

PHYSICAL CULTURE

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

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SEPTEMBER, 1908

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PHYSICAL CULTURE

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

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Vol. XX

September, 1908

No. 3

THE EDITOR'S VIEWPOINT

THE first duty of every male representative of the human race is to be a man. This means something more than the ability to wear the clothes which indicate the male sex. It means that you should have the strength and the instincts that accompany clean, wholesome manhood. There are thousands upon thousands of pretenses in this country today. Many of them are under the impression **BE A MAN** that they have some claim to manhood, but in reality they are mere ciphers. They are little more than nonentities, as far as manhood is concerned. Being a man means something. It means that you are a vigorous, virile specimen of mankind. It means that you have firm principles, that you possess a stable character, and ought to mean that you are continuously struggling for the attainment of the highest ideals.

As one of our correspondents said in a letter recently published, you may be a lawyer, a doctor, a teacher, or a minister of the gospel of high renown, and still you may be a mere cipher as far as manhood is concerned. You can hardly imagine one being a real man without possessing a certain amount of strength. Weakness and manhood are not synonymous. They cannot be called associates. Weakness usually means a wavering, unsteady character. Cowardice is a boon companion of weakness. The leering hypocrite exhibits weakness as a marked characteristic.

I want to preach of the glories of manhood in its highest, noblest sense. Manhood means the possession of all the grand powers that go to make a real man. The world of today is full and overflowing with mere substitutes for manhood. Some men possess but little strength of character. Their principles are built on a sandy foundation, and when they come in contact with the perversions of today they soon lose what little conscience they may have originally possessed, and ultimately their principles, their code of honor, their very soul, has been disposed of for a financial price.

They sell out body, mind and soul, and they go through life forever afterward a mere shell of a man, a pretense, a hypocrite, a miserable, skulking coward. Some men are afraid of their own shadow, and a really firm conviction would scare them to death. Even if they should so wander from ordinary paths as to have an opinion, they would be afraid of it. They would hide it away so nobody could see it. They would be ashamed of it.

I want to say to every male reader of this publication, BE A MAN! Whatever your purposes and your ambitions in life may be, first of all, BE A MAN! You want to respect yourself, you want to have strong principles, you have need for high ideals, you should adhere to a high code of honor, and to do all this, you have to BE A MAN. No matter what you are, no matter what you do, BE A MAN!

DEGENERACY is running rampant throughout this entire country at the present time. Insanity is increasing, divorces are multiplying, crime is more frequent.

The jails, penitentiaries, workhouses and poorhouses are overflowing. The rural districts may be excepted in these broad statements, at least in the western part of the

**A GLORIOUS
OPPORTUNITY
FOR PHYSICAL
CULTURISTS**

United States. The populations of the cities are increasing, but the vigor and vitality of the country districts are feeding the seething fire of degeneracy that is burning at a white heat in nearly every thickly settled community.

The opportunity for men with convictions, men who are strong of body, firm of character, will soon be close at hand. Unless there is a great change, even within a very short time, the entire country will soon be "going to the dogs." The degeneracy that you find everywhere cannot continue indefinitely without putting its imprint upon the life and soul of every individual in the nation.

I call to physical culturists everywhere, and when I say physical culturists, I mean men, and women too, for that matter, who believe in the high principles for which we stand, to come out into the open and declare themselves. **DON'T BE ASHAMED OF YOUR PRINCIPLES!** Don't hide your superior manhood or womanhood! Come out and proclaim the truth in the highways and byways! The people of this country are hungry, **THEY ARE STARVING, ACTUALLY DYING LIKE FLIES,** for the need of the truth for which we are fighting. You physical culturists, you men and women, who proclaim yourselves agents for the divine cause for which we are struggling, **WHY DON'T YOU DO SOMETHING?** Why don't you awake from your reverie and realize that the time is really at hand, now and here, today, when you are needed to save your brothers and your sisters from the pitiful influences that are everywhere dragging the race down to weakness, ruin, death, and oblivion.

THE TIME IS HERE NOW, fellow physical culturists. **DON T DELAY,**

DON'T DALLY! Gird up your loins and "WADE" INTO THE FIGHT! Let the maudlin weaklings prate of peace, but there is no peace here for honorable men who have intelligence enough to deduce plain conclusions, and firmness of character enough to have convictions. There are conditions existing here in this country today that would make the blood of any real man boil with indignation. Greed and graft have been crowned kings in nearly every community; the people are bowing their heads before these mighty monarchs. They have lost their manhood, their womanhood. They are fearful of everything, everybody. They are often even afraid of themselves.

The great and tragic need of today is for men with convictions, men who come from fighting stock, men who are willing to stand by their principles, their code of morality, men willing to stand by their colors to the very last ditch. We want no faltering weaklings. We want no wavering characters. There is need for men who will go out and preach the divine gospel of manhood and womanhood.

DON'T HANG BACK! DON'T HESITATE! Don't say you are not prepared. You men and women who have tasted the fruits of the higher life, GO OUT AND DO YOUR DUTY! Carry out the dictates of your own conscience, of your own intelligence! Don't be afraid of prejudice! Stand up and fight, if need be for your individual selfhood! Be yourself! Fight with all your might for the right to act in accordance with the dictates of your higher intelligence. The people everywhere are ready. They are waiting for the message that each and every physical culturist has to deliver. They are suffering to an extent beyond the power of tongue or pen to fittingly describe, for the need of the truth that we are trying to spread. The time is coming, and it is not far off, when strong men will have to jump into the arena and save this nation from the grasping greed of the grafters and the bribe-takers, who are soulless, and conscienceless. They have sold their individuality, their self-respect, and have lost every semblance of honor. Men of this sort are in power in many sections of the country. They will not give up their influence without a fight, but they are cowards, miserable, sneaking, skulking cowards. You cannot get them out into the open. They will sneak behind pleasing platitudes. They will use every conceivable unjust law in order to protect their interests; but when they hear the storm coming, when the people rise in their might, when the truth is ringing in the ears of everyone, such characters will quickly disappear.

