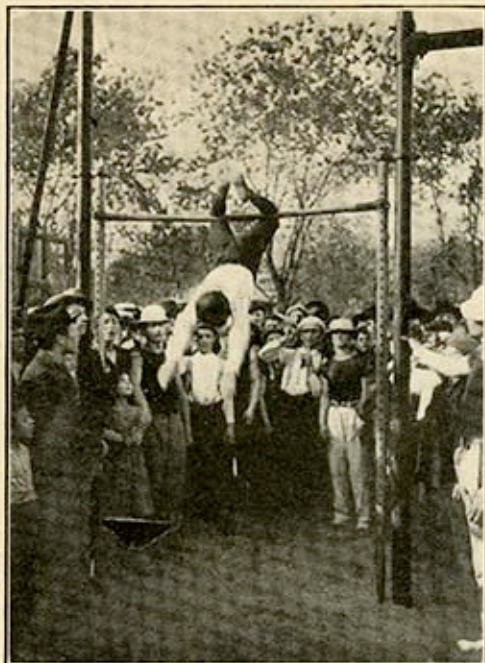
Nine of the smaller parks in Manhat-

tan have been equipped as open-air gymnasiums. All of them are crowded from morning to night with bright boys, girls, and young men. Under the watchful eyes of capable instructors they are shown how to properly and systematically use the various appliances. The intention is not to transform them into professional athletes, but to cultivate general hardiness and health. A marked advance in morality has been the result of the establishment of these parks. They have been the best agents in preventing the growth of crime that could be devised. The chance to indulge in healthful sports is gladly embraced where moral suasion would make no impression. Vigorous tugs-of-war, hot sprinting matches, and jumping the buck furnish an outlet for physical endeavor that otherwise would be turned to fighting, window smashing, crap shooting, and worse. Simple gymnastic apparatus of every kind is provided and always in use. If any fellow takes advantage of another

or wantonly injures the appliances, he is summarily ejected, but such violation of unwritten rules rarely occurs. A description of one will answer for all. Take the Wm. H. Seward Park as the model. It is on the lower East Side, the most crowded section of Manhattan. While not the largest of its kind, it has a greater attendance than any other. It embraces less than 3 acres of ground, which, with the improvements upon it, stood the city considerably over \$3,000,000 as an initial cost. There is a handsome stone pavilion containing, besides numerous comfort conveniences, rooms with shower baths, which are in almost constant use. The playground is divided into two parts, the smaller of which is for the use of girls and very small boys. Some of the "stunts," as every achievement is locally called, are rope and ring swinging; potato racing; work on the horizontal and slanting ladders; the parallel and horizontal bars, traveling rings; various kinds of swings; "horses"



The "Speedway"—Harlem River, New York City.—Parade of the Road Drivers' Association



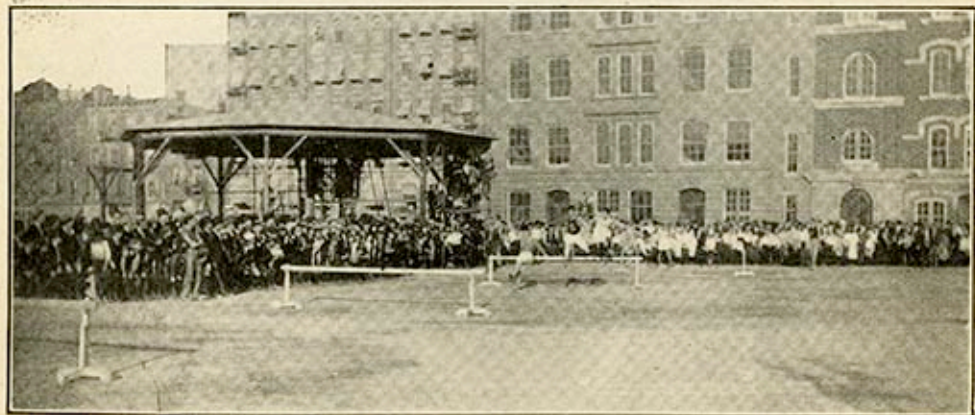
Playground, Tompkins Square Park

and "bucks," etc., etc. Basket ball and a modified game of baseball are also much in vogue. As many as 10,000 youngsters patronize Seward Park in a single day. The instructors are familiar with the principle and practice of "first aid to the injured" and are ready at all times with their services. In the girls' department, the games and "stunts" are less violent. Tennis, tether ball, swings, ladder work, and "tumbling" in the sand-house are the most strenuous items

in the curriculum. The patrons are generally very young and very small. At all times they are under the guidance and care of a young woman instructor.

The eight remaining open-air gymnasiums are distributed over the city, carefully placed in sections where they will do the most good to the most people. They are essentially alike; the only difference in one from another is in area and architectural and landscape treatment. In Brooklyn, the people have the opportunity to engage in a wider variety of sports than the Borough of Manhattan provides. Here there is room for contests requiring much ground space, such as polo, cricket, golf, etc.

First in order is Prospect Park, whose broad acres on a clear afternoon are literally alive with contestants of both sexes, in athletic rivalry. The total area of the Park is five hundred and sixteen acres, of which more than one hundred acres are devoted to the service of the embryo athlete. Much of it is given over to the ubiquitous baseballer; many thousands play tennis on the green sward, not on clay courts as in Bronx Borough. In the basement of a large pavilion, the nets and other paraphernalia of the tennis players are stored over night and from season to season at no cost. When not in use, they are cared for and kept in good order by the attendants. Here may be seen as many as 1,500 sets of tennis implements at one time. The privilege is priceless; all that is necessary is a permit from the Commissioner. The 220 courts in this Park



A Field Day at Hamilton Fish Park



Children playing on the East Green, Central Park

are in use every day, and on Saturdays and holidays the demand for them is greater than the ability to supply. Lacrosse is also much in vogue, while basket ball and croquet have their devotees. The Commissioner has had erected a handsome clubhouse for the use of its players, wherein they meet to discuss points of the game, rest themselves and store their mallets, "wires," and balls. Again, everything is free. It is said in the Park that many of the croqueters are over 70 years of age, and three of them are said to be 84, 90, and 94 years respectively. In the winter, the large lake is well patronized by the skaters, who appreciate the comfortable clubhouse provided for their free use.

Adjoining Prospect Park and under its care is what is popularly known as the "Parade Ground." It is a level tract of 48 acres, owned by the State of New York and is at all times subject to its exclusive use for military purposes. The State has granted its free use for the public in athletic development. On a Saturday afternoon, as many as 50,000 persons may be seen either taking part in the games or witnessing them. The "Parade Ground" is the headquarters for the game of cricket, no less than six

fine creases being maintained. Five regularly organized clubs play on this ground, and a girls' cricket club, lately organized, makes use of the remaining crease. After the baseball and cricket season is finished, lacrosse and football become the reigning fixtures. Six regulation gridirons are marked out and kept in good condition; goal posts and other accessories are furnished at the Park Commissioner's expense. Every school and college in the borough is represented in various leagues which fight their battles on the "Parade Ground." Besides the games on the 6 formal fields, a dozen other games of football are sometimes played here at the same time. But, as elsewhere, baseball is the favorite diversion. There are 30 perfect diamonds.

Polo is also played on the "Parade Ground" by many of the leading Eastern clubs. A new addition to the features of the "Parade Ground" is a fine bowling green on which players from all over the country meet the local clubs. In the Club House are ample closet and locker accommodations. Dressing rooms and shower baths are likewise provided for free use. If anyone should be injured on the grounds, the ground-keeper is an

experienced "First Aid to the Injured" man, who gives his own services and furnishes bandages, liniments, etc., at the expense of the commissioner.

Brooklyn has, all told, 50 public parks, in nearly all of which, athletics of one kind or another are not only permitted but encouraged. Approximately 100 band concerts are given during the season to large and appreciative outpourings of the people. There are also 19 Vacation Schools; 16 Vacation Playgrounds; 4 Open-air Playgrounds; 2 Roof Playgrounds and 1 Recreation Pier, all equipped similarly to the kindred institutions in Manhattan.

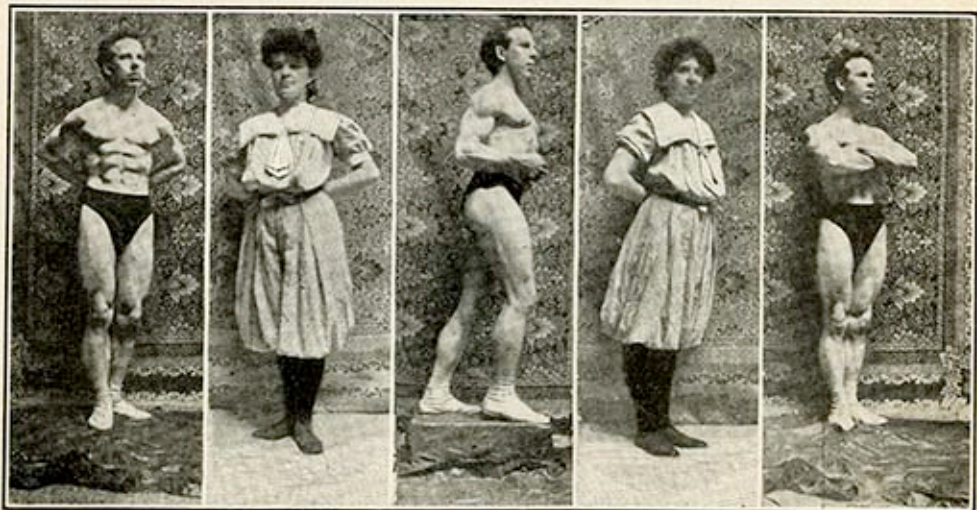
There is no place in the world where the physical development of the masses is more systematically looked after than in the Borough of the Bronx. Besides twenty-five small parks, there are in the Bronx fifteen large parks with an area of nearly four thousand acres. In nearly all of these are facilities for outdoor sports.

It is in Pelham Bay Park that the highest development in athletics has been reached. Over one hundred acres have been laid out and all the requisite paraphernalia provided free (excepting baseballs, bats, gloves, etc.), for baseball, cricket, tennis, lacrosse, tether ball, archery, quoits, clay target shooting, football, pushball, etc. There are permanent grand stands, running and bi-

cycle tracks. One hundred and eighty public bath houses at the edge of Long Island Sound, free boathouses, dressing rooms, comfort stations, etc. There are a Military Parade Ground, picnic groves, and a concert pavilion. A new feature here and which has also been introduced into Van Courtlandt and Crotona Parks, is the Emergency Hospital. Installed in a large wall tent, is every appliance a surgeon might require.

Near the Athletic Field, on Hunter's Island, in the confines of Pelham Bay Park, are several old mansions that are now owned by the city. The Park Commissioner of the Bronx has given the free use of these fine houses to the following institutions: "Jacob A. Riis Neighborhood Settlement," "Little Mothers' Aid Association," and the "Auxiliary No. 3 Guild for Crippled Children." Therein they care for their poor guests for more or less protracted periods; gratuitously, of course. In the Borough of the Bronx are established one large Vacation School and one Vacation Playground, with all the appliances for recreation and exercise that are found in modern gymnasiums.

Taking it all in all, it is doubtful if, at any period of history, a people's welfare in recreation was so amply catered to as it now is in the various boroughs comprising the municipality of Greater New York.



Mr. F. E. Waters, Physical Instructor of Montreal Physical Culture Society, and two of the Lady Members of the Society

THE FOOD AND ECONOMIC VALUE OF THE EGG

IN ALL AGES OF THE WORLD THE EGG HAS BEEN POPULAR ARTICLE OF DIET—THE TWO CLASSES OF EGGS AND WHY ONE OF THEM IS OF MORE VALUE TO MANKIND THAN OTHER—INDUSTRIAL IMPORTANCE OF THE HEN EGG—THE EGG CONSIDERED FROM CHEMIST'S STANDPOINT—ITS PRESERVATION—DIGESTIBILITY AND NUTRITIOUSNESS—NECESSITY FOR CLEANLINESS IN THE POULTRY YARD

By Benjamin Alexander

THERE is perhaps no article of diet known to humanity which is more popular or more commonly used than is the egg. In all historic annals of the world are frequent allusions to the egg, and there is every reason to believe that in those ages, when man did not know the use of the stylus, the reed, or the pen, it was equally as appreciated as it was in later times. And it may be added that while our savage ancestors probably ate their eggs raw, yet at present there is no other article of food which is served in a greater variety of appetizing fashions than is the product of the hen.

It is hardly necessary to say that the hen egg is most in vogue as an article of food. It is stated that in this country alone, there are yearly produced 1,290,000,000 dozen eggs—a quantity that simply paralyzes imagination. Experts tell us that these eggs would fill 43,729,000 crates of thirty dozen each, and that the train of cars necessary to carry them would be 868 miles long. And it may be added that the egg industry is, according to United States statistics, not only one of the most profitable but nearly the most important, financially, of all the great industries of this country.

Apart from hens' eggs, those of ducks, geese, guinea-fowls, and turkeys, are also used as food, but not to any great extent. Nor is the desire for eggs confined to the domesticated birds just named. Some wild birds yield eggs that are greatly esteemed by epicures. For instance, in Germany, plover eggs are highly prized, not only for their flavor, but from the fact that they are supposed to be even more nutritious than are the eggs of the chicken. Many doctors' prescriptions for

building-up of strength purposes include plover eggs. On the sea-shores of some of the Southern States the eggs of the gull are eaten with relish. The same remark applies to residents of the coasts of California, hundreds of thousands of eggs being gathered annually on the Farallon Islands. Indeed, so many of these eggs are collected during the nesting season that the danger of exterminating the birds is becoming more evident every year. Congress is now considering steps to prevent such a calamity, for such it would be, because gulls and their allied species perform a very distinct work in the economy of Nature. In England, the gathering of sea-gull eggs or the destruction of the birds is forbidden by law, the penalties for an infraction of the statutes involved being of a severe nature.

But it is not only the eggs of birds that are eaten. In those countries where turtle eggs are abundant, they are much sought after and considered great delicacies. In the early days of the history of the United States, the eggs of these reptiles constituted, for a portion of the year, at least, one of the staple foods of the settlers on the coasts. Nowadays the eggs of the terrapin are usually served with a dish, of which the flesh of the animal itself is the chief ingredient. Then the eggs of the sturgeon are eaten in large quantities under the name of caviare. Shad and herring-roe are favorite articles of food with many. Some savage races, that do not possess the prejudices of civilized nations, make use of the eggs of lizards, serpents, alligators, and insects.

An egg not only contains an embryonic bird, but is, at the same time, a storehouse of food for the development and

growth of the embryo. It is this fact that makes an egg, especially that of domestic poultry, the nutritious food that it is. Indeed, eggs have often been spoken of as "perfect foods." The designation is, however, somewhat misleading, for although it is true that eggs contain all the required elements for the growth and maintenance of the young bird, it is questionable whether these elements are in the right proportion for the sole nourishment of an adult of the human species. It may be added that this remark, in the opinion of many, stands equally true of milk.

Birds are divided into two groups when we come to consider them from the egg standpoint. In the first group, the young are hatched full-fledged and, in a great measure, ready to take care of themselves. In the second group, the birds when hatched are unfledged and dependent upon their parents for aid and food for a considerable period. Domestic poultry belong to the first group, and sparrows and robins are familiar examples of the second. The eggs of the two classes differ materially in composition. It will be evident that more nutritive material is needed proportionally in the first group than in the second, since the growth of the young bird in the shell continues until the little creature has reached an advanced degree of development. It follows, therefore, that eggs of this class are more valuable for food purposes than are eggs of the other.