THE OPPORTUNITY IS HERE NOW, fellow workers. DON'T BE ASHAMED OF YOUR PRINCIPLES! Suppose your friends do think you are peculiar, suppose some of the conventional mob think you are insane. GO OUT AND DO YOUR DUTY regardless of the vituperation that may come your way. There is no satisfaction, there is no happiness to any man, to any woman, who sits down and calmly sees their fellow beings in the throes of weakness and misery, if he does not extend a helping hand in these dire extremities.

GO OUT AND DO YOUR DUTY, I say! GO OUT AND PREACH THE GOSPEL OF HEALTH! What? You say you are not prepared? Don't stop for preparation,

there isn't time. **YOU ARE NEEDED NOW, EVERYWHERE.** All you need is to be convinced beyond all possible doubt of the truth of your cause, and day by day, as you begin to fight for these divine principles, you will add to your efficiency, to your power for this great and wonderful work.

THE United States army and navy have their advertisements spread everywhere, offering what seem to be very attractive inducements to men who might be desirous of joining the army or navy. It is reported that the government is finding it difficult to secure men. On many occasions it has occurred to me what splendid opportunities there are in the army for developing a race of magnificent men. I know many would say that only the riff-raff joins the army in times of peace, but if conditions were different, if the army was made the means of developing superior manhood as well as efficiency as a soldier, it would attract many of a better calibre. And is there anything more important in the development of a soldier than his strength and health? Did not the results of the late war with Spain show to an alarming degree the pitiful inefficiency of those in charge of the army at that time so far as a maintenance of health was concerned?

WHY DON'T MEN ENLIST?

Now the good work that this publication is spreading ought to be done on a wholesale scale by the government. The army ought to be a monumental physical culture school. Next to efficiency in the handling of his weapons and in the maneuvers required of a soldier, strength in the highest degree should be considered. In fact, you might say it ought to come first, because without strength a soldier would not be able to accomplish anything. He would be in the way. The United States government is finding it difficult to secure the soldiers that they need. If they will organize a physical culture regiment, if they will follow the theories in that regiment, advocated in this publication, if they will make the first object the building up of superb health in every soldier in the regiment, regardless of the pay that might be offered, I can predict in advance that the government will be amazed at the number of young men of more than average character who will enlist under circumstances of this nature. There will be no dearth of applicants, because there are thousands of young men who would make almost any sacrifice if they had some means of being insured that they could make strong men of themselves.

And what would a regiment of this character be capable of accomplishing, for instance, in a time of war? **NO WHISKEY, NO BEER, NO MEAT and NO PROSTITUTES** would be required for these men. The simplest kind of raw food would represent all that would be needed from a dietetic standpoint. They could live on raw rolled oats or rolled wheat for months if necessary. They would require less than half

of that which is used to feed the ordinary soldier and they would be stronger and far more capable in every way.

If the United States government would start enlisting men under conditions of the kind that I describe, I venture to say that through this publication alone thousands of clear-minded strong-limbed young men could be found who would be glad to enlist in the army. I know many of our friends will say that I am advocating war, but I am simply advocating the highest attainable degree of manhood. I am advocating that strength, that efficiency, which would be absolutely essential if we were attacked, if we were compelled to defend our own. I don't believe in looking for trouble. I believe in using every honorable means to avoid it, but when it comes your way, I believe in being prepared to make a fight that will be a credit to yourselves and to your country.

THE highest type of manhood and womanhood is more frequently met with in the west than in the east. The influence of greed and graft is not nearly so apparent.

There you will find more real men and more true women. They are able to live out their lives more in accordance with the dictates of their conscience in the west than

A CLEAN-

MINDED CITY

in the east. I have heard these statements made many times, I have not personally visited the far west but from the traveling I have done I am inclined to believe the truth of these statements. Battle Creek, Michigan, a city of the middle west, is one community which represents very accurately the general effect upon the public of coming in close contact with what some people call health or food fads. Here is the home of the largest Sanitarium in the world. This institution has grown up with the town. It has been here nearly forty years. Though this great institution still clings to the source of the drug theories, it is growing gradually broader, and may some day accept the tenets of the non-drugging doctors. The influence of this sanitarium has been felt throughout the entire city, which now numbers twenty-five thousand inhabitants. Battle Creek is famous for its health foods. It is famous as a health resort, but there are many other attractive features about the city of which the average public knows nothing. The people here as a rule are broadminded. There is not a prude among them so far as I have been able to learn. The ministers of the various churches have gotten rid of many of their prejudices. The human body is not an unwholesome and a vile thing to these men. Their theology as far as I can see means saving the souls of men here on earth as well as hereafter. The city furnishes a very practical example of the effects of coming in contact closely with all those reforms which stand for development of health and strength to their highest attainable degree. To be sure, they are not all physical culturists. Some of our ideas no doubt seem extreme to them, but they are open-minded. They are not prejudiced against you in advance just because your theories are not identical with their own. And though the laws of Michigan do not give

individual counties a chance to vote on the liquor question, (I have lived here several months) I have seen but one saloon in the city, and what may seem rather startling information to our friends, I have only seen but one butcher shop. There are others no doubt, but they must be scarce, as I am a believer in walking and have been in nearly all parts of the city

Bernarr Macfadden

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Chest-Weight Exercises in Bed

By Bernarr Macfadden

A SERIES OF EXERCISES WHICH GIVE ONE THE SAME OR GREATER BENEFIT THAN IS SECURED FROM THE USE OF CHEST WEIGHTS, AND WHICH CAN BE TAKEN IN BED WITHOUT APPARATUS OF ANY KIND