It is hardly necessary to say that the eggs of chickens, which this article will consider more particularly, vary in size as well as in appearance. Thus we have the very small ones laid by bantams and the very large ones produced by such breeds as the Light Brahmas. On an average, however, a hen's egg is 2.27 inches in length, and 1.72 inches diameter at its broadest point, while its weight is about two ounces or eight to the pound. Usually, the eggs of pullets are smaller than those of old hens. The popular belief that eggs having shells of a brown tint are more rich in nutritive material, than are those of a lighter hue, is a mistake. The color of the shells is due to characteristics which the different breeds have probably inherited from remote wild ancestors.

Of the total weight of an egg, the shell constitutes about eleven per cent.; the yolk, thirty-two per cent.; and the white, fifty-seven per cent. It is said that the white shells of eggs are somewhat heavier than brown shells.

Results of experiments conducted by the United States Department of Agriculture would seem to prove that while the egg of the hen is a most valuable article of food, yet of the eggs of domestic poultry usually eaten it is not actually the most nutritious. As is shown by analysis, eggs consist chiefly of two nutrients—protein and fat—in addition to water and mineral matter. The protein builds and repairs body tissue and supplies some energy. The function of the fat is to supply energy also. The experiments in question go to show that while the white of the hen egg is somewhat richer in protein and fat than is the white of the eggs of ducks, geese, turkeys, and guinea fowl, yet its yolk is somewhat less so in regard to these materials than is the yolk of the eggs of the other birds named. On the other hand, the hen egg is far richer in proteins than are milk, oysters, wheat flour, and beef-steak. The nutritive value of the yolk of various eggs, which is the test portion of the egg, so to speak, is, per pound, as follows, the value being given in what students of dietetics know as "calories": hen egg, 1705; duck egg, 1840; goose egg, 1850; turkey egg, 1710; guinea-fowl egg, 1655. Then again the calories per pound of cheese is 1950; sirloin steak (edible portion), 1130; milk, 325; whole-wheat flour, 1650.

There is very little difference between the composition of the cooked egg and that of the raw. Some chemical changes take place, but these do not affect the nutritive value of the egg except in as far as there are some ways of preparing it which render it less indigestible. It should be added that the popular idea that the white of egg is "pure albumen" is not borne out by the investigations of the chemists. As a matter of fact, the white consists of several kinds of albumen, phosphorus, sodium chloride, or common salt, and other constituents. In the yolk there are a number of different elements, several of which are of a highly complicated form, these including vitel-

lin, palmitin, stearin, olein, lechithin, nuclein, etc. Then we have also phosphorus, calcium, magnesium, potassium, iron, and coloring matter. It should be added that sulphur also enters into the composition of the albumen. The characteristic odor of a "bad egg" is due to the sulphur combining with the hydrogen found in the egg, the result being hydrogen-sulphide. Phosphureted hydrogen is also formed. Both of these gases have offensive odors. The actual rotting or spoiling of the egg is due to minute organisms which reach the body of the egg through the pores in the shell. Fermentation or spoiling ensues.

The general idea that raw eggs or eggs only slightly cooked are easily digested, apparently rests on fact. Some years ago, experiments conducted by a United States Army surgeon and continuing for a long period, tended to show that hard-boiled and fried eggs required three and a half hours for digestion, soft-boiled eggs, three hours; roasted eggs, two and a quarter hours; raw eggs not whipped, two hours; and raw eggs whipped, one and a half hours. A series of other experiments conducted under government patronage, and by independent investigators, also confirm the public beliefs as stated, notably Rubner and Jorissenne of Germany and Tikhvinski of St. Petersburg.

That the value of the egg as a food is appreciated by the American public is proven by statistics in possession of the Department of Agriculture. On the basis of these, and dietary studies made under the auspices of the Department and at its various experiment stations, it has been calculated that on an average, eggs furnish three per cent. of the total food, 5.9 per cent. of the total protein, and 4.3 per cent. of the total fat used per man per day. It has further been found that, taking into consideration the cost of different foods and the relative amount of nutritive material contributed by each in proportion to the total cost, that eggs at twelve cents per dozen are a cheap source of nutrients, and at sixteen cents per dozen fairly expensive. It must be remembered, however, that, considered from the standpoint of real use, eggs are probably the most economical of nutritious foods, because it is an estab-

lished fact that while a nutrient may be chemically valuable, yet it is of little or no value, whatever, unless it is palatable. As eggs are among the most delicious of foods, it follows that they must be valuable in proportion to their palatability. Then again, it must be remembered that, from the standpoint of the chemist, while eggs may not furnish as much protein, weight for weight, as do some of the other articles of food, yet they furnish sufficient at a less price. For example it has just been stated that at sixteen cents per dozen, eggs are a somewhat expensive form of food. This is true in the sense that if a certain amount of protein and fat were needed, the same might be obtained at a cheaper rate from other sources rather than from eggs. On the other hand, if we consider the waste incidental to many foods (particularly meats), both in trimming and cooking, the egg is decidedly the cheaper. A family of five persons who have the steak-for-breakfast habit, will require, at least, a pound and a half of steak. Yet if eggs were served to the same family, the probability would be that each person would consume but one egg. Even if the appetites of the breakfasters were such as called for two eggs each, the saving would still be obvious. During observations made by United States employees at Lake Erie College, Ohio, during a dietary study of 115 women, it was found that a total cost per meal for these 115, if beefsteak was served, was \$6.12; mutton chops, \$6.30; hamburg steak, \$3.00; sausage, \$3.00; and eggs about \$2.30.

The conclusion that the experts have drawn from their studies of eggs for a number of years past has been summed up in these words: "Judged by their composition and digestibility, eggs are worthy of the high opinion in which they are usually held. Furthermore, they are generally relished. Although the physiological reason is perhaps difficult to find, it is generally conceded that the attractiveness and palatability of any food must not be forgotten in considering its true nutritive value. Refinement in matters of diet should keep pace with growth and general culture, and foods which please the æsthetic sense as well as satisfy the hunger, are to be preferred to those which serve the latter purpose only."

A LIBERAL VIEW OF THE NUDE

THOUGH THE AUTHOR SEES NOTHING IMMORAL IN GOING WITHOUT CLOTHING HE ADVISES THAT WE AVOID SHOCKING THE GENERAL PUBLIC BY ADVANCING SUCH REVOLUTIONARY OPINIONS—BE CONTENT SIMPLY TO CLEANSE YOUR OWN MIND OF THE CONVENTIONAL FILTHY CONCEPTION OF THAT MARVELOUS MACHINE THE HUMAN BODY

By Jno. R. Coryell

IN order that there may be no excuse for misunderstanding the meaning of this paper it seems wise at the outset to say explicitly that it is not intended to convey either directly or by suggestion the idea that the public practice of nudity is either desired or desirable. Nor must anything that is said here be taken as an advocacy of nudity. In the sense in which the word is used here it would be as absurd to advocate sunshine or pure air.

We approach the subject of nudity from the side of hygiene; the average person approaches it from the side of morals. We look upon the nude human body as a thing which in itself is without shame and without reproach; the conventional person regards it as essentially shameful and therefore a thing to be carefully hidden. We ask for a calm and reasonable consideration of our views and offer a demonstration of the injury that is done the human body, the human brain, and the human morals by the improper use of clothing, by the degradation of the most glorious, noble, and beautiful structure ever created; the conventional person, hiding himself behind "because," as a reason, and refusing to give any other, flies into a passion of false virtue at the mere suggestion of nudity, and deafens himself by his own vociferous outcries against a thing which above all else is natural.

It is not strange that this is so. For many centuries the teaching has been that the human body is the basest of creations and that its highest and most important functions are deplorably nasty necessities which must be shrouded in the mystery of ignorance. One may discuss freely the details of the digestive process, but he must whisper behind closed doors, and in the presence of his own sex, only, the least word in relation

to the glorious creative impulse or the extraordinary and marvelous reproductive process.

You all know too well to need the telling here, how this attitude on the part of the conventional world has resulted in an impurity of thought and conduct too appalling to be estimated or expressed in words. The facts are beyond the powers of the imagination to surpass; but the worst fact of all is that every child who is the victim of his parents' false attitude, grows up to adult life and becomes a parent, only to plunge his own offspring into the same mire of filthy misinformation from which he has suffered, and actually exalts his attitude into a moral virtue. Parents will not speak to their children of sex matters because they are not nice things to talk about; they most anxiously keep from their children all knowledge of what the human body is like in its entirety, and feel that nothing less than a death blow has been dealt to the modesty and purity of that child who has looked upon the body of one of the opposite sex. At the bottom of all the terrible treatment of sex matters is the wrong attitude toward that masterpiece of creation, the human body.

The lesson of shame and degradation begins early, even before the child can utter a word. By signs and ejaculations, by opprobrious expressions of countenance and by slaps the baby is taught the lesson of shame and self-reproach. There are parts of the body that must be hidden, words that must be whispered or avoided, subjects that may not be discussed at all, until the little wretch that was born into this world naked, unashamed, and pure, becomes, by the process of infamy to which it is subjected, clothed, ashamed, and impure. Mothers will tell exultingly of how their

sons and daughters will no longer undress before them; a son who grows up ignorant of his sex functions becomes an eighth wonder of the world—a marvel—a pure man; though if the truth be told he is most likely to be the jest of his own sex and the object of their scorn because he hasn't been enterprising enough to find out the mysterious things that his parents have striven to hide from him. Moreover, a boy is rather expected to find out, and even to use and abuse his sex functions, because as a singular result of the conventional attitude toward the body there have come into practical existence two codes of morals—one for girls and an opposite for boys. A girl is expected as a matter of course to be utterly ignorant, since in the nomenclature of convention, ignorance is innocence.

It is beyond question that the great crime of our system of civilization is the fostering of ignorance of the human body and its sex functions. And this criminality is rendered despicable as well as wicked by setting up a code of morals which renders free discussion of the crime immoral. One cannot be pure and modest who questions the dogmas of clothes and sex functions. The whole subject is prejudged without argument. And the advocates of these awful, death-dealing, disease-bearing dogmas of mystery and nastiness even dare to claim the authority of Christianity for their course in relation to sex and the body, by the utterance of that hideous untruth that we are conceived in sin.

How can any believer in an all-wise Creator accept the doctrine that the human animal was created a shameful thing? a thing which must be hidden as much as possible from the eyes of its kind? If the notion were a true one the feeling of shame for nudity would prevail among the savages of the world, and would not be found only in those who have been subjected to the influences of what we term civilization. As a matter of fact, however, it is not true that the civilized man as such is ashamed of his body. The highly cultured Greek gloried in his nude body, and because he did so the human body in his time reached its maximum of beauty and of health and strength. Then the Japanese

of to-day—models of strength, agility, endurance, purity, and devotion—use clothing only as a convenience. The Esquimaux, on the other hand, among the lowest in intelligence and morals, remove their clothing with great reluctance, and never in the presence of others. The Chinese, who, I believe, have reached the lowest depths of depravity, are such sticklers for keeping the body covered that they consider a woman disgraced who exposes even her wrist to the eyes of a man.

On the other hand there are African tribes whose men and women go nude habitually, but whose maidens put on aprons to cover their genitals when they reach marriageable age, giving as a reason what they consider a well-known fact, that the mystery thereby created in the minds of the young men excites their passions and makes them more eager for the possession of the girls. A Japanese woman who will expose her whole body indifferently, whether to take a bath in public or to perform any task made easier by nudity, looks with amazement at our women, who expose their breasts in public, in order to make themselves attractive.

Morality in clothing! immorality in nudity! How is this possible when experience teaches that under our present system of hiding the body and creating a mystery concerning it, sex passion has become such a disease—has become so common a disease—that mothers feel compelled to teach their daughters to beware of all men. Think of that! Beware of that one who is your natural companion, who is the complement of yourself! Instead of clinging to our chains we should cast them off; we should learn to look upon our bodies as our most precious possessions, to be made beautiful, to be glorified in. Be ashamed of your body only when you have not made it as fine as possible, only when you have brought it to a state when it will not perform its natural, plainly indicated functions.

Now let us approach this subject of nudity with a mind open, with a mind clean, with a mind freed from prejudice. In what lies the morality of the clothed body? In what the immorality of the nude body? If we examine the matter

fairly we shall see that we make arbitrary distinctions between one part of the body and another. We shall also see that a habit becomes converted into a moral precept. A woman may bare her arms and her bosom in the evening, providing that her skirt trails upon the floor and that she remain under a roof. To go upon the street in such a costume would insure censure, if not arrest. She may bare her legs and arms at the seashore, in a costume that outlines her whole form, but she would be despised and shamed to wear such a costume in the evening on the street, or in a public place. A man may bare the lower part of his legs without condemnation, but will run great risk of the charge of immodesty if he bare also a portion of his thighs. A man may uncover his legs, but a woman may not. The face and hands may be bare, but the middle of the back may not. Let fashion sanction the exposure of any part of the body, let it sanction a costume that calls attention to the so-called secret parts of the body, as the recent costume of women on our city streets has done, and all immorality departs from the act. Do these things not prove that the ascription of a quality of morality to one portion of the body more than another is purely arbitrary? And why are the reproductive organs singled out for opprobrium if not because of the false and unnatural attitude of the conventional person toward the human body? If not because an unfamiliarity with the nude raises the thought in the average mind that the thing is so hidden because of the shame attached to it?

Students of this question of the nude have discovered that the mystery, ignorance, and infamy which surround it are mainly responsible for the immorality and sex excesses which characterize our civilization; they have come to the conclusion that nudity—that is, a familiarity with the nude—is the antidote to impurity. Travelers of such character as Humboldt, Darwin, Wallace, and Burton, to name only a few, all tell the same story, after living in the midst of those peoples who habitually go nude. They say they found moderation in the exercise of the sex function, an utter absence of that sex stimulation before puberty,

which is the cause of so many undermined constitutions among civilized races, and a chastity of conduct, together with a purity of mind, absolutely unknown among those races which habitually cover themselves with clothing, and make a mystery of sex and its functions.

The shocking abnormalities of sex expression, due to our wrong attitude toward the nude, are known only to those physicians who have made a specialty of this phase of life. And alas! it is not only in our overstocked insane asylums that we find those human wrecks whose lives have been ruined by the truly immoral attitude toward the human body which is characteristic of the average person, but woe to us! in the thousands and hundreds of thousands of unhappy homes where men and women exist and finally perish in the misery of sex fury and abnormality.

Can you understand that because of our illogical attitude toward a question which we demand shall be a moral one, but which is as yet only one of hygiene, we actually do not know the possibilities or true uses of the sex functions? Those of you who have not yet read "Marriage a Lifelong Honeymoon" should lose no time in doing so, not alone for its extraordinarily valuable contents, but quite as much that you may be in a position to discuss its teachings with the men you may come in contact with, and in order to hear them scoff, without a moment of consideration, at a beautiful and lofty view of the sex function. Many will say it is the work of a hypocrite or a fool. Is it not always the case that the man with courage to think differently from his fellows is branded immoral, fool, knave, hypocrite, depending upon the view he takes of any given subject? The reason in this particular case why men will not readily accept, or even consider, any view of the sex function, but the one that sanctions and even exalts license, is because they have been reared in the false atmosphere of mystery, repression, and stimulation which is inevitable under existing conditions, and which will continue as long as the teachers and guides of youth are themselves filled with that terribly false and unnatural idea that the human body is anything but pure in itself.

Here is no question of whether or not one shall go nude, but only a question of attitude toward a great work of creation—the greatest work, indeed, of all—the human body. The question of whether or not to go nude is one purely of propriety, and must be answered in accordance with common sense and the fitness of things. It is unwise and improper to do anything which is in contrariety to fixed ideas; but one may and should teach the truth whenever possible; and it is the truth that the human body is a thing of glory and not of shame.

Approaching the question of nudity from the side of hygiene, we find that in constantly maintaining a heavy covering of clothing on it we interfere with some of its most important functions for the preservation of health. The skin with its myriad pores, is robbed by its heavy, and often impervious covering, of the opportunity to take from the sunlight and the air the valuable constituents which they have to give, and which are so important to the regenerative processes of the human body. Sun baths and air baths are accepted remedial agencies by all authorities; and the beneficial effects of an exposure of the whole body to the sun and air are so well understood that no sane person questions them. It is plain, then, that nudity is the healthful state—the most healthful state, and that there should be, on hygienic grounds, the least possible interference with it. Nudity is out of the question as a common or a public practice, under existing circumstances, and no sane or reasonable person advocates such a thing; but unless one understand fully the hygiene of the human body, unless one comprehend the uses of the skin, unless one can see further that nudity is essential to health, how will it be possible to deal with all those problems of physical and moral life which are the despair of those who refuse to understand the body or to see in it anything but a shameful thing?

The physical culturist has not to do only with the physical problems of the body, for the sad fact of life is that ill-health has a distinct relation to moral depravity, and that a pure moral life can often be attained only through a sound physical condition. It is the mission of

the physical culturist to bring parents to a rational treatment of their children in their relation to those important problems that lie at the very foundation of both the physical and the moral life. But how can anyone who has a wrong attitude toward the body teach these truths that lead to health and purity?

It must not be forgotten that, physically speaking, the human animal is specialized for one thing only; that is reproduction. We eat, drink, sleep only in order that the body may be in readiness for the great work of reproduction. The more nearly the human animal, or any other animal, comes to perfection in the work of reproduction, the nearer to perfection physically it will be. The further the animal goes away from fitness for this work, the nearer it approaches annihilation. Evolution teaches that fitness for reproduction means the same thing as fitness for life. How criminally false then any attitude which leads to the degradation of the animal as such!

A parent who would educate his child to be a merchant would never dream of teaching him from his infancy upwards that traffic, bargain, and sale were degrading in their essence; and yet our children are brought up to manhood and womanhood, are prepared for the stupendous, the glorious work of reproducing their kind by being systematically taught the vileness of their bodies and the shamefulness of the very functions for which, as animals, they exist. Even those marvelous and exquisite changes which take place in the child, and whose sole purpose is to fit it for parenthood, are seldom provided for, with the most awful results to the child then and to the parent later. The world is full of devitalized human wrecks because of the attitude which the conventional person has toward the human body.

It is therefore with no thought of anything but the highest good of humanity, and of a wish to bring about the purest life, that this subject of nudity is here treated. And remember that the conventional attitude toward the nude is the impure attitude. The pure attitude is that which tends to the glorification of the masterpiece of creation—the human body.

THE PERFECT MAN

By Rev. J. S. Trimmer

Rector of St. George's in the Pines, Helmetta, N. J.

THE perfect man is a full-grown man physically. It is worth while to be full grown. Saul was chosen King because of his physical make-up. Daniel Webster commanded attention because of his magnificent proportions. When he was in London, a certain nobleman likened him to "a steam engine in breeches." One of Washington's most valuable assets was his six feet and four inches. These men were perfectly physically.

We are exhorted in Scripture to attain unto "the measure of the stature of the fullness of Christ." Jesus was a perfect man physically. He was man at his climax. According to a description of His personal appearance read in the Senate chamber at Rome, He was a model of physical beauty and perfection. Very few have stopped to inquire as to His body. Was he tall or short? Was He of full habit or æsthetic? Was He a man of brawn or a weakling? Such questions would formerly have been considered sacrilegious. But a number of Scripture passages point to the humor of Jesus; other passages teach that He was athletic and it is evident that He placed a premium upon a sound body from the fact that He spent most of His time, when in public, helping men physically.

Jesus was never sick. He lived the "simple life." He breathed in the air of the open places. He kept close to Nature. He was never in a hurry. Sickness means sin, *i. e.*, broken laws, and we cannot think of Jesus as a sinner—"who knew no sin."

We should have more perfect men and

women physically. With our advanced civilization; with the diffusion of sanitary knowledge and laws of life; sickness should be the exception, but, alas! sickness is the rule.

There is a cult who teach that sickness ought to be abolished. This cult is "not far from the Kingdom." Very few people can afford to be sick. Think of the loss to the world through sickness.

We should employ our doctors to keep us perfectly healthwise. Now they simply come in to attempt to repair damages. The secret of the "healing art" should be the law of prevention. After a while, it will be the business of the physician to keep men well rather than try to make them well. The doctor of the future will be a teacher rather than a practitioner; he will prescribe healthful ideas instead of pills. The Lord hasten the time!

The perfect man is an all-around man. However perfect he may be in body he will not neglect the best part of himself, his mind, his soul. The physical is the foundation. What of the building?

The etymology of words for "man" is suggestive. The Saxon *Mon* is "a one." Animals go in herds. He is a true man, who can, whenever it is necessary, stand alone.

The Roman *Vir*, part of the word for virtue, was a hero on the field of combat. He only is a man, who is victor over self and temptation.

The Greek *Anthropos* was "one who lifts up the eye." Brutes look down. The eye of guilt quails. The true man faces anything, man or God, time or eternity, without fear.

The Celery Compound Habit

"A YOUNG woman told me some time ago that it was of no avail for her to warn her mother against the alcohol in Celery Compound, for she was as much addicted to the use of that medicine as any drunkard could be to whisky or rum. Many others have said the

same of friends whom they have tried to dissuade from taking nostrums, that the habit was so fixed they could not refrain. Such people are always ailing, but are angered if any hint is given that the medicine may be doing them injury."—Mrs. Martha Allen.

ANTI-VACCINATION DEPARTMENT

WE present herewith a speech delivered by Dr. J. M. Peebles at the organization meeting of the San Diego Anti-Vaccination Society.

"We have assembled here to-night from different city wards to take into consideration the compulsory vaccination law of California, a law that has thrown nearly four hundred of our children out of public schools, that we have been taxed to support.

"This compulsory cowpox enactment, so at variance with the higher medical science and personal liberty; so repulsive to cultured manhood, the finer instincts of womanhood, and the God-implanted intuitions of childhood, has remained, like other unconstitutional laws passed by politicians and lobbied legislatures for the past ten years, a dead letter. Why—why, if this law was just and right, has it not been executed? Why is it now raised? Who rolled the stone away from its moldy and moss-shingled tomb? Who were the instigators? There is no smallpox in the city, and, in the opinion of Mr. Hedges and the general public, there has been none. Who was responsible, then, for the 'scare,' and who have been the financial gainers by it?

"Why are children, with certificates in their hands from Dr. Stockton, the health officer, stating that, owing to their physical condition, they are not fit subjects for vaccination, turned away from the schools? Why this merciless blow to education and personal freedom? Why are the conscientious convictions of hundreds of intelligent San Diego parents violated or ridiculed by vaccinating officials? Why are the public-school doors slammed in the faces of innocent children—children who, when turned into the streets, wend their way home, weeping for lack of privilege of gaining an education? Do these health and school boards feel justified in making and enforcing a compulsory ignorance law? Need I say that not only thousands of San Diego students, thinkers, and taxpaying parents, but thousands and thousands are indignant at this state of things?

"This meeting has been called to consider—to devise ways and means concerning this very serious subject, and I counsel calmness and dignity of deportment. No matter how intense the indignation that may thrill your soul's depths, control the temper and be guided by the dictates of moderation and reason. You are in the right. And in the end you are sure each to wear a victor's wreath. This meeting is but a prelude to a series of similar gatherings.

"The battle touching the compulsory vaccination laws is fully on. The people are aroused. They are organizing. They are thoroughly in earnest.

"There is no lack of finances to conduct this campaign. And, like the immortal William Lloyd Garrison, these anti-vaccinationists will not equivocate, will not excuse, but they will be heard.

"Anti-vaccinationists, anti-compulsionists, you are a power! You have culture, finance, influence, energy, and I charge you to mark such doctors as seek to enforce this deadly compulsory vaccination law; mark such doctors as tell you privately they are opposed to compulsory vaccination, yet are too sneaking cowardly to openly express their honest convictions; mark such school officials and members of health and school boards as make themselves unnecessarily offensive to those who conscientiously differ from them on the vaccination question; mark such public men, especially politicians, as hunt with hounds and run with hares, and all to catch votes to get into office; mark such daily newspapers as are owned and edited by hunting parlors shaped like men, rather than by brave, fair-minded, royal-souled men, the worthy sons of this magnificent century.

"This cowpox poison put into innocent children's arms is often from diseased calves or heifers, and can resultant disease prevent disease or produce health? Do men gather grapes on thorns? I say diseased heifers. You take supposedly healthy heifers from the field, confine them in sterilized stables (a phrase used by a San Diego doctor), rope them, throw them, shave their abdomens, puncture this portion of the hairless body with smallpox pustular poison, and then watch the irritation, watch the animal thirst, the increasing inflammation, up to the point of pus rotting—and now call this brute healthy, do you? Would you consider your own body healthy if half covered with inflamed sores? Then watch the applied clamps as they squeeze out the putrid mucus-like pus mingled with a little of the animal's inflamed blood, to be manipulated into the pus-lymph for your children's arms. Is not the thought, the sight, disgustingly infamous?

"Finally, as a registered physician in the State of California, as professor for several years in a medical college, as a United States consul in Asiatic Turkey during a portion of General Grant's administration, counseling with the English physician, or personally treating smallpox, I protest against the compulsory vaccination law of this State that turns many of our children out of the public schools. I denounce it as a menace to good health, as a violation to personal freedom, and opposed to all those fraternal interests that constitute us the part of one great brotherhood, clearly conscious that what affects one affects all through the law of thought, of sympathy, of heredity, and the amenities of social life."

DEPARTMENT OF DIETETICS AND FOOD NUTRITION

The need for a better knowledge of dietetics and of the nutritive value of the various kinds of foods that we eat is apparent everywhere. In this department every known foodstuff will be taken up in season and treated in a scientific yet popular manner with special reference to its value in building up the human body.—
BERNARR MACFADDEN.

The Delicious Grape

Nectar Food of the Gods

The grape and the juice of the grape was the nectar that fed the red blood of the ancient Romans and Greeks and made them virile men and women. The juice of the grape was a household drink. It was preserved without fermenting by filling it into an amphora—a vessel or jug capable of holding several gallons—direct from the press and cistern, and this was sunk in a depth of water until winter. By this method the juice lost the tendency to ferment and remained pure for an indefinite period of time. It formed a rich, syrupy wine without its sting and, by the Greeks, it was called *everlasting must*. Sad, indeed, that this luscious fruit was perverted, later, to form part of a concoction in honor of which favorite gods, patrons of drunkenness, were created, and which debauched the two most magnificent nations of the world and made their citizens weaklings and slaves.

Value of the Grape

The physiological effects and curative properties of this delicious fruit are as many, almost, as those possessed by the golden apple.

Grapes are of immense value to the system. They increase nutrition, promote excretion and secretion, improve the actions of the kidneys, liver, bowels, and enrich and purify the blood as no other product that nature supplies to us.

The natural sugar of the grape requires no digestion. It is taken almost immediately into the blood to form energy as required.

The dextrine that it contains promotes the secretion of pepsine and in this way promotes the power of digestion.

The phosphoric acid, which it contains in large quantity, feeds the brain and acts beneficially upon every function of the body.

Grapes Take Place of Pernicious Mineral Water

Grapes are gently laxative and cause a natural action of the bowels. They produce a gratifying comfort and relief in the system of the sufferer not produced by the artificial and pernicious mineral waters sold at drug stores. Eat grapes or drink the pure juice freshly extracted from them, and the need for mineral waters to move the bowels will be eliminated.

The Grape Cure

The remedial value of the grape has long been appreciated by the physicians of Europe, and the "grape cure" is as popular almost as the water cure in supplanting the old drug methods. Thousands of cured patients have become enthusiastic advocates of it and are ready to shout its praises from every housetop, if need be.

It is being used successfully as a remedy in cases of catarrh of the stomach, intestinal catarrh, diseases of the digestive organs, heart affections, dyspepsia, loss of appetite, sluggish movement of the bowels, hemorrhoids, jaundice, suppressed menstruation, affections of the skin, and in numerous other diseases.

The sum and substance of the grape cure is that it is a cleansing and purifying of the system. Fasting or an abstemious diet is recommended in connection with the grape treatment. We know that this allows the system to rid itself of impurities. This process is and must always be the fundamental step in curing any disease. Add to fasting or an abstemious diet the grape cure, and it becomes a combination process of cleansing the system and at the same time creating a new and rich supply of blood. Let doctors recommend an exclusive diet of grapes for their

patients and they will be a thousand fold more successful in their practice than they now are with their foolish remedies and pharmacopœia.

How to Take the Grape Cure

The cure is begun by eating one to two pounds of grapes the first day, then increasing the daily allowance one-half pound each day until the desired quantity is reached. Usually the amount of grapes varies between three and nine pounds daily. A prescribed diet or a complete fast should accompany the treatment, though benefit will, of course, be derived even if no observance of diet is followed. The treatment should not be dropped suddenly after a cure is effected. Instead, the quantity should be gradually diminished each day until the original quantity has been attained.

The fruit used in treatment must be completely ripe and should be washed before being eaten. The grapes should not be crushed by the teeth, but pressed with the tongue against the roof of the mouth. There are a considerable number of people who feel an aversion for grapes because of the blunting sensation of the teeth that follows after eating them. In cases of this kind freshly-pressed juice is advised. Under ordinary conditions, when grapes are eaten in small quantities and with other food, it does not make much difference whether or not the skins and seeds of the grapes are swallowed, but where grapes are made to be the exclusive or nearly exclusive diet,

as in the grape cure, it is advisable to reject the skins and seeds.

In the systematic cures practiced in the sanitariums in Germany, the day's allowance of grapes allotted to each patient is divided into three portions. The first portion is substituted for breakfast, or where patients cannot be induced to omit their breakfast, the grapes are taken an hour later. The second portion of grapes is taken in the forenoon, an hour before the regular meal, if meals are taken; the third portion is taken in the afternoon between three and four o'clock. In some sanitariums a fourth portion of grapes is allowed to be eaten after supper.

The grape cure should not be undertaken in cases of hemorrhoidal bleedings and during menstruation. It is further not advisable during pregnancy or nursing.

In every instance where the grape cure is undertaken to cure some serious chronic disease, and the patient is unwilling to undergo a fast, a physical culture diet must be adopted. All heavy foods such as meat, potatoes, woody vegetables, alcoholic liquors, pickled foods, hard-boiled or fried eggs, cheese and farinaceous foods must be avoided. Light dishes can be prepared in the preparation of which the grape largely enters, and these will not only relieve the monotony that may be felt in eating grapes exclusively, but the valuable element of the grape, needed in the cure, will be obtained. Recipes of this kind can be obtained in the August issue of BEAUTY AND HEALTH.