SECOND LESSON

IN the second lesson for taking what I term chest-weight exercises in bed, I am presenting two movements that will bring the muscles of the shoulder and chest, and the posterior portion of the upper arm into very active use. The desire for broad shoulders is almost universal, especially in members of

the sterner sex. The desire to obtain this characteristic is particularly noticeable in men's wearing apparel. Rarely do we find a coat that has not a certain amount of padding to give the shoulders a broad appearance. Now there is no special need of this pretense if one will tender proper attention to those exer-



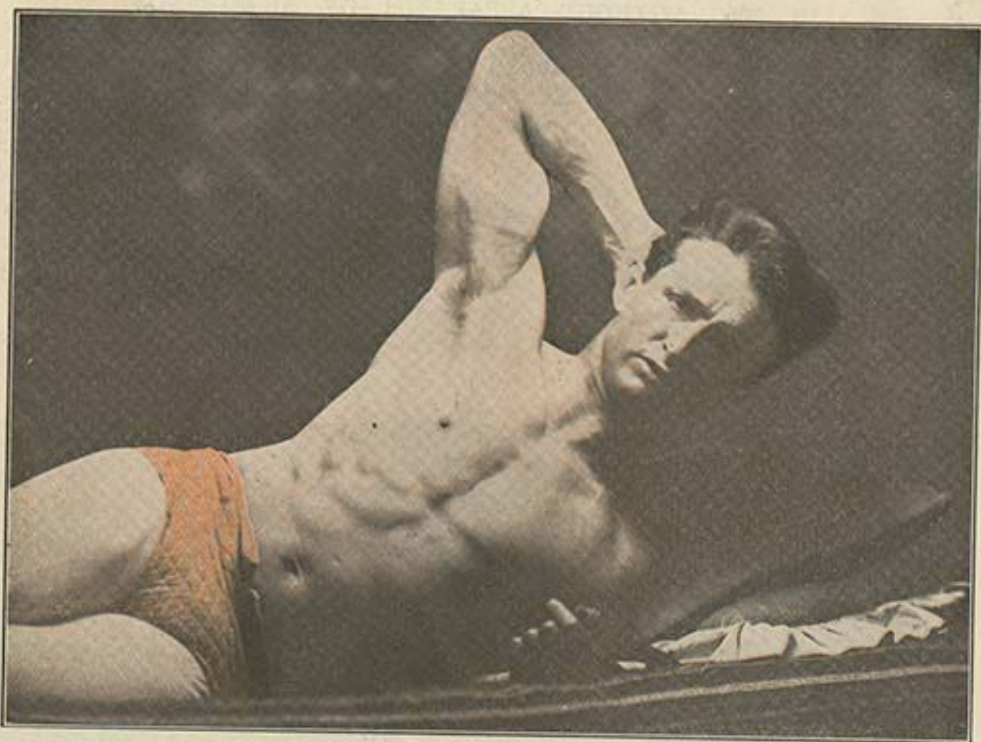
Photograph No. 5, Exercise No. 3. Lie on left side, with left arm bent and directly under body. Now raise chest and upper part of body by pushing downward with elbow of left arm as high as you can (see next illustration.)

cises that develop the shoulders. One set of exercises that I am presenting in this issue is especially valuable for this purpose.

But few individuals realize to the full the value of a strong, well-developed chest. In nearly every instance vigorous muscles surrounding the chest walls insure more than average strength

of exercises for attaining this particular object, I have never published a method of developing this part of the body which will bring such quick and satisfactory results as the exercises I am giving in this series of lessons.

Always be sure to continue the exercise until the muscles are tired. When I say tired, I do not mean exhausted.



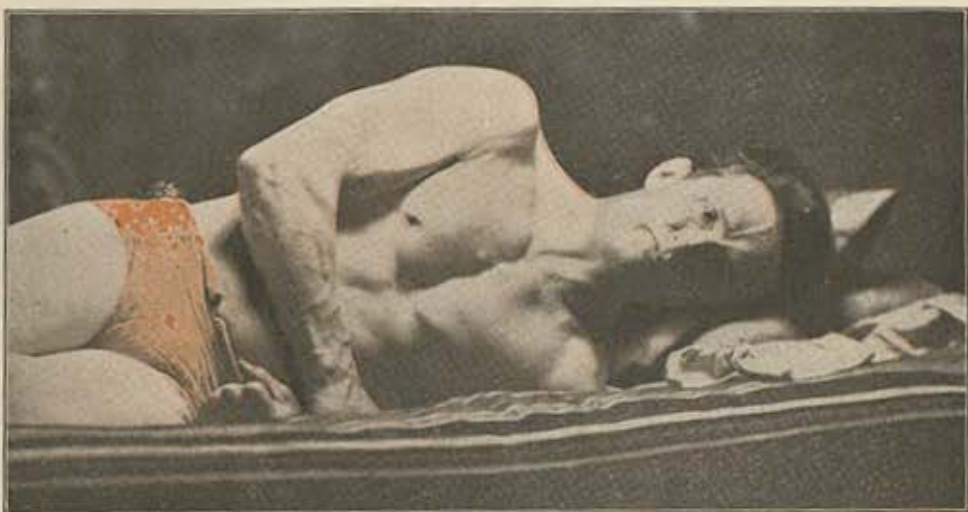
Photograph No. 6, exercise No. 3, (continued). Body will then assume above position. Resume former position and repeat the exercise until muscles on the outer edge of shoulder, (the part that is used) feel tired. Take same exercise with position of body reversed. This exercise brings with vigorous use the muscles on the extreme side portion of the shoulders, and is a splendid exercise for hardening the shoulders.

on the part of the vital organs which they enclose. These organs, as you can readily realize, perform some of the principal vital processes of the body. All that is needed in developing the chest is the regular use of the muscles surrounding this part of the body. Although I have presented a great variety of systems

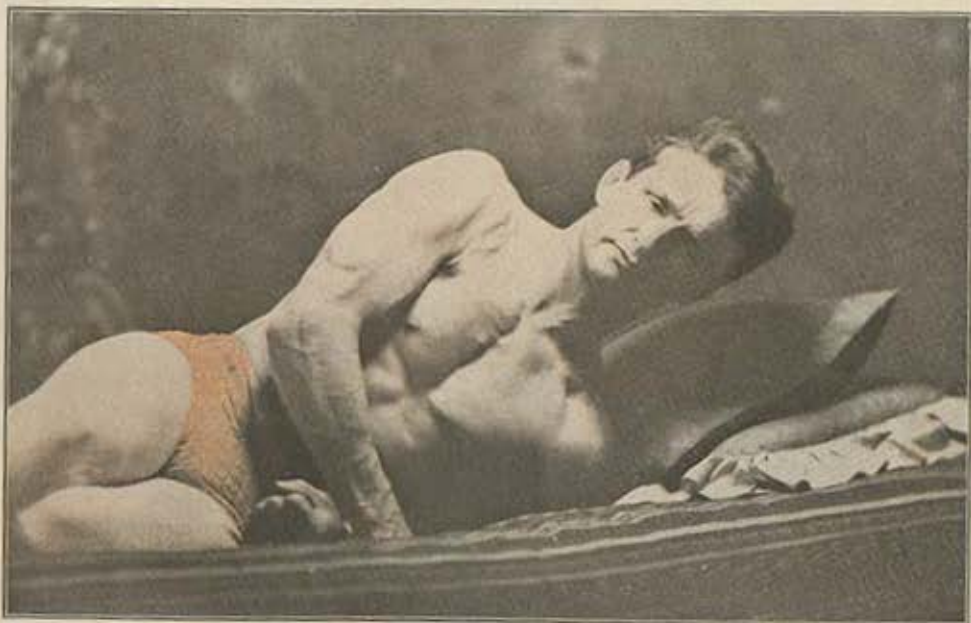
I do not want you to continue till there is pain in evidence in the muscles employed, but simply continue until the feeling of fatigue is quite noticeable.

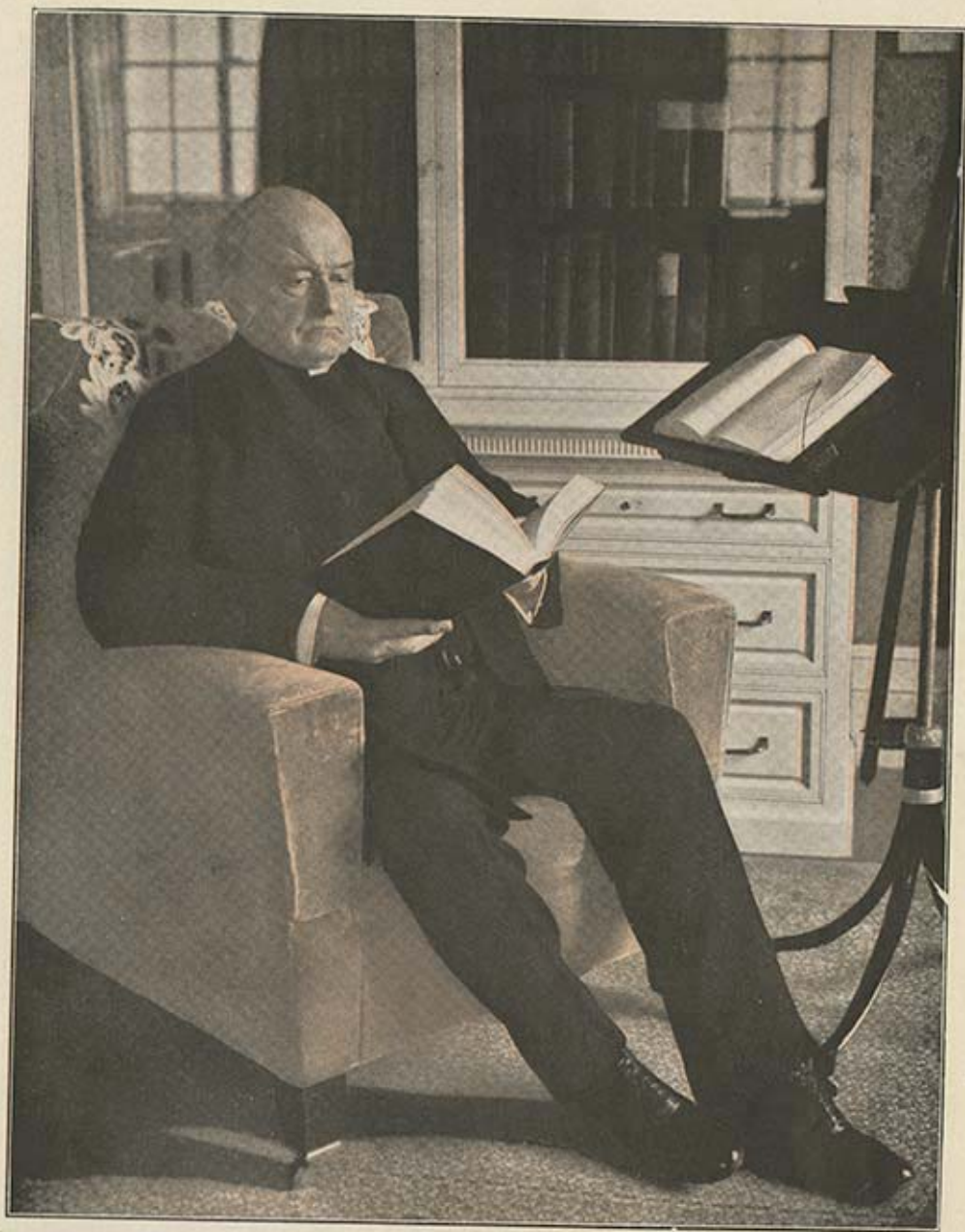
The necessity for taking breathing exercises cannot be repeated too often. At all times when taking these movement you should breathe deeply and fully,

and between each of the exercises I would advise a special attempt to fill the lungs to their complete capacity.