College Students Live on \$1.27 per Week

Hugh Sutherland and A. C. Payne, two lads who had to "work their way" through Wabash College at Crawfordsville, Ind., solved the diet question in a unique and interesting way. They discarded meat entirely in their diet, using pecan nuts instead, which they purchased in the form of butter at 35 cents a pound. They also avoided white-flour products, eating largely of whole-wheat foods, rolled oats, milk, vegetables, eggs, and fruits. They gave their expenditures for the week beginning Wednesday, October 14th, as follows:

Wednesday—Well-known wheat product, 11 cents; milk, 15 cents.

Thursday—Bread, 25 cents; butter, 25 cents.

Friday—Bananas, 5 cents.

Saturday—Shredded Wheat, 11 cents; blackberries, 15 cents.

Sunday—Milk, 10 cents; oysters, 10 cents.

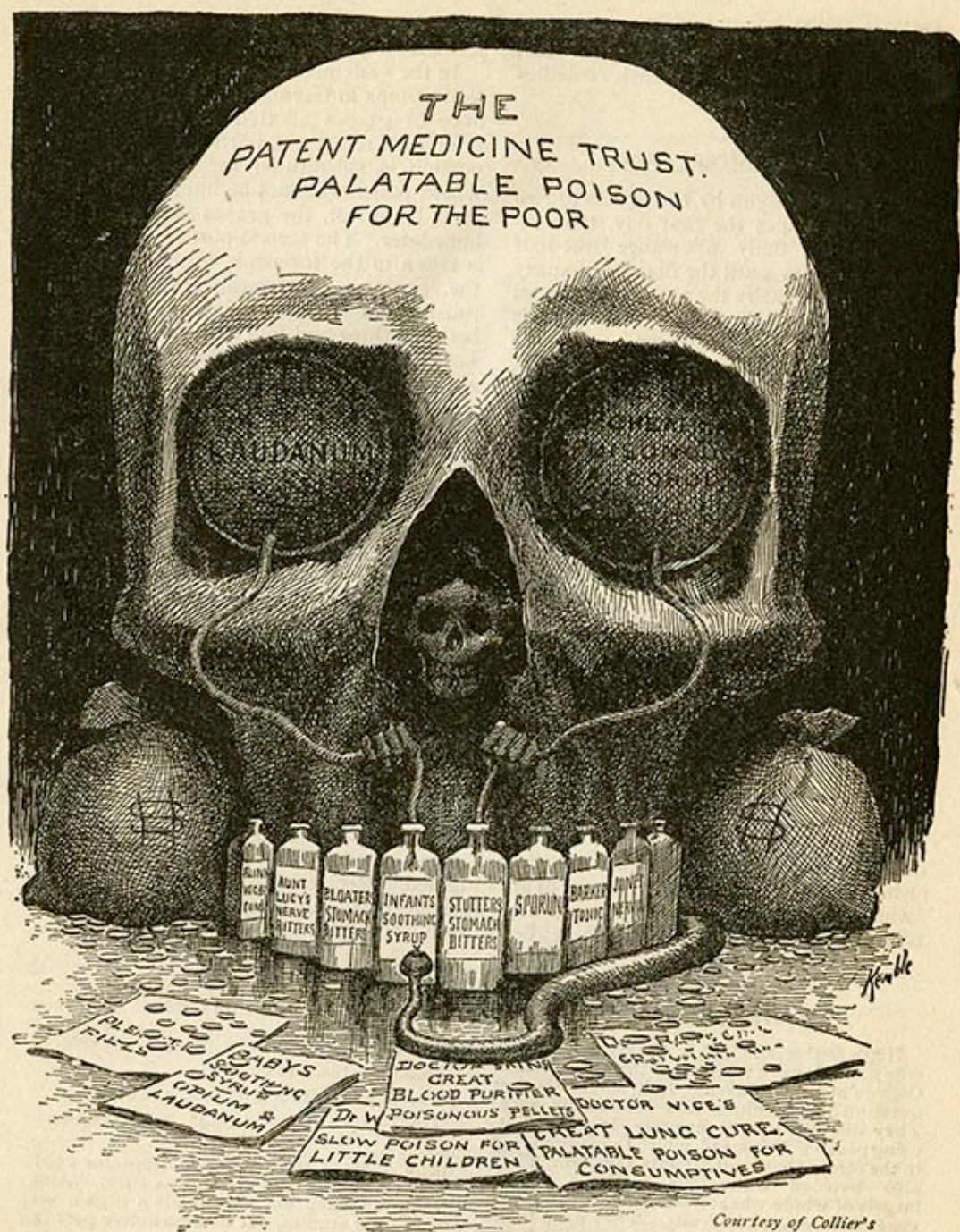
Monday—Fish, 10 cents.

Tuesday—Shredded Wheat, 11 cents.

Total—For the week, \$1.48; actual expense for food.

The average weekly expenditure for food for the entire college year was \$1.27. And these young men not only made a high average in their studies, but took an active part in outdoor athletics.

The important and instructive thing to be learned from the experience of these young men is that they got more nourishment and more tissue-building material from their food than most people get from a dietary that costs many times this amount.



DEATH'S LABORATORY

Patent medicines are poisoning people throughout America to-day. Babies who cry are fed laudanum under the name of syrup. Women injure themselves for life by taking "restoratives." Young men and boys are robbed and contaminated by vicious criminals who lure them to their dens through seductive advertisements. Drunkards are manufactured by the million by alcohol-charged "remedies" and cheap whiskey masquerading as "medicine."

THE GREAT LIQUOZONE FRAUD

DEATH OF TWO CHILDREN ATTRIBUTED TO THIS FAKE PATENT MEDICINE

FOLLOWING are two clippings from a recent issue of the London (Eng.) Daily Press. Brief as they are, they are so much to the purpose that comment on them is hardly necessary. Suffice it to say that the vile compound that robbed a family of its hopes and happiness is but a type of the poison labeled "patent medicines," that are responsible for uncounted thousands of deaths of which the public is never cognizant. But British justice strikes as swiftly as it does surely, and there is not the slightest doubt that the makers of "Liquozone" will be properly punished. As there is no word which will fitly describe the scoundrelly quacks, so there is no punishment sufficiently severe for them in an instance of this kind. The story of the deaths of these two innocent children is almost enough to make one wish that some of those punishments of the Middle Ages of the "boiling in oil" type could be revived for the benefit of these vermin.

FREE MEDICINE.

REMARKABLE STORY OF A FAMILY'S ILLNESS.

A remarkable story of the illness of a family after taking a certain medicine was told at Stoke Newington yesterday at an inquest on Constance Sheppard, the three-year-old daughter of a tobacconist's assistant, living in Gainsborough-road.

Mr. Sheppard, the father, said he and his wife had an idea that the little girl suffered from worms, and a person at the business house where he was employed obtained for him a free sample bottle of "Liquozone." He (Mr. Sheppard) took two teaspoonfuls on Thursday, Friday, Saturday, and Sunday, a book of instructions accompanying the medicine. Afterwards he had stomach ache. His wife and two daughters also had some of the medicine (the first-named for neuralgia). Constance died on Tuesday, and the younger girl is now critically ill. His wife also complained of pain after taking the medicine. Constance had half a teaspoonful of the preparation on Thursday, Friday, Saturday, and Sunday. At dinner time on Sunday she became sick, and next day a doctor expressed the opinion that the child was suffering from "very bad poisoning."

Mr. Carpinajl, solicitor, who appeared on

behalf of the British Liquozone Company, here asked that he might be permitted to postpone his cross-examination, and said that an eminent analyst had assured him that Liquozone, if prepared as the manufacturers stated, and taken as Mr. Sheppard said it was, could not possibly do any harm.

Mrs. Sheppard said she gave Constance the medicine because the directions said that it would kill "germs."

Dr. Harnes, who was called in to attend the girl, said the Liquozone had a pungent odor, and appeared to contain sulphurous acid.

Speaking from large experience, Dr. Frederick J. Smith, a lecturer at the London Hospital, said he came to the conclusion that the child died as a result of taking the medicine, though he found nothing in the body that would definitely point to the cause of death. In the medicine he found direct evidence of sulphurous acid, which would be likely to irritate a healthy child's stomach. He strongly objected to the directions given for taking the liquid. The child had two or three times as large a dose as it ought to have had.

The inquiry was adjourned.

DEATH AFTER MEDICINE.

SECOND CHILD SUCCUMBS IN NORTH LONDON.

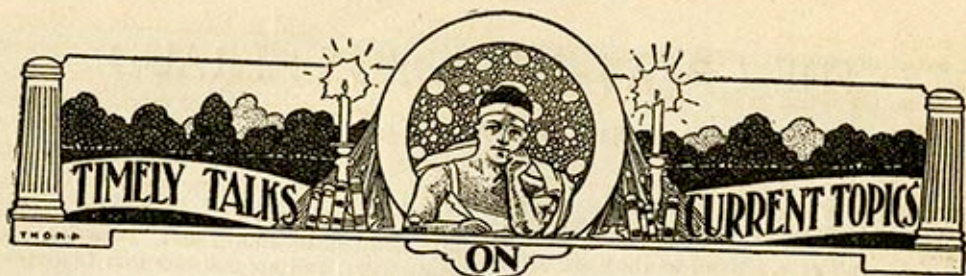
On Saturday morning Dr. Wynn Westcott, coroner, was informed that Dorothy Hay Sheppard, aged two years, the daughter of a tobacconist's assistant, of 15 Gainsborough-road, Stoke Newington, had died.

The coroner held an inquest on an elder child on Friday evening, and it was then stated that Dorothy was dying.

At the inquest, evidence was given, showing that both children had been given a preparation known as "Liquozone," and Dr. Frederick John Smith, of Harley Street, gave it as his opinion that the child had died from the effects of "Liquozone."

An inquest will be held.

Subsequent to the publication of the foregoing in the English newspapers, a further investigation into the deaths of the two children was made, which confirmed the opinions of the doctors quoted, that Liquozone was responsible for the deaths of the children. To use the words of the verdict of the jury that passed upon the matter "the children died from exhaustion after vomiting and diarrhoea set up by taking Liquozone; and representation should be made to the proper authorities to the end of a better supervision of patent medicines."



Duffy Malt Whiskey Fake

In the January, 1904, PHYSICAL CULTURE, we found occasion to uncover a nest of commercial swindlers that had located in Rochester, N. Y., the breeding place of many fakes, by the way. We exposed their rotten methods of procuring testimonials from old men and conscienceless ministers who, for the most part, never saw the "testimonials" to which their names were attached before they read them in print. Various newspapers throughout the country took up the exposures, and we thought that the public would become sufficiently educated by the publicity thus given to the frauds, to enable it to steer clear of them in the future. Judging by recent advertisements, however, that are appearing in the subsidized press, which have to do with some of the most notorious of the fakes in question, it would seem that we were somewhat mistaken in this respect.

Hard to Hold Down Patent

Medicine Swindlers

Holding down the lid on the patent medicine crowd in this country in order to keep it from doing mischief, seemed to be until recently as useless a proposition as laying a board over a rat hole to keep the rats from sallying forth. However, the recent action of the Post Office authorities in issuing fraud orders against a number of these fake concerns, as is told elsewhere, is a hopeful sign. So that after all is said and done, good does come from rat-hunting expeditions. We stirred up a nest in Columbus, Ohio, where Peruna is bottled. We turned our attention to Lynn, Massachusetts, Lydia Pinkham's town (when she was living). At present we have

been stirring up a nest of persons who bottle an evil-smelling fluid supposed to be liquid oxygen, or ozone. Meantime, the inhabitants of the Rochester nest have become active again.

The Case of Hiram Cronk

All of our readers must have read in the newspapers of the death of Hiram Cronk, the last survivor of the War of 1812, who died recently at the age of 105. We are informed that this grand old veteran was a total abstainer from all intoxicating drinks and tobacco. Months before he died and while he was lying on his sick bed, the Rochester crowd was publishing a testimonial in the newspapers throughout the country, accompanied by a supposed photograph of Mr. Cronk, and a hallelujah-sounding announcement describing how the hale old man took "long walks" and did other remarkable physical stunts all because he made a habit of taking a daily "schnopses" from the Duffy Malt Whiskey bottle.

The Contemptible Lie Exposed

In a letter to the New Voice, Hiram Cronk's daughter denounces the contemptible trickery of thus publishing her father's name and photograph, and denies that a testimonial was ever given to the Duffy's Malt Whiskey concern, or that her father ever tasted their whiskey.

The letter follows herewith:

Ava, Oneida County, N. Y., May 8.
Editor New Voice: I write in answer to your letter that my father, Hiram Cronk, has never tasted Duffy's Malt Liquor in his life.

Last winter, in February, their agent came here to the house, saying that they had sent as a present to my father some pure liquor.

I would not accept it.

I asked my father in the presence of the agent if he would not have a spoonful of liquor in his wine which the doctor had ordered.

His reply was, "I will not have it." So he has never tasted it.

My father has not been out of his house in five years and is very feeble; has never written or ordered written any testimonial; neither have I.

Another thing; the picture which he calls my father doesn't resemble him at all; at least, I have never seen one like it.

The idea of him being out and taking long tramps! No, it is not so.

He has been quite weak all winter. But he has never taken any malt whiskey.

Sincerely yours,

SARAH RAWLEY.

As soon as this letter appeared in print a strange incident happened. A representative of the Duffy Malt Whiskey concern hurried to Ava, N. Y., the home of the late Hiram Cronk, and managed to obtain an affidavit from Mrs. Rawley, in which she states that she has refreshed her memory and that she really did give the Duffy concern authority to publish the testimonial and picture. We leave our readers to draw their inferences from these two contradictory statements.

Ministers Who Give Testimonials

We have often wondered how clergymen, who preach God's gospel, could either stifle their consciences or be gullible enough to be taken in, in such large numbers, by the Duffy concern. An inquiry into the lives of a few of them, however, shows that, for the most part, they are the riff-raff of the ministry and are men from whose backs the cloak of the clergy ought to be pulled off as quickly as a ministerial board can assemble to order it done.

According to report, the Rev. M. N. Broughton, D. D., of Bradford, Pa., whose testimonial was widely circulated with the eloquent headline that Duffy's whiskey was "one of the greatest gifts that God made to man," is a whiskey revenue collector for the internal revenue district at Fairmount, W. Va.

Rev. George W. Brownback, announced as a "prominent clergyman of Reading, Pa.," and who was brought back to vigor and health by "that God-given tonic-stimulant, Duffy's Malt

Whiskey," is said to have made a failure of preaching and, in fact, was never recognized as a clergyman by the ministerial association of that city. It is said that this same Brownback advertised for a wife, got one, and also a job on a railroad, so that we presume his time is now happily spent between attentions to his wife and railroading and, between the times with writing testimonials in praise of Duffy's whiskey.

A Few Less Prominent Testimonial Writers

It is reported that the four old ladies of Muncie, Ind., whose testimonials all of our readers have, no doubt, seen, never used the whiskey until they saw their alleged statements in the newspapers. Like some people who begin to believe their own lies after they have repeated them for a number of times, these old women, it is said, began to believe the testimonials they never wrote or uttered. They procured a bottle of the medicine, so-called, to rub on their limbs, to cure their rheumatism—and they still have the rheumatism, so we are informed.

Samuel Pike, of Lisbon, N. H., woke up to find his photograph and testimonial in almost every local paper. He had never tasted the stuff, it is said, but when he saw his photograph and testimonial, which was a phenomenal description of his own case and supposed cure, although he never wrote it, he began, and continued taking the whiskey until he died.