Photographs Nos. 7 and 8, Exercise No. 4. Recline on left side as shown above. Now with right hand tightly closed, push downward vigorously and in this way raise the upper part of the body as far as you can until it assumes the position shown below. Return to a reclining position and repeat until tired. Do not in any way assist the right arm. It must raise the weight of the body as shown without any aid from the other arm. Reverse the position of the body and take the same exercise, using left arm for raising body. This exercise vigorously uses the pectorales, or breast muscles, and to a certain extent the triceps muscles of the upper arm.





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The late Bishop Henry Codman Potter, of the Protestant Episcopal Diocese of New York.

Physical Culture Lives of Our Famous Churchmen

By Clarence Hillis Morden

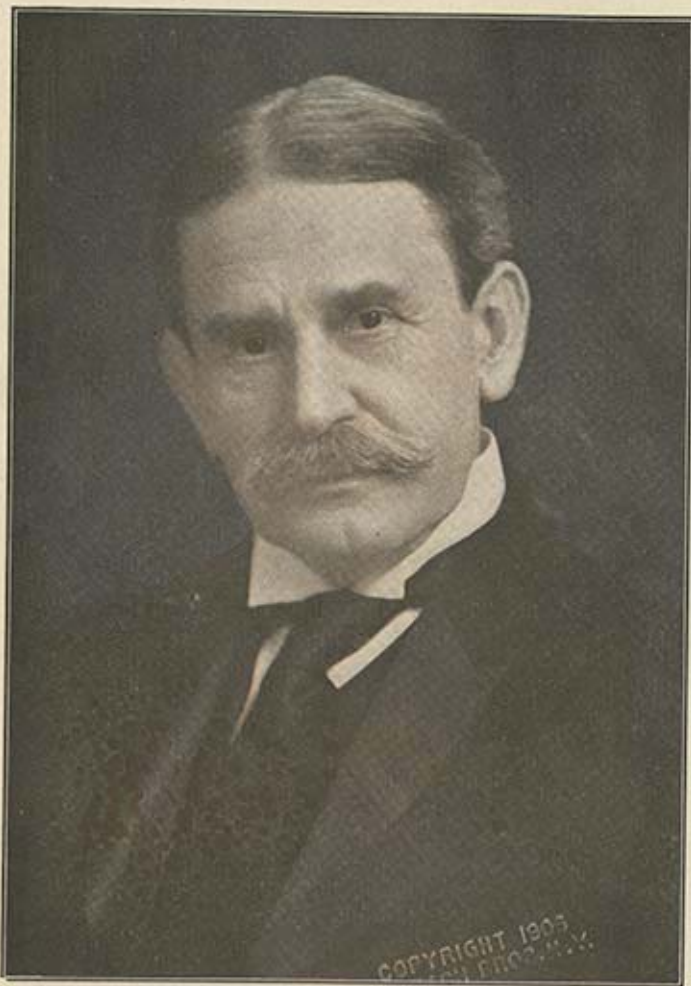
TEMPERANCE in all things" is the rule of life with the members of the clergy, and taking the profession as a whole, the departure from it are comparatively few. Of course, like all bodies of men, the pulpit is not quite free of those who forget their vows in the presence of the unhealthy desires of their bodies, especially in the matter of eating and drinking. But as already said, these "beasts of the table—wine guzzlers and belly-worshippers" as Luther used to call them, are in the minority. To be a clergyman nowadays, is a strenuous occupation and calls for the alert mind, clear intellectually and physical endurance that are only possible to those who take care of themselves, dietetically and otherwise. Which probably explains why preachers who have been regularly ordained, are looked upon by insurance companies as nearly ideal "risks."

That which stands good of the rank and file in this matter is particularly true of the high dignitaries of the Church. When the term Church is used in this connection, it signifies any recognized religious sect that has properly appointed officers, teachers or priests. We propose to give some examples of the results of such plain living in high places. While it may be that some of our readers do not altogether endorse the dogmas taught by those of whom we shall speak, that fact does not detract from the physical lessons of the lives of these men. And it should be added, that the various and constant duties of the ecclesiastical dignitary, call for a very high type of mental and physical well-being. In practically every instance which we shall cite, this well-being is admittedly the outcome of a regime based on physical culture principles.

Henry Codman Potter, the late Protestant Episcopal Bishop of the diocese of New York, which in reality, consists only of Manhattan Island was a singularly temperate man in practically all things. The moderation which marked his whole career was probably responsible for his long fight he made after he was virtually given up as hopelessly ill by his physicians. It is true that he used to indulge in a cigar once a day, but this seems to be the only point on which the most consistent physical culturist could take issue with him. For the rest, his tastes were in general most simple. It must not be forgotten that any popular prelate, right throughout his career, has many temptations put in his way at the table, not only by intimate friends but by well meaning if mistaken casual hosts. This applies to the episcopal world at large. But when, as in the case of Bishop Potter, he comes of a family that is in the most "exclusive" society the ordeal is all the more trying and continual.

Born in May, 1834, in Schenectady, N. Y., the subject of these remarks was the son of the Rev. Alonzo Potter, who was Bishop of Pennsylvania in 1845. His uncle, the Rev. Horatio Potter, was made Bishop of New York City in 1861 and in 1883, he was made Assistant Bishop of the diocese. This position he retained until his uncle's death when he succeeded to the Bishopric, holding it with credit and usefulness until his recent demise.

Bishop Potter has been a tremendously hard worker. The office which he holds is alone no sinecure, but quite the reverse. Apart from his strictly clerical duties, he until recently engaged in a multitude of affairs of a charitable, missionary, financial, literary and social nature. And right through, he never overlooked



Bishop David H. Greer, New York, Bishop Potter's Successor

the fact that the amount of labor which he performed daily was only possible because he practically led a physical culture life. He travelled, he was a member of half a dozen well known clubs he was the author of a number of books and he worked hard on the lecture platform and through the press to establish cordial relations between employers and the employed. But right throughout the most active portion of his career, he was faithful to his creed of the simple life. Thus he was so thrifty in the amount he ate, that an old and privileged housekeeper was accustomed to serve unordered dainties at some of his meals in order "to tempt

his appetite." And it is related that the Bishop, with characteristic good nature, would instruct the table maid to remove these special dishes without the housekeeper being any the wiser, in order to spare the feelings of the latter.

When, before his second marriage, he was living on Washington Square, New York City, the writer had occasion to call on him in reference to a business matter. It was lunch time but that fact made no difference to the democratic clerical. So he sent word out to the visitor to come right into the dining room. There was only one other person present, and he, a personal friend of the Bishop. On the table were two lunches, separate and distinct. One was of the "solid" sort, including cold meats of one or two kinds, a meat pasty, and so forth. At the Bishop's end of the table were fruit, crackers, a bowl of cold cereal, some fancy breads and a pitcher of

cold water. It was not hard to see for whom and which the diverse lunches had been served.

The Bishop looked up from reading the documents which the writer had brought and caught the latter's eye. Then he smiled "And it isn't a fast day either" he said. "But I can do more work on this kind of thing than on that," indicating first his own and then the other lunch. "However, my friend M—— has to have his pound of flesh at meals, so he tells me, or he cannot preach or talk. Well, the Almighty in his wisdom, has given us all, different tastes and temperaments, I suppose."

Bishop Potter was known to be a firm

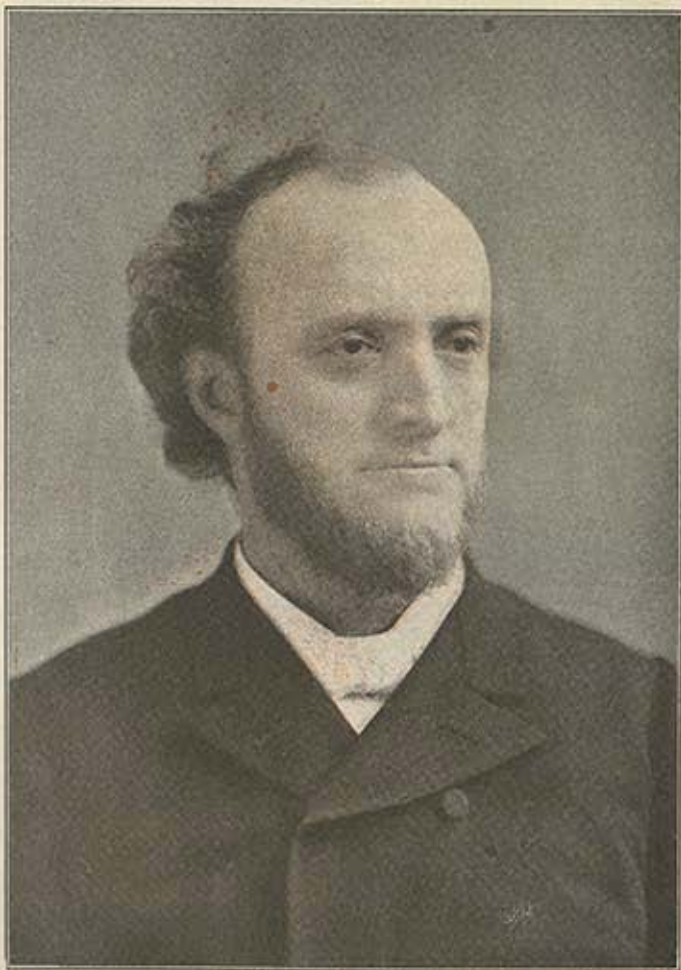
believer in the value of recreation of the out-door sort and lots of it. He was a first class horseman and an indefatigable pedestrian, up to a few years ago. And by the way, there are not wanting those who aver that he would still be hale and hearty in spite of his years, if the increasing duties of his office had not rather led to his abandoning his favorite exercises. The outcome of his doing is a familiar and lamentable occurrence in the cases of pretty nearly all athletically inclined men who go out of training, or at least drop their active recreation, too suddenly. In the instance of the Bishop, the results were deferred, probably because of his naturally fine physique, but they were inevitable nevertheless. Even the appointment of former Coadjutor, Rev. David H. Greer, a few years ago did not lighten Bishop Potter's burden of work very much. The work grew, the Bishop's years increased, and his needed exercises became less and less.

Bishop Potter had always been a lover of cold water and fresh air. He once said, "I do not believe that any man can sanctify his soul unless he has learned to sanctify his body with soap." This is another way of putting, "Cleanliness is next to Godliness." It will be remembered too, by those who knew him, that the windows of his home and of his offices were wide open pretty nearly all the year round, much to the discomfort of certain of his clerical and lay visitors. One of these mildly remonstrated with the Bishop one day, on the score of a draught.

"The man who objects to God's sweet

air" was the reply, "would take exception to God's sweet flowers. I must decline to inhale polluted if warmer air, sir. But I shall be glad to tell my servant to place your chair where you will not be discommoded." And then, without waiting for the servant, he rose and insisted on helping the astonished and remonstrating visitor to move the chair.

Up to the day when he was taken with his recent fatal illness, the Bishop then about seventy-four years of age, was constantly at work. His ability to do so was admittedly the result of his physical culture practices.