How Testimonials Are Procured

The methods of the Duffy Malt Whiskey people are of a simply ingenious sort. Whether they secure from a senile old man or woman, whose mental weakness does not permit him or her to understand the drift or gist of what they are asked to sign, or whether they publish such a testimonial without going through the formality of asking the permission of the person who is supposed to furnish it, they, in all instances, send on a few bottles, or it may be a case of the whiskey, to the testimonial-maker, in this manner hoping to win the good favor of the person who may have been imposed upon.

"Booze" Christened Medicine

Medical Department,
Duffy Malt Whiskey Co.,
Rochester, N. Y.

"Dear Sir:—In reply to your letter of the 16th we beg to say that we deal in nothing but Duffy's Pure Malt Whiskey,—the purest whiskey that is made, but it is entirely sold by us as a medicine, not at all as a beverage. Of course, like any other whiskey, if taken to excess it is intoxicating, but we are very insistent that it must be taken only in small doses, three or four times a day, freely diluted in water.

Yours truly,
DUFFY MALT WHISKEY CO.

Note the statement that "the purest

whiskey that is made, but it is entirely sold by us as a medicine." Precisely how ordinary "booze" can be made to change its nature by christening it "medicine," we confess we cannot see, but the Duffy Pure Malt Whiskey proprietors know human nature—and play upon it for their own purposes.

Arresting Druggists Who Sell"Duffy's Whiskey"

In Hartford, Conn., according to a news report, war is being waged by local temperance societies against the selling of Duffy's Malt Whiskey at department stores and by druggists. All drug and department stores have been notified that they will be prosecuted if they continue to sell the whiskey without a prescription.

Special Articles in September Beauty and Health that Will Appeal to You

BEAUTY AND HEALTH is a magazine full of good, pure-toned, readable articles. It is a magazine for women, but there are many things contained in it that appeal to both sexes. The articles contained in the September issue are rich in information for the physical culturist. Some of the principal articles are:

Hygiene in the Kitchen.

A new department giving helpful hints that will aid in the establishment of an improved, well-ordered, economical, and sanitary kitchen.

Exercises for Developingthe Upper Legs. By Bernarr Macfadden.

This is the ninth of a series of valuable articles by the editor on how to exercise with no other apparatus than ordinary bedroom furniture.

Perfect Motherhood. By Marguerite Mac-

fadden.

Sixth of a series of valuable articles on motherhood which is appearing monthly in the pages of BEAUTY AND HEALTH.

Science of Sex Purity.

A department for parents and teachers, devoted to the spread of sex truths along pure and uplifting lines, and the elimination of mock modesty, prudery, and ignorance heretofore attached to the subject. The subject treated this month is "Diseases of Menstruation."

Seasonable Recipes for Beauty.Building Foods.

Department in which we will present recipes for the preparation of pure and wholesome food. The recipes will be appropriate to the season and will be selected with the purpose in view of giving to our readers information regarding those foods that tend to promote a beautiful complexion and beauty of body. It is a fact now thoroughly established that the hair, teeth, brightness of the eyes, texture of the skin, and shapeliness of the body are affected by the foods we eat. The recipes in this column will be selected carefully with this point in view.

At the Shrine of Love. By Marion Malcolm.

A department of vital interest and full of needful information for both sexes.

THE ATHLETIC WORLD

Conducted by *Edward R. Bushnell*

ONCE more the horizon of the world of sport is undergoing a change. For three months baseball and kindred summer sports have held full control of the field and have flourished amazingly. In a week or two the voice of the football coach will be heard in the land, and an army of college gridiron warriors will take possession of the public arena and hold it until cold weather drives them indoors.

The baseball season has now reached the climax where every game, won or lost, goes far towards determining the championship of the two leagues. And they make the proposed world championship series between the pennant winners of the American and National Leagues of the most intense interest, not only to the incurable baseball rooters, but to the entire sporting world as well.

The summer just closed has seen more than its share of international contests and, unfortunately for America, it has seen too many English triumphs to be exactly palatable. First our oarsmen, the Vesper Boat Club of Philadelphia, came to grief at the English Hen-

ley, and then our riflemen, the Seventh Regiment of New York, fell before the better aim of the Queen's Volunteers at Bisley. The American contestants for the Davis trophy were badly humiliated by their English opponents, though the brilliant victories of Miss May Sutton in the Women's Championship partially atoned.

And, finally, the American automobile contestants for the James Gordon Bennett cup in France made a most lamentable showing. Still America has a record of too many victories in England and on the continent to be greatly cast down over the recent defeats.

College Championships If the approaching college athletic year would be as successful as that which just closed, it must add something to the variety of university sports. The season of 1904-05 saw championships settled in just 19 different sports, a record never before equaled in America. With the exception of football, rowing, and chess, in which the rival claimants for intercollegiate honors did not meet, and in tennis and swimming, where there was a tie for first, there was no argument over the institutions entitled to first place.



THOMAS C. SHEVLIN

Captain of the Yale football team, who, Yale's most versatile athlete, has a record for the hammer throw of 161 feet

The following table shows the champions of the year, East and West:

EAST	
Baseball.....	Yale
Rowing.....	* Cornell and Yale
Track athletics.....	Cornell
Football.....	* Penn and Yale
Association football.....	Haverford
Basket ball.....	Columbia
Cross country.....	Cornell
Cricket.....	Haverford
Chess.....	* Harvard and Penn
Fencing.....	Annapolis
Golf.....	Harvard
Gymnastics.....	Columbia
Hockey.....	Harvard
Lacrosse.....	Swarthmore
Shooting.....	Princeton
Tennis.....	* Columbia and Yale
Swimming.....	** Penn and Columbia
Wrestling.....	Yale
Water polo.....	Yale
WEST	
Track athletics.....	Chicago
Baseball.....	Michigan
Football.....	Michigan and Minnesota
Cross country.....	Nebraska

* Did not meet. ** Tie for first.

Football Returns to Its Throne For a wonder football this year will be played under almost the identical code which governed it the preceding season. And this is all the more surprising in view of the unprecedented agitation made at the close of the last season for a more "open game." At that time the football rules committee and the newspapers were deluged with scores of suggestions for the reform of the great university sport. One suggestion in particular, which seemed to take deep root even among certain members of the committee, was that the distance to be gained in three downs should be increased from five to ten yards. The rules committee met during the summer in New York and, to the surprise of the football world which was expecting something radical, made almost no alterations whatever in the code.

Naturally the inaction of the rules committee brought out much adverse criticism from unthinking persons among those who follow the game. But, instead of being censured for their conservatism, the members of the committee should be applauded for their wisdom in leaving the rules alone. The so-called "open game" does not require a new set of rules. It is a matter which lies wholly within the power of the coaches themselves. This was proved last year when different teams, under the same rules, gave illustrations of both the "dull, close" game and the "open, spectacular" contest. Yale represented the first class and the

University of Pennsylvania the second. The style of game which is to be played this year will depend upon the same conditions. If coaches take advantage of the rules in their possession they can make the game as open and spectacular as they like; if they do not, they can make it as dull as they please. If the reformers want to achieve results, let them concentrate their missionary efforts on their coaches.

The various members of the "Big Six" never faced a season of greater individual promise than they do now. With the possible exception of Columbia, the outlook for all is alluring. Both Yale and Pennsylvania have a fair nucleus of their splendid 1904 elevens from which to construct championship teams. Princeton, although losing her championship game to Yale last year, will have nearly every member of that strong team this fall and, in addition, will have the assistance of an unusually large number of promising scholastic stars who have matriculated in her Freshman class. Harvard has passed through her annual football revolution and has emerged with what, at this moment, looks to be the best football machine in the East. Football critics last fall admitted that Harvard had the material for a team that could have whipped both Yale and Pennsylvania, if it had been properly trained and coached. In desperation, the Harvard athletic authorities turned to William H. Reid, the man who developed the all-powerful eleven of 1901, which swept the Eastern gridiron. Realizing the task set for him, Reid has been on the field virtually all the time since last spring; and if unusually good material and an able, harmonious coaching staff, can develop a winning football team Harvard should have it this fall.

Cornell is another institution which will be watched with close attention. A year ago the Ithacans dispensed with their amateur coaches and induced Glenn S. Warner, who was achieving such success with the Carlisle Indians, to return to the rescue of his Alma Mater. Warner's first year with Cornell was somewhat of a disappointment, for his team lost nearly all of its important games. But no coach would have developed a successful team with the material Warner had

in 1904. His supply has been materially augmented for this fall, and if Cornell does not humble some of her big adversaries it will be cause for profound surprise.

Columbia has been having an uphill fight of it to maintain her position in the "Big Six." Although the New Yorkers met with many setbacks, they have not abandoned hope and this year expect to be stronger on the gridiron than in any preceding year. Of all the big colleges Yale is the heaviest loser in the number of regulars who will be missing. The Elis have lost the mighty Hogan, Rockwell, Bloomer, and, in fact, the majority of their powerful line. But as Yale has never been caught napping with poor material there is no reason to doubt that she will be well cared for as usual.

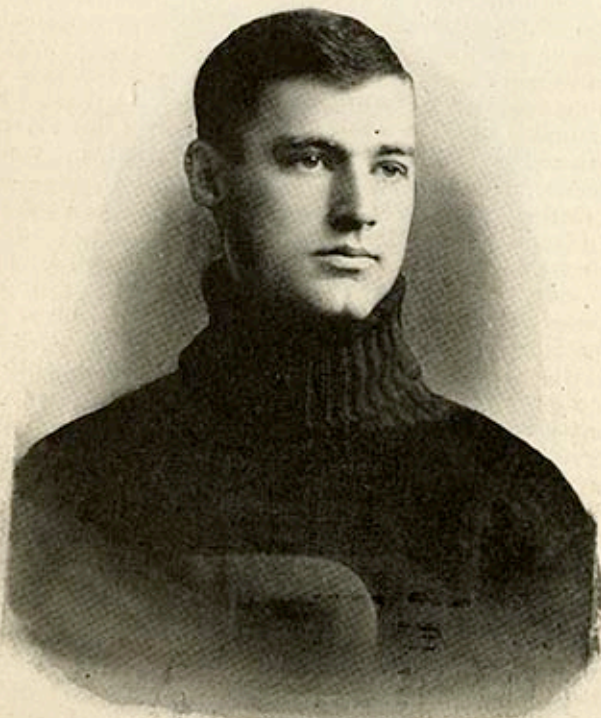
The University of Pennsylvania permanently returned to the ranks of the leaders last fall. Although the Quakers have sustained somewhat severe losses, they are blessed with an unusually large list of first-class substitutes and have the promise of much good material with the incoming Freshman class.

Not in recent years have the big universities of the East been so evenly matched, and their equality in strength indicates that they will supply even more brilliant contests this year than last. It is unfortunate that the country will have the opportunity of

seeing no games between the Eastern and Western colleges. The fault does not lie with the Westerners, for they have showed not only a willingness, but an intense desire, to engage their Eastern brothers for football honors. The Eastern men have sought refuge in the time-worn excuse that their dates were already filled when the request for a place on their schedule arrived. It is to be hoped that the time will soon come when intersectional contests and, if need be, a post-season game for the American championship, will be fixed features of the year in football.

As was the case in 1904 the football strength of the West is centered in the Universities of Michigan, Minnesota, Wisconsin, Chicago, Illinois, and Northwestern. Of them all, Michigan and Minnesota have lost the most heavily through graduation, but Yost and Williams, who are the respective coaches at these institutions, are both resourceful

men and are certain to have teams which will sustain their reputations as successful coaches. Both Michigan and Minnesota are watching Chicago this year with considerable dread as to what Coach Stagg will accomplish. The Midway College has been steadily rising to the top in all branches of athletics and, in the opinion of Western men, is due to give some of her former victorious rivals a sound beating. Wis-



M. S. REYNOLDS

Captain of the University of Pennsylvania football team, universally acknowledged to be the best punter in the United States

consin and Illinois are still experimenting with graduate coaching and will furnish a genuine surprise if they succeed in taking the measure of Chicago, Michigan, or Minnesota, all of which are coached by professionals from the Eastern colleges.

**The Coach
Makes the Crew**

The intercollegiate world is just now recovering from its astonishment at the overwhelming victory of Cornell University at the Poughkeepsie regatta. That the Ithacans should turn out an eight-oared crew which, with scarcely an effort, could beat the best crews from Pennsylvania, Georgetown, Columbia, Syracuse, and Wisconsin, by nearly a quarter of a mile in four miles, seems almost incredible. Yet this is virtually what Courtney's charges accomplished. Had they been pressed, they could undoubtedly have stretched their lead into several additional lengths.

Cornell's victory, which was so great as to be almost tragical, must be credited almost entirely to the brilliant coaching of Charles Courtney. Certainly the Ithacans did not have much advantage over their rivals in weight or experience. It must have been the coaching of Courtney, who puts his brains into his work, which is more than can be said of some of the other coaches, who persistently cling to obsolete methods and refuse to learn from the success of Courtney's crews. It must have been a keen disappointment to Syracuse to finish so far back in the ruck, especially after remembering her unexpectedly brilliant victory of last year.

With Cornell's rowing supremacy firmly established once more, Coach Courtney has come forward with a sensible suggestion for reform—that the Poughkeepsie course should be reduced from four miles to three. There can be no gainsaying the fact that four miles is too long a race for a youth just reaching his majority. No race ever takes place, either at Poughkeepsie or New London, without completely exhausting many of the competitors, and this to the lasting injury of their health. The superiority of one crew over another can be just as easily established by a three-mile race as by one at four miles, and the Intercollegiate stewards will do well to hearken

to the advice of the veteran Courtney.

For the first time in many years the Yale-Harvard dual regatta at New London, Conn., developed a real race. For the entire four miles of that course the Crimson and Blue fought for supremacy, and at no time could the superiority of one crew over the other be measured by more than a length. The credit for this unexpected and splendid showing by Harvard must be given without reservation to James Wray, who undertook to deliver the Crimson's rowing fortunes from the utter chaos into which half a dozen irresponsible Harvard coaches had plunged them. That Wray is a splendid coach was shown not only by the close race his Varsity eight gave Yale, but by the victories which his Varsity four and Freshman eight won. If anything were needed to make Wray's position at Harvard secure, the showing of the crews he developed must have supplied it.

**The Folly of
the Henley
Test**

Turning to the question of amateur rowing, a great many critics have had the chance to say "I told you so" in referring to the failure of the Vesper eight of Philadelphia to lift the Grand Challenge Cup at the English Henley regatta. Although the Vespers were beaten, they made as gallant an effort as any former American crew to bring back to the United States this great trophy. Their failure was due, not to any lack of preparation or inferiority in rowing, but solely to the natural difficulties which a foreign crew, especially from this side of the Atlantic, must always encounter there.

Chief among the obstacles is the English climate which, while it does not incapacitate a man for rowing, insidiously steals away his finishing power, as he learns to his sorrow when the moment arrives for the final spurt. This has been the unanimous experience of all American athletes in England, whether they are oarsmen or not. To down the Briton on his own soil requires that the challenger shall be about 25 per cent. superior to him. The same is true of English athletes competing in America. This the Britons have recognized, and they

have very wisely kept away from America.

Besides the climatic obstacles, there is another reason why American oarsmen should refrain from wasting their time and money in fruitless efforts to capture premier honors at Henley. Ever since the University of Pennsylvania eight gave the Britons such a frightful scare in 1901, the British stewards have been devising means to keep American crews away. Not caring to take the extreme measure of barring American crews outright, they have aimed at them by passing legislation forbidding the competition of any crew which has had the services of a professional coach within a month of the regatta. As the professional coach is such an integral part of our rowing system, the object of the English stewards could not be concealed. It is plain to everyone that American crews are not wanted in England, for as far as possible the British stewards have invited them to stay away. Why then should our crews endeavor to win rowing honors where they are not wanted, and where they would be robbed of the credit of a victory if they did chance to earn it?