Bishop Charles H. Fowler, of the Methodist Episcopal Church of New York



Archbishop John M. Farley, of the Roman Catholic Diocese of New York

Archbishop John Murphy Farley, of the Roman Catholic diocese of New York, was born at Newton, Ireland, in April, 1842. The sturdiness and humor of the race from which he sprung are among his many attractive characteristics, speaking from a lay viewpoint. But apart from these, the most striking thing about the man is, perhaps, the vigor and wholesomeness which he seems to fairly exhale. And these qualities are without doubt, due to the simple and natural life which he has led these many years. Also, the Archbishop does

not look his age by ten years or so, and this is said in spite of misleading newspaper pictures. His voice, gestures and actions generally, are those of one in the prime of life. As to his mental acuteness and activity, the press, his associates and his few critics will testify.

If you asked the Archbishop how it comes that in spite of his manifold duties and unceasing labors he enjoys such rugged health, he would probably reply that he led a life in accord with the teachings of physical culture. In some respects he is not many degrees removed from an ascetic. He fasts frequently especially during certain times of the year. His usual treatment for an indisposition of any kind is rest and abstinence from food, or the reducing of the latter to the smallest proportions. The cold water bath is declared to be a part of his daily physical policy, and it is to this and his regard for fresh air, that he owes a complexion that neither a long residence in this country or the

confinement within priestly precincts have affected to any appreciable degree. His diet is chiefly of a vegetarian sort, but on the other hand, the Archbishop can adapt himself to the table at which he happens to be sitting. In other words, he is by no means a dietetic bigot. Yet knowing the advantages to be reaped from a plain mode of living, he never hesitates to recommend such to those whom he thinks will be benefited by his advice.

Former Coadjutor, the Rev. David H. Greer, who succeeded the late Bishop

Potter, is sixty-four years of age but looks much younger. He is a capital specimen of the muscular and militant Christian, and is a staunch believer in the efficacy of exercise in the overcoming of evil. "Fight Satan with the gymnasium" he once said to a meeting of settlement workers on the East side of New York, and the ancient enemy of our souls will suffer defeat. Or better still, if you can manage to get your boys and girls down to the baths, or to your country homes or anywhere in the open, you will discover that a good deal of that which we call sin, is nothing more or less than natural activity gone wrong for want of a proper outlet."

These were honest words, and Dr. Greer backs them up by action. He is behind a number of organizations which have for their purpose, the strengthening of the spiritual nature of men, women and children through the medium of sports, places and teachers which aid them in cultivating their physical powers. "Help the body and you have gone a long way toward helping the spirit" is one of his favorite axioms. And the good sense of this idea is made manifest in pretty nearly every instance in which he or his assistants have had an opportunity of putting it in practice.

Archbishop John Ireland, of the Roman Catholic diocese of St. Paul, Minn., who, through many things and happenings which had for their end the good of his Church, has been much in the public eye before now, is another dignitary whose daily life is shaped on hygienic lines. And what is more, he has consistently endeavored to induce others to do likewise. A severe simplicity marks his dietetic regime and he furthermore holds that a clean life physically, leads to a clean life morally.

The Right Reverend Charles H. Fowler, Bishop of the Methodist Episcopal Church of New York, is still another wearer of the cloth who is a staunch adherent to physical culture methods. Born in 1837, the bishop is still a young man in a mental sense while his physical powers give no signs of deterioration, even if they yield proofs of his advanced age. A homely, unaffected life he leads in private, while in public he never

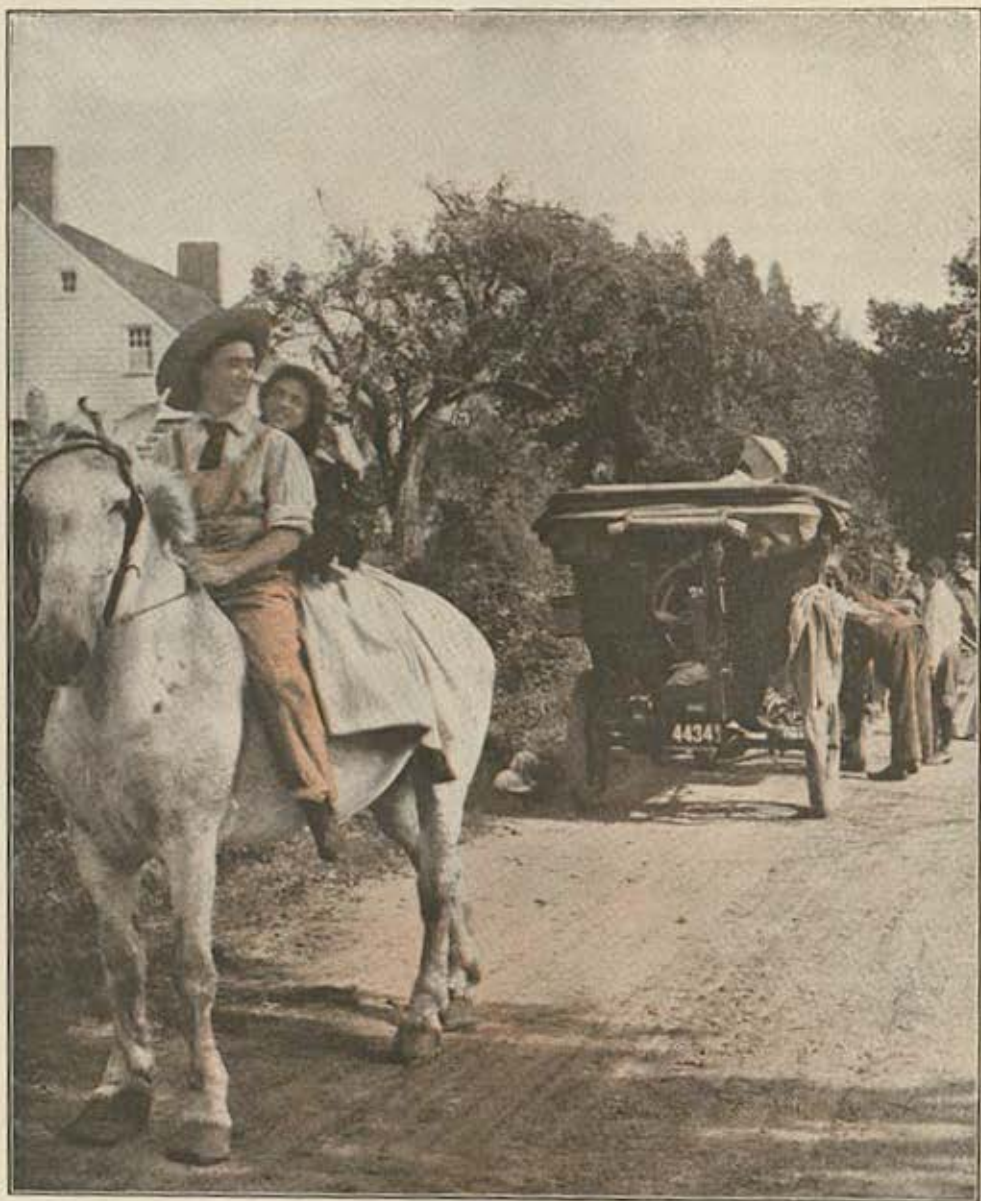
loses an opportunity of urging the claims of simplicity in eating, dressing, and living in general. Some years ago, the Bishop began a crusade against the "small vices" which beset people who are usually looked upon as criterions of their kind. Such "vices" according to Dr. Fowler, included over eating, over drinking of tea, coffee, the neglect of cold water as a beverage or for bathing purposes and so forth.