Good Baseball Pays

All doubts as to the willingness of the public to support two major league baseball organizations should be dispelled by the remarkable attendance figures which have been recorded this summer. There is hardly a club in either league which has not made money, and those most prosperous have made enough to provide for the slight deficits, if there be any, of the less fortunate. The season has been a more prosperous one financially than its predecessor. The reason is not that the public has discovered it cares more for baseball than usual, but simply because the clubs in the two leagues have remained more closely bunched, by reason of their greater equality of strength.

The year has demonstrated that a large city, like New York, Boston, Philadelphia, or Chicago, will support two clubs in lavish style on condition that they play good ball and win enough of their games to convince their patrons that they have a chance to win the pennant. It has been admirably illustrated in Philadelphia.



"RUBE" WADDELL

The phenomenal pitcher of the Philadelphia American League Team

Last year the Philadelphia Americans outdrew their National League rivals many times; but this year the "Phillies" have held their own, not only with all the other teams in the National League, but with the popular Athletics. The Athletics, on the other hand, have not suffered through the increased popularity of the Phillies. Both have flourished in a manner to delight the heart of the baseball magnates.

The closeness of the race in the two leagues has unfortunately brought out a greater exhibition of rowdism than usual—accounted for by the determination of the various rivals to win at any cost. It is regrettable that the officials, especially in the National League, have

been so slow to stop the outbreaks by punishment of the offenders. The closer the race the sharper should the watchfulness of the officials become.

The Long Island Auto Outrage One cannot help sympathizing with the farmers and other residents of Nassau County, Long Island, whose supervisors have compelled them to give up their roads to enable a score or more of reckless automobilists to turn their peaceful lanes into a speedway, and endanger the lives and limbs of spectators and residents. It was not so surprising that they should have permitted the innovation last year; but to do so a second time, after the record of two killed in 1904, is little short of incredible. It is almost criminal.

The automobilists, in their own defense, urge that they will want the roads but two days, first for the elimination trials, and second for the race itself. If they monopolized the people's right on only two days it would be bad enough. But the experience of last year is proof that they will make use of them for speeding purposes for many days prior to the races. The proneness of an automobilist, with a high-powered machine, to let it out to the limit when he thinks he is not being watched is well known; it would be strange indeed if the contestants for the Vanderbilt cup race did not maintain the reputation for recklessness that they established last year.

To make matters worse, there is no material reason for holding the race through a settled community. No good can come of speeding motor cars at ninety and a hundred miles an hour. If the desire is solely to test speed, it can be done as well on tracks built for the purpose, or on the several beach tracks, where only the careless automobilists themselves are in danger of execution. Within the year, the Automobile Association of America has won many friends for the motor car by its wise legislation and by a wholesome respect for the rights of the common people. It is deplorable that it should sanction the Vanderbilt cup race, with its present programme, and engender more hostility and risk the loss of the friends it has won with so much difficulty.

The All Round Championship

The present management of the Amateur Athletic Union has accomplished more for the organization than any previous officers. Not only has it increased the membership, but it has purified the amateur status of the athletes and has been instrumental in multiplying the number of athletic meetings throughout the country. In this connection, it is strange that there should be so few candidates for the All Round Championship. The number, rarely more than half a dozen, is much smaller than it should be, and the competition is usually between the same men, year after year. Its importance is never brought before the college athletes of the country; if it were, the drawing power of the meeting would be greatly enhanced.

The advantage of securing new competitors was well illustrated this year when Martin Sheridan won the championship and broke the American record, compelling its competitors to better their previous marks. The contest for the All Round Championship is one of the best things the A. A. U. fosters and it deserves to receive better support from athletes.

An Indian to the Fore

A full-blooded Tuscarora Indian, whose aboriginal name is translated Frank Mt. Pleasant, has set the athletic and university world by the ears within the last year. In less than six months this Carlisle student has leaped into prominence with his record-breaking achievements. The mere repetition of the records he now holds is enough to explain his fame. He has run the 100-yards in 10 seconds, the 220-yards in 23 2-5 seconds, the quarter-mile in 50 seconds, and he has leaped 23 feet 9 inches in the broad jump. Mt. Pleasant is now in his twentieth year and has not yet finished his preparatory-school course. Report has it that he is headed for Cornell University. If he makes the progress that may fairly be expected of him within the next four years, he should close his college career with several world records to his credit.

No Champion Boxer Now

Followers of pugilism are much amused over the pretentious claims put forth by Marvin Hart for the world's heavyweight

championship by virtue of his defeat of Jack Root at Reno, Nev. Those who witnessed the battle insist that Hart was lucky to score the knockout when he did, for, with the exception of that one fatal round, Hart was in as much danger as the man he conquered. In view of Jeffries' retirement, there is really no fighter in the world capable of maintaining superiority over the other heavyweights in the manner the Californian did. Jeffries refereed the Hart-Root fight and stated repeatedly that he did not regard it as a match for the championship and that he had not relinquished his title. But it is hard to conceive of Jeffries or any other man holding a championship title for which he does not fight. Jeffries said that he had retired from the ring for the reason that there was no fighter capable of giving him a battle. Although it is a sorry commentary on boxing that claimants such as Hart and men of his type have to be recognized as champions, it is certain that Jeffries has no claim to the title after he relinquishes what literature, in the person of Jack London, has graciously consented to call "The Game."

The Turnfest American
an Object Lesson
Lesson gymnasts find it hard to appreciate the immensity of the recent Turnfest in Indianapolis, at which more than 2,000 German gymnasts from America and Europe competed. The only possible approach to that great carnival is the American Intercollegiate Gymnastic Championships; but

in the number of competitors and in the extent of territory they represent, they cannot compare with the German meeting. It would be well, however, if American gymnasts would follow the practice of the Germans, for their training is all done with the single view of attaining the greatest bodily symmetry. The proper development of the physique comes first; after that comes proficiency in the various exercises, drills, and separate acts.

Miss Sutton's Miss May Sutton, of Pasadena, Cal., is undeniably the tennis heroine of the year. After having won all the championships available on this side of the water this 18-year-old girl set her face

towards England, resolved to add the tennis title of Great Britain to her long list. In spite of her marvelous work on American courts her friends were not very sanguine that she would win abroad, for no other American had ever been able to win this honor. But Miss Sutton was not daunted on this account. On the contrary, she seemed to play with even greater brilliancy than in this country. After sweeping everything before her in several of the minor English tournaments she entered for the English championships and moved through the finals without the loss of a single set. Her victory over Miss K. Douglas, the English titleholder, was as clean cut as any she had won previously from opponents of lesser note. The English



F. MT. PLEASANT

The great Indian broad jumper and sprinter of the Carlisle School

victory of Miss Sutton places her at the head of the women tennis players of the world. Since she began her championship career she has not lost a single set, which of itself is enough to stamp her as the tennis marvel of the age.

Cricket Gaining Favor in America Slowly but surely the English game of cricket is gaining in popularity throughout the United States. No previous summer ever saw the game played so extensively here. A few years ago cricket was hardly known in America outside of Philadelphia, New York, and one or two other cities. Now it has taken firm hold throughout the middle west, and strong teams are supported for the first time by Pittsburg, Cleveland, Chicago, and St. Louis. As if to keep pace with this progress, American baseball is finding favor in England. The Rhodes scholars are responsible for it. Not liking cricket they have found their amusement in playing ball under such conditions as they could, with the result that their English classmates have in some instances taken to the game in a friendly manner.

ROWING

June 28. At Poughkeepsie, N. Y., Cornell won Varsity eight-oared boat race by 22 lengths; Syracuse, second; Georgetown, third; Columbia, fourth; Pennsylvania, fifth; Wisconsin, sixth. Time, 20 minutes, 29 2-3 seconds. Cornell won Freshman race, with Syracuse second; Columbia, third; and Pennsylvania fourth. Time, 9-39 4-5.

Syracuse won Varsity four-oared race, with Cornell second; Pennsylvania, third; and Columbia, fourth. Time, 10-15 2-5.

June 29. At New London, Conn., Harvard won Freshman eight-oared race from Yale. Time, 9-09. Harvard won Varsity four-oared race from Yale. Time, 11-22. Yale won Varsity eight-oared race from Harvard. Time, 22-33 1-2.

July 5. At Henley, Eng., Leander B. C. beat Vesper B. C., of Philadelphia, for Grand Challenge Cup, in 7-05, and won cup by beating Ghent in 6-56.

TENNIS

June 24. At Philadelphia, Miss Elizabeth Moore won Women's U. S. Championship from Miss H. Homans in two out of three sets.

July 8. At London, Miss May Sutton, of Pasadena, Cal., won the women's tennis championship of Great Britain from Miss K. Douglas in straight sets.

AUTOMOBILING

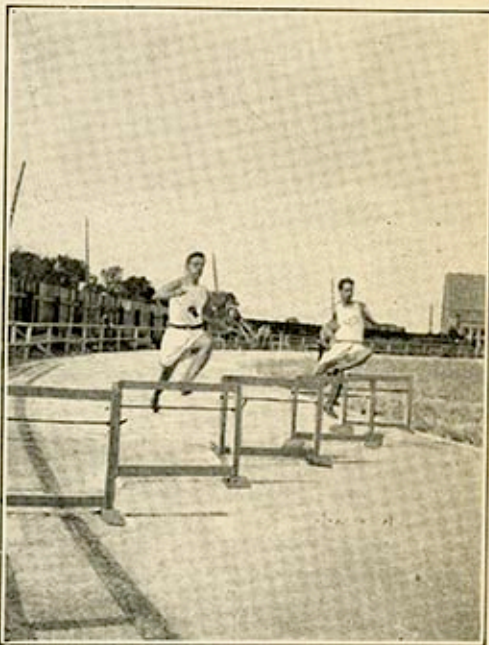
July 6. In France, They won the Gordon-Bennett cup race in 7 hours, 10 minutes; Lancia, of Italy, second.

GYMNASTICS

June 28. At Indianapolis, Philadelphia Turngemeinde won International Turnfest, with Germany second.

PUGILISM

July 3. At Reno, Nev., Marvin Hart defeated Jack Root in 12 rounds in fight alleged to be for heavy-weight championship.



Going over the next to the last hurdle in the final heat of the 400 Metre World's Olympic Championship at St. Louis, a year ago. Hillman and Waller, of the Milwaukee Athletic Club, on even terms, the race finally being won by Hillman. Photograph on cover of this issue shows splendid hurdling position, with body in a crouching attitude, hurdling leg straight in front, and trailing leg in a hooked position, ready to stride out on landing.

"There are four classes of men: those who can do the right thing without being told, those who can do a thing when they are told once, those who can only do it when necessity kicks them from behind, and then the fourth class, who cannot do it even when they are told twice and someone goes along to show them how."—*Elbert Hubbard.*

"The greatest disease to-day, is fear, which physicians inoculate into the community. There is an epidemic of everything, with the old-school physicians, except one of common sense."—*Dr. Munn before the Connecticut Eclectic Medical Association.*

TRAINING FOR THE HURDLES

By Harry L. Hillman, Jr.

Fourth of a series of valuable articles on Athletics by record-holders and champions. On the cover of this issue we reproduce a photo of the author in the act of hurdling, showing proper style for clearing the bar. Mr. Hillman has had marked success, both as a hurdler and a quarter-mile runner, as the following brief list of his athletic records will show. He won the 220-yard low hurdle A. A. U. National Junior and Senior Championship in 1902. Won the 220-yard low hurdle Metropolitan Championship in 1903. Won the World's Olympic Championship for the 200-meter hurdles, time 24½ sec.; 400-meter hurdles, time 53 sec., and 400-meters (437-44 yards) run, time 49½ sec., at St. Louis last year, establishing new records in each event. Also broke the world's record for the 440-yard low hurdle at Travers Island, the time being 54½ sec. Formerly represented the old Knickerbocker A. C., now a member of the New York Athletic Club and the Thirteenth Regiment of Brooklyn. Mr. Hillman never attended college.—BERNARR MACFADDEN

HIGH and low hurdle events attached to an athletic meet greatly increase the interest and relieve the monotony of the regular running races.

To make a success at hurdling speed is perhaps the most important factor. As a rule, athletes very seldom, if ever, commence hurdling until they have had more or less experience in the regular running events, such as the 100-yard, 220-yard, and 440-yard runs. In very few instances have men made a success in this line until they have been taught how to run, or, in other words, learned the proper form of a sprinter.

The preliminary work at high and low hurdling is at first apt to discourage the average athlete on account of the knocks and scrapes received going over the bars, and for this reason the tops of the practicing hurdles should be well padded with bagging. Another good way is to have the tops of the hurdles loose similar to the way in which the high-jump bars are arranged, so that they will readily fall off if hit. The beginner, unless unusually fortunate will receive falls occasionally, so that it would be advisable to do the greater portion of the practicing on the grass.

To obtain the proper form, place a hurdle about ten yards from a certain mark and keep continually going over it ten to fifteen times daily for a week or two. Each day you will notice your form is improving and you will be able to note your faults and overcome them.

The old style leap, crossing the leg in front of the body, has given way to the more up-to-date way of throwing the front leg straight in front at the jump, enabling the hurdler to land properly on the far side. The leap should be made in a crouching position, having the body well forward to resist the wind as little

as possible. Moreover the crouch position helps the runner get a good start for the next jump. The rear leg should be brought up close to the body in a hooked position, ready to stride out immediately on landing. Raising each leg alternately so that the knee will be on the level with the chest is considered a very good exercise. It will enable the hurdler to raise his legs quicker and higher, allowing the body to clear the hurdle closer.

The hurdles for the 120-yard high hurdle are 3 feet 6 inches in height placed at ten yards' interval, fifteen yards' distance to the first hurdle, and a like distance from the last jump to the finishing line. From the spectators' point of view the high hurdle is considered one of the most spectacular feats in athletics—especially when running on the turf.

After properly acquiring the form of a hurdler, practice getting the proper stride to the first obstacle. If the hurdler hurdles with his left foot, he should start from the mark with his right, doing just the opposite if he leaps with the right foot. He must sprint for the first obstacle as if his life depended on arriving there first, and should not hesitate in the least on jumping, always remembering to have the trailing leg ready to stride out the instant he lands. The idea is to get over the bar as quickly as possible, and so acquire very snappy movements. Once over the first obstacle, three long strides to the second, then the jump, and so on to the end, finishing up with the fifteen-yard sprint.

As a great many races are won by being able to obtain the lead at the first hurdle, so most of the training should be over this obstacle. Being able to negotiate the jumps with the proper stride, the balance of the training is comparatively easy.

Training the athlete should be done

under the following schedule: Beginning with Monday practice the starts, that is getting off the mark quickly, running about twenty-five to thirty yards at full speed each time. After a brief rest, go over the first hurdle three or four times, ending up the day's work with a 220-yard sprint at a fast clip. Do about practically the same thing on Tuesday. It would not be advisable to do much on Wednesday; practicing the starts being about all that is necessary. On Thursday follow the same schedule as Monday and Tuesday with the exception of the 220-yard run. In its place, it would be well to run through a 120-yard hurdle at good speed. Friday and Saturday's training should also be similar to that of Monday and Tuesday. Of course if the athlete is not under the guidance of an instructor he should use his own judgment as to how much work he needs. By following the above routine, varying it now and then to suit the athlete's requirements, in the course of time he will feel perfectly at home over the high sticks. Al Copeland, the star hurdler in the 80's, and the ex-Yale trainer, who is now training the New York Athletic Club's track team, claims that once a man is able to take the hurdles properly, he should seldom do much hurdling in training, as notwithstanding the jolts and jars received going over the bars, hurdling has a tendency to make one slow. After the experience has been gained, most of the training should be on the flat.

In the longer event, the 220-yard low hurdle, the hurdles are 2 feet 6 inches in height. The distance from the scratch mark to the first obstacle and between each succeeding hurdle is twenty yards, with a twenty-yard finish from the last obstacle to the end, ten hurdles being used as in the 120-yard hurdle. Hurdling over the low sticks is more of a long step than a jump. If the runner hurdles with his left foot, the start should be made from the scratch mark with the same foot, or, in other words, the hurdler should always start from the scratch mark with his hurdling foot; this will bring him the right distance from the hurdle, allowing him to make the jump with the proper foot. The most important point is being able to leap the first obstacle without hesitating, so most of

the training should be centered on this particular hurdle. The average athlete takes about eleven strides to the first jump (this being necessary on account of the short strides used in starting), with seven or nine strides between the other jumps. A man with a long stride will find he can make the distance in seven strides, a smaller man or one accustomed to taking smaller steps will find nine strides perhaps more to his liking.

In this event, a long, fast, even stride is necessary from start to finish; headwork, steadiness, and self-control play important parts in the matter. Do not get rattled and try to jump too close to the bars; never under any circumstances turn your head; immediately after jumping one hurdle, glue your eyes on the next one. The hurdler will find on reaching about the seventh jump that he begins to tire; here is where steadiness is required. The majority of beginners falter or chop their strides and naturally lose ground. So keep steady and endeavor to take the regular seven or nine strides.

Quarter-mile running helps to strengthen the athlete for this event and also enables him to hold his stride throughout the race. The regular routine schedule should be followed somewhat the same as in the high hurdles, the only difference in training being that longer work is required in the low hurdles, such as 300-yard and 440-yard runs.

Last, but not least, is getting the athlete in the proper condition. Plenty of sleep is imperative. He should retire each night not later than ten o'clock. Take a cold sponge bath each morning, following it with a rub-down. Knead and massage the limbs frequently. Eat good wholesome food, not much meat; in fact, meat could be cut out entirely. I have heard that Marcus Hurley, the amateur champion bicycle rider, never partakes of meat. Occasionally swallow a whole raw egg, which is excellent for the wind and stomach. Candy, pastry, and tobacco are very injurious to the athlete. A course of training now and then, if not overdone, greatly improves the health of the average person. All young men in business should take up some form of athletics, as it tends to increase circulation and gives one the needed virility demanded by modern business life.

QUESTION DEPARTMENT

By *Bernarr Macfadden*

Those interested in the articles which have appeared in the magazine during the past year, giving instructions for the treatment of various diseases, will be pleased to hear that we have adopted a new method of helping those in need of advice of this character.

We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily régime. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

Brain Culture

Q. At twenty-three years of age I still have trouble with my thinking ability. I may know a thing, but when I want it, I cannot call to mind. It is hard for me to remember anything, and I am much disheartened over it. Have you any regular way of developing the brain, so as to make it act more promptly?

A. Another subscriber inquires if there is any means by which he can increase the size of his head. Although with increased brain development the head might possibly expand very slightly, yet it is doubtful. He can, however, by proper training, increase the efficiency of the head he has. It requires the continued and vigorous use of any faculty to develop it to any marked degree, and as a general thing I might say that mental work and the habit of thinking will develop brain power just the same as physical exercise will develop muscular power, unless one overworks and exhausts himself. At the same time, brain work and brain development depend primarily upon the character of the blood with which the brain is supplied, and a strict physical culture life, building up superior bodily health and a richer, purer, better quality of blood, will doubtless enable you to make a radical and permanent improvement in your thinking ability.

Can One Overcome a Low Forehead?

Q. Though otherwise well proportioned, I have a very low forehead, and in addition to that, my hair grows very low, making my appearance very unsatisfactory. Would you advise medical or surgical treatment for it, or is there anything I can do?

A. There is nothing you can do, except to comb your hair upwards, pompadour fashion. In addition to this, an active, alert condition of mind might help to give your face such an expression of intelligence that it would partly offset the defect mentioned.

Peanuts, Raw or Roasted?

Q. Do you advise me to eat peanuts raw or roasted? Do they lose much of

their strength and are they more indigestible in the latter state? Should the brown skin, which peels off the nut when baked, be eaten, or not?

A. It is doubtless better to eat peanuts raw, if you enjoy them in that state. Many, however, find it necessary to cultivate a taste for them uncooked. The main argument of those who advocate cooking of food is that the heat serves to break up the cell structure of the tissues and makes them more accessible to the digestive juices. The value of this is doubtful, and in any event, raw or roasted, the digestibility of an article depends largely upon how thoroughly it is masticated. Moreover, it is certain that the life and strength of a food is largely destroyed by cooking, and the farther the cooking process has been carried, the less nourishment remains. Peanuts are a very valuable and nutritious food, but should not be roasted too brown. The brown skin may be eaten or not, as your taste dictates. There are some who even eat the outside shell occasionally, with the belief that the coarse fiber of same will help in the work of digestion.

Rope Skipping as an Exercise

Q. I have been in the habit of "skipping the rope" for exercise, along with a series of other movements taken from your publications, deriving much benefit from same. I have recently been warned against rope-skipping as being detrimental to the stomach and affecting the heart. Would you kindly give your opinion of it?

A. Unfortunately there is a class of persons who deery exercise in almost every form, and no matter what form of physical culture you might adopt, they would be likely to condemn it as dangerous. I consider rope skipping a splendid means of building up one's health and strength, and it is certainly not a menace to one's bodily well-being as some physicians would have us believe. It is a delightful exercise, exhilarating and refreshing, and to be highly recommended, in general. Of course, it can be overdone the same as anything else, but this is very unlikely unless one is exceptionally weak or debilitated. Everyone should learn to determine for him

or her-self the amount of exercise needed in one's own case. If a little common sense is used, there need be no exertion beyond the bounds of safety or personal comfort. The use of the skipping rope will never strain the heart unless in the case of extreme efforts, and even then, if your previous training has insured your being in proper condition, your heart should not suffer.

Consumption and Climate

Q. Can a consumptive, after having recovered in Colorado, return East without danger of again falling a victim to his past disease? Doctors have claimed that such a return to the East is almost invariably fatal.

A. There is no reason in the world why you should not return to the East, or go almost anywhere, provided that your general habits of life are right. If, on returning home, you go back to the same sedentary, inactive life that you formerly led, and follow the same old habits that originally caused or furthered the disease, you must expect that you will again fall a victim to it.

Cold Shower When Perspiring?

Q. Kindly advise if there is any harm in taking a cold shower bath while perspiring from exercise?

A. A cold shower bath when perspiring should be attended by no harmful effects. Of course, the temperature of the water, the length of time in the bath, and the vitality of the bather should be considered, and, as in any other bath, it is quite necessary to recuperate promptly with warmth and comfort. In fact, this ability to recuperate readily is the only test by which one can be guided in matters of this kind. When warmed with exercise one is in a far better condition to recover from the cold water than when the body is comparatively cool, and the circulation less active in consequence. If perspiring freely before the bath, you will probably find, after drying yourself, that you still continue to perspire.

How do "Strong Men" Get Their Strength?

Q. Kindly state through your columns how Sandow, Romulus, Cyr, Arthur Saxon, and others equally well

known, got their strength? Was it not by the use of heavy weights, and could their development be secured by use of light weights only? How did you secure your own development?

A. It is true that strong men of the type you mention secured their strength mainly through weigh-lifting, and that it would not have been possible to have acquired such a muscular development as theirs by use of very light weights only. The writer feels, however, that such abnormal developments are not to be desired, and does not class himself among those named in your list. As I have frequently stated, I consider that such unnatural developments are invariably secured at the expense of vitality and nervous energy. My own strength was built up mainly through wrestling and special developing exercises, years ago. I consider wrestling a perfectly efficient and satisfactory means of building up strength and muscle, but only to such a degree as is natural and normal. I feel absolutely certain, however, that I could have attained my present physical development entirely by the use of the resisting exercises which I have described and illustrated in previous issues of this magazine.

To Develop Speed and Agility

Q. Why is it that when I jump I can't get much spring or force in my efforts? How can I become quick in fencing or boxing, as I am very slow in my movements?

A. Your difficulty may be due either to lack of proper training of the muscles themselves, or, possibly, to general constitutional conditions. In other words, you may not have the nervous energy necessary to think and act quickly, for quick movements are due to quick thinking. Habitual overeating, the breathing of bad air, and deleterious habits, are inclined to make one phlegmatic, both in thought and action. This can be largely overcome by a light diet and care of the general health. It is more likely, however, that your muscles have never been trained to quick action, and hence you should diligently practice all exercises and games that call for speed and agility, until you have formed the unconscious habit of acting quickly. You should run and jump all you can, and fence and box, especially with someone who is quicker than yourself.

Prize winners in the various local contests for the most perfectly developed men and most perfectly developed women will be furnished with tickets to and from New York.

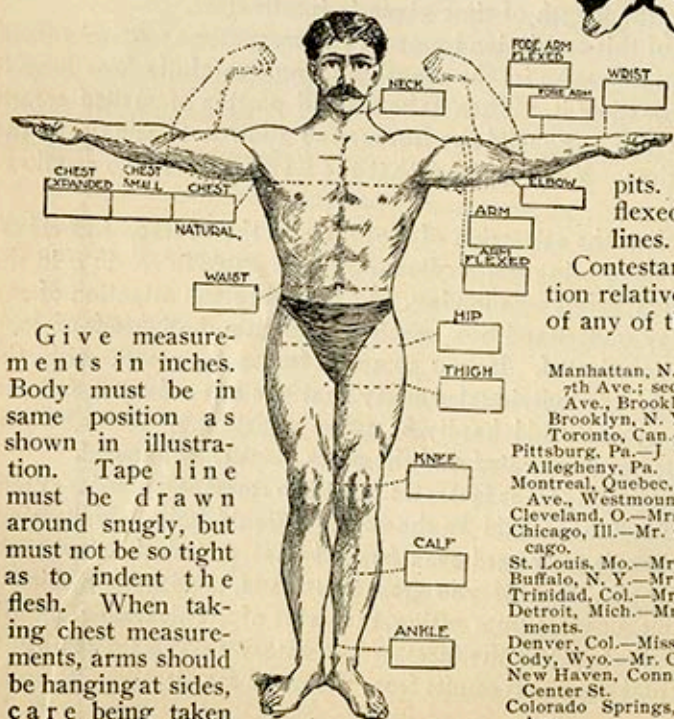
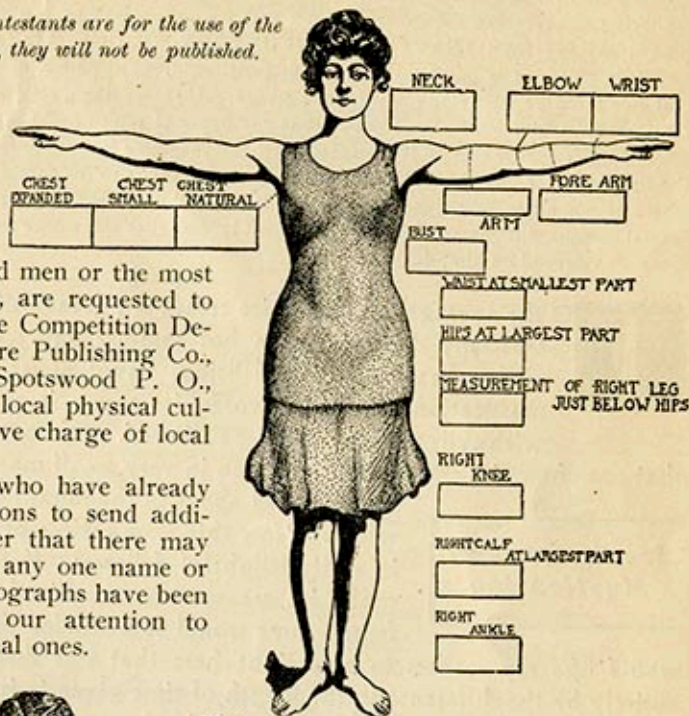
Contestants can obtain full information relative to contest from Mr. Paul Winkler, 25 So. 8th St., Phila.; Mr. W. B. Binford, 271 Kingston St., Boston, or from any of the secretaries of societies given on opposite page.

Measurement Blank Illustrating Manner in which Measurement Must Be Taken by Applicant Entering the \$1,000.00 Prize Contest

Measurements of all women contestants are for the use of the judges only. If so requested, they will not be published.

EVERY contestant who has already sent in his or her entry, and all those who intend entering the \$1,000 prize contest for the most perfectly formed men or the most perfectly formed women, are requested to send in entry to the Prize Competition Department, Physical Culture Publishing Co., Physical Culture City, Spotswood P. O., N. J., or to secretary of local physical culture society, who will have charge of local competition.

We request all those who have already forwarded their applications to send additional application in order that there may be no possible chance of any one name or entry being lost. If photographs have been forwarded already, call our attention to this fact, or send additional ones.



Give measurements in inches. Body must be in same position as shown in illustration. Tape line must be drawn around snugly, but must not be so tight as to indent the flesh. When taking chest measurements, arms should be hanging at sides, care being taken

that the tape is drawn directly across the back, exactly on level with armpits. Take measurements of flexed arm as shown by dotted lines.

Contestants can obtain full information relative to contest from secretaries of any of the following societies:

- Manhattan, N. Y.—Caledonian Hall, 54th St. and 7th Ave.; secretary, Mr. G. E. Harley, 984 Putnam Ave., Brooklyn, N. Y.
- Brooklyn, N. Y.—Miss C. E. Markwell, 493 12th St.
- Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.
- Pittsburg, Pa.—J. Walter Rhea, 1508 Buena Vista St., Allegheny, Pa.
- Montreal, Quebec, Can.—Mr. Leo Poupore, 344 Wood Ave., Westmount.
- Cleveland, O.—Mrs. L. J. Romey, 251 Erie St.
- Chicago, Ill.—Mr. C. R. Peterson, Reaper Block, Chicago.
- St. Louis, Mo.—Mr. Edgar C. Perkins, 802 So. 4th St.
- Buffalo, N. Y.—Mr. Alfred F. Borschel, 241 Bristol St.
- Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 254.
- Detroit, Mich.—Mrs. Amy E. Alkire, Central Apartments.
- Denver, Col.—Miss Agnes Reed, 1648 St. Paul St.
- Cody, Wyo.—Mr. Chas. A. Evans, Cor. Sec.
- New Haven, Conn.—Miss M. E. Andrus, Cor. Sec., 14 Center St.
- Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.

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.

This magazine is not published for financial gain. The editor believes that there are objects in life that give far more satisfying rewards than money. He is leading a reform that is of more value to humanity, that gives him more calm content, than any financial return could yield him, no matter how great it might be. To prove that he is in earnest, that this magazine is not published for financial profit, he makes the standing offer, that he will place the property necessary to the continued existence of this publication where he can never gain financial profit by it and will still continue his work as editor, provided one or several persons will guarantee him a permanent income that will suffice for the living expenses of him and those who depend on him, during life.



In the average individual ice cream is a great delicacy. It is supposed to be especially delicious on a hot summer day. Now I can prove to my readers that this same delicious flavor of ice cream is due to thorough mastication. In other words, ice cream is allowed to thoroughly mix with saliva before being swallowed. Of course, I do not mean to infer that one chews ice cream, but it is eaten in very small morsels and slowly melts from being moved about in the mouth and from contact with the saliva. Now this slow eating process brings out the flavor in all its delightful delicacy. If the same ingredients which make ice cream were combined and eaten without being frozen there would be a decided difference in flavor. And I

Ice Cream and Mastication

would like my readers to note right here that this difference in flavor is caused entirely by the difference in the length of time given to insalivation.

To prove the accuracy of this conclusion I propose this comparison: Place a small morsel of thoroughly frozen ice cream in the mouth and note carefully how long it takes before you desire to swallow it. Then take a small portion of melted cream and move it about in the mouth as you did the frozen, and allow it to remain in the mouth a similar length of time. You will find that the flavor previous to swallowing is in each case identical.

I maintain, therefore, that the attraction of ice cream to the average individual exists solely because he is able to bring out its flavor by being able to retain it in the mouth for a prolonged period before swallowing. I am calling the attention of my readers to this that they may understand how much more delicious all kinds of food become when thoroughly masticated. If you compare frozen ice cream with the same mixture melted the average individual will say that one has a dainty, delicate, delicious flavor, while the other would hardly be called appetizing, merely because one is thoroughly masticated or insalivated and the other quickly swallowed.

Flavor of every article of food can be increased in deliciousness to a similar extent by a thorough mastication. Food should be chewed to a liquid before swallowing, and if the mastication process is prolonged even beyond that period, the flavor will greatly increase in deliciousness. Even if you are a gourmand, if your only object is to secure the greatest possible pleasure from eating, the value of mastication from this standpoint should be understood. And the increased gustatory enjoyment represents only a small part of the actual gain that results from thorough mastication. It should

be known that the thorough enjoyment of food accelerates the flow of the gastric and other digestive juices essential to the proper assimilation of food. The more you enjoy a meal the more easily it is digested. The more thoroughly you prepare your food by thorough mastication before it enters the stomach the more easily and perfectly digestion is carried on in the alimentary tract, because no small part of the preparatory digestive process is actually begun and consummated in the mouth with the aid of a plentiful supply of saliva, which in turn is induced by proper and prolonged mastication. Do not gulp your food therefore; have some respect for your stomach. Eat slowly, masticate thoroughly, and secure all the enjoyment you can from every morsel.



REFERRING to a theory of disease that has been advanced at times in this publication, one of our friends makes the following comment:

"I do not understand how disease is of advantage, for if this were true we would be benefited by having a disease. Now we are not improved by disease, we lose by it. Some give their lives, others linger in agony. Can such results be called beneficial? Disease may be, as you say, the outcome of natural processes, but I fail to see the kindly or beneficent purpose behind it. You say Nature means well by it: Are you assuming that Nature possesses intelligence or that there is intelligence behind Nature working for our advantage?"

Disease is a physical housecleaning. It is a cleansing, purifying process. Pain is, I firmly believe, in nearly every case, beneficent in its influence. It is sent for a purifying purpose.

Disease, I firmly believe, actually saves life and gives the body a chance to cleanse itself of the vast amount of impurities that the organs have been unable to eliminate. The body is full of filth and some means must be found to throw it off, or death would quickly ensue. Pneumonia, fevers, headache, neuralgia, colds are all sent to help in a

purifying process. Death should never occur from an acute disease. It does not occur under the rational, natural treatment. If the disease could only be understood from this standpoint, it would quickly lose its terrors. It would be looked upon as a friend in disguise. It would be accepted as a punishment for previous sins, but it should be understood that it comes as a life saver, that it is simply an effort on the part of Nature to cleanse the body.

To be sure, the painful and often serious manifestations of acute diseases are absolutely unnecessary if one would follow a proper régime. When the digestive system, for instance, cries out again and again for rest and its warnings are ignored it at length revolts; the stomach refuses to retain food; as, for instance, in typhoid fever and many other allied ailments, but little, if any, food can be taken. Many illnesses impose compulsory fasting. If you will not fast when Nature indicates its necessity the digestive organism finally orders a compulsory fast through means of a sickness.

There is no need or excuse for serious acute illnesses, but those who will not give attention to Nature's plain laws must pay the penalty. If you will not fast on occasions to give the digestive organism a rest you can continue in your foolish course until the feverish brow and pain-racked body forces you to let it have a much-needed respite from its overtaxing labors.

CRIME and disease are boon companions. Rarely do criminals possess vigorous health. They are physically as well as mentally diseased. Is this unquestionable fact recognized by those whose duty it is to deal with the depraved? Must we not admit that the laws of to-day are based mostly upon the old idea of vengeance? A tooth for a tooth, an eye for an eye, a life for a life, seem to be the basis of our jurisprudence. But still the punishment of our criminals is supposed to be reformatory rather than punitive. Yet is not

*Are Jails and Penitentiaries Schools
for the Education of Criminals?*

its influence of a directly opposite nature in too many instances? And are not the confinement and the associations under such circumstances inclined to lower a prisoner's entire moral standard?

Many instances have occurred, and are still occurring, where young men who through some hasty action have come in contact with the law have been dealt with so unjustly that they have been made criminals for life.

The idea of a jail is everywhere associated with dark, dingy cells. The moral and physical purifying influences of light and air rarely enter such places. Darkness and crime are closely connected.

The whole idea of punishment of criminals should be radically changed if the law contemplates the possibilities of reformation as theoretically it is supposed to do.

Punishment which does not reform is of but slight value. Punishment which leaves a man embittered against his fellows accomplishes nothing save a disastrous blunder. Those whose actions have proved that the safety of the public is endangered because of their liberty should be imprisoned. But dark, dingy cells cannot be wholesome in their influence. Dim, noisome holes cannot hold out the faintest hope of assisting the unfortunates to reach a proper understanding of their rights and duties as citizens. If there is a human being on earth entitled to light and air it is the criminal. He is diseased in the body as well as the mind.

Let us have prisoners if we must, but sunlight and air should be furnished in the greatest possible abundance. And if we would add to these beneficent influences the physical activities and dietetic régime that tend to build up and make more vigorous and wholesome the entire functional organism, there would be vastly more possibilities of reforming criminals than under current conditions. Criminals are diseased and they are just as amenable to treatment and cure as are those suffering from other chronic diseases. A victim of a chronic disease must actually change himself mentally and physically, and sometimes morally, to effect a cure, and those who are responsible for prison environments should keep these facts constantly in view.

Bernarr Macfadden

He who has health has hope, and he who has hope has everything.

—Arabian Proverb

Health is the greatest of all possessions, and 'tis a maxim with me that a hale cobbler is better than a sick king.

—Bickerstaff

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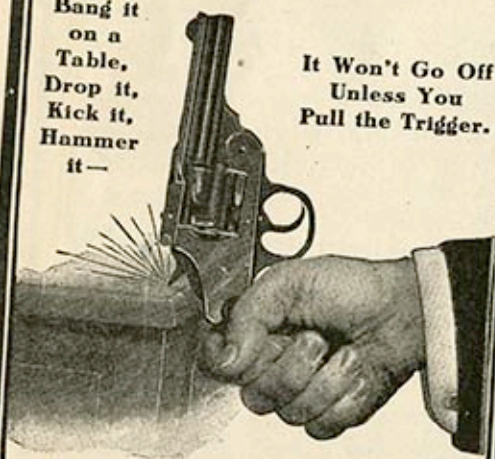
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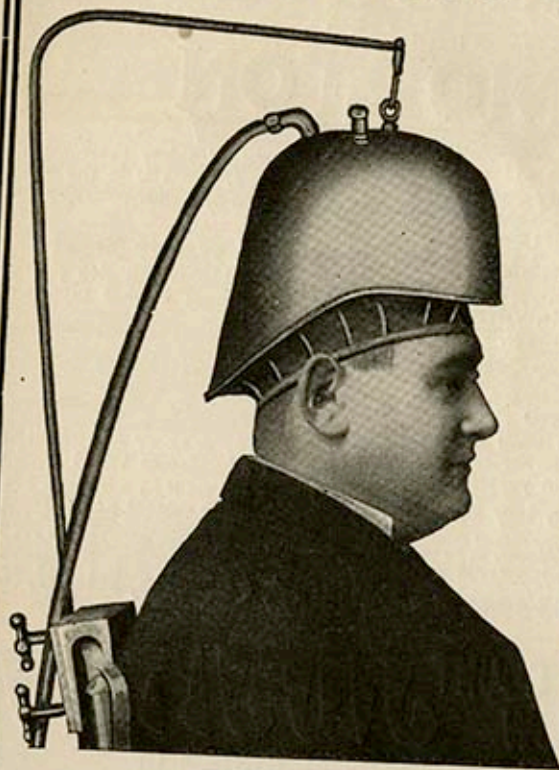
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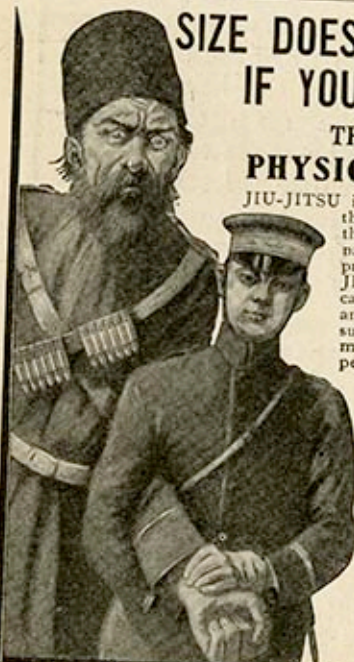
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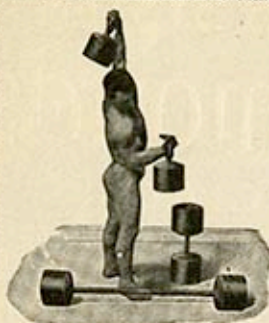
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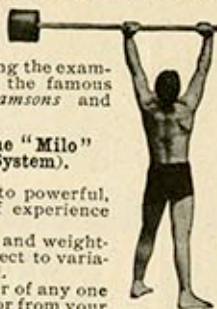
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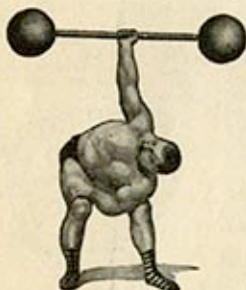
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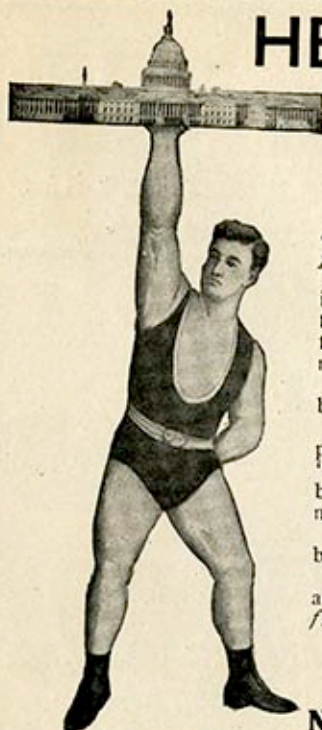
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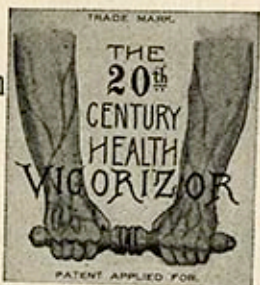
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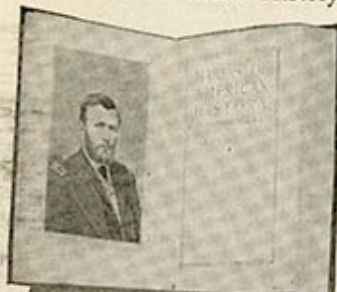
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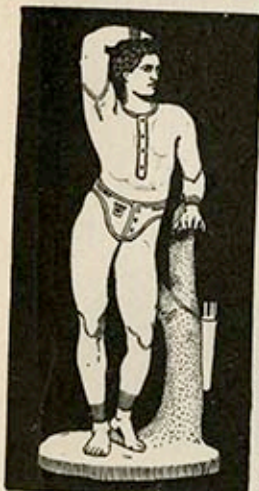
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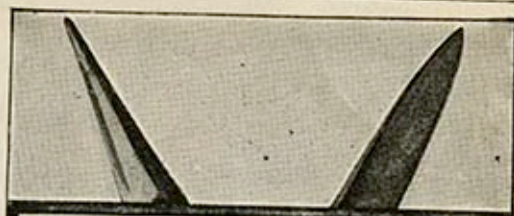
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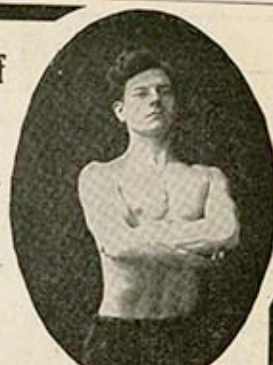
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MEN AND WOMEN

by

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New York State University

Edited by Prof. ANTHONY BARKER



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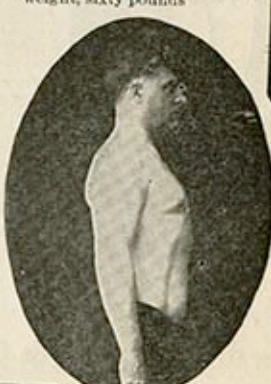
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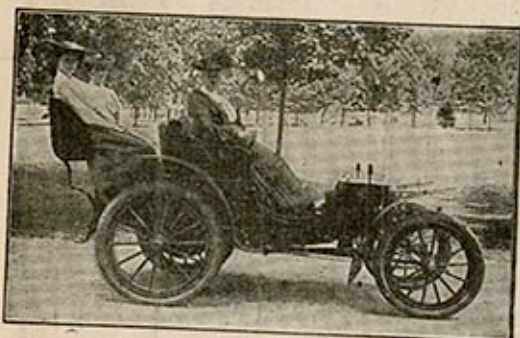
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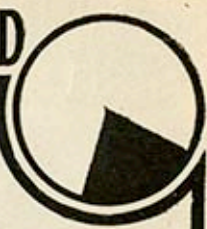
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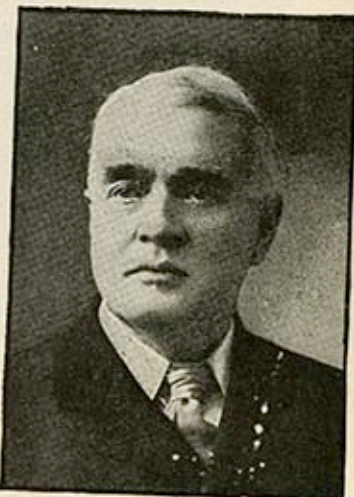
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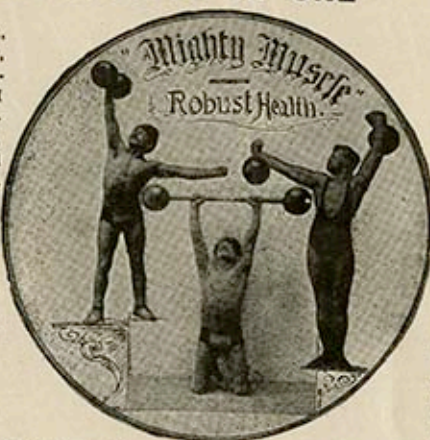
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