The Reverend S. A. Eliot, of Boston, Mass., who is President of the Unitarian Association was born in 1862 at Cambridge, Mass. The sturdy form and athletic tendencies of the distinguished theologian do not by any means suggest the profound student which he really is. But he is a capital example of the sound mind dwelling in the sound body.

The Right Reverend Frederick Burgess, Protestant Episcopal Bishop of the diocese of Long Island, is another excellent example of simplicity of life allied to high office. He is fifty-five years of age and was appointed Bishop in 1903. Previous to that, he had a clerical career of a singularly busy sort, so much so indeed, that he was known among his colleagues as "Busy Burgess." He too, holds that the best of a man is made manifest when the bodily powers are at their zenith.

The Bishop believes a dietetic sin, is as truly a sin as those named in the Decalogue. This thought he has voiced thus: "The body, so we are taught, is the temple of the Most High. Anything which makes for the degradation of that temple must of necessity therefore, be an offence against the Almighty. And I can conceive of nothing which tends to destroy the powers and clog the functions of the body more than gluttony and intemperance. To eat unwisely—without regard of consequences—is, to my mind, a deliberate running counter to the expressed desires of the Deity."

These are no uncertain words, and when we bear in mind the thousands of church members who inflict disease on themselves and their offspring by reason of their violation of the rules of dietetic hygiene, we feel that they are indeed timely.



The new sparking plug in the automobile is out of order. The old style "sparking plug" does not get out of order. He's always ready for business. If you don't believe it, try for yourself!

Love-Making---Old and New

By Milton Walford

IN the illustration opposite there is a splendid comparison of what might be termed the old and the new methods of making love. On the one hand is the automobile, with all the modern appliances necessary for speeding over the country, and on the other there is the old farm horse bearing the hired man and his girl on his back. Maybe it is the farmer's son, though it makes but little difference. As will be noted by the caption of the photograph, the original object was to compare the old and the new style of "sparking plugs." The sparking-plug of the automobile is out of order and they are trying to restore it to working order. There can be no trouble of this kind with the old style "sparking plug." There is no danger of its getting out of order.

But the chief object of the photograph is to call attention to old and new methods of love-making. If the writer were asked which pair of lovers secures most happiness, those that ride in the automobile or those that have nothing but a farm "plug" to provide them with the pleasure that is secured from riding about the country, he would be inclined to reply that the old style would usually produce the most happiness. So-called modern methods of love-making are not so inclined to lead to permanent attachments as the old-style methods. To a very large extent the new methods have brought with them instability of character. The instincts of manhood are not so acute. There is

less inclination to adhere to firm principles and high ideals of honor. Modern methods in all phases of life have in many instances developed a tendency to seek for pleasure regardless of its cost, and when one obliterates his higher instincts and makes the principal object of his life the seeking of pleasure, the results are often disastrous to themselves and to others who are so unfortunate as to come in contact with him.

"All is not gold that glitters," is the counsel of an adage that is almost as old as it is true. But while nearly everyone who has reached the years of maturity has heard it again and again, how few apply it to the most vital affairs of life! The most important event in life—excepting only birth and death—is that of marriage. And yet the details of married life are shrouded, as though they were miserably shameful. Instead of learning the true character, physically and mentally, of the one they are accepting as a life-partner, the average young man and young woman of today pay no attention, to the really important details of matrimony, but surround it with a false glamor which serves to hide its true significance—in many cases with disastrous results in after years.

No, I prefer the old style of making love. At the same time I believe in the old ideas of honor. I believe in rugged honesty, in the firm principles that are now often considered out of date. When these characteristics disappear the nation loses, individually and collectively.



How's this for Corn? Two "Husky" representatives of the value of a farmers' life in the building of superior manhood and womanhood.

The Average Woman

By Charles Merriles

(Continued.)

IN my previous articles on this subject I have called attention to the appalling lack of symmetry and beauty of body that is everywhere found among women, and I want to again emphasize my statement that this is due almost entirely to their system of dressing. The body, to be strong, to be well-developed, must be active. The average woman discontinues vigorous use of her muscular system during her girlhood days. As soon as she becomes a young lady (so-called), it is considered unladylike on her part to indulge in the various active exercises which are so useful in building up and rounding out and fully developing all parts of the body.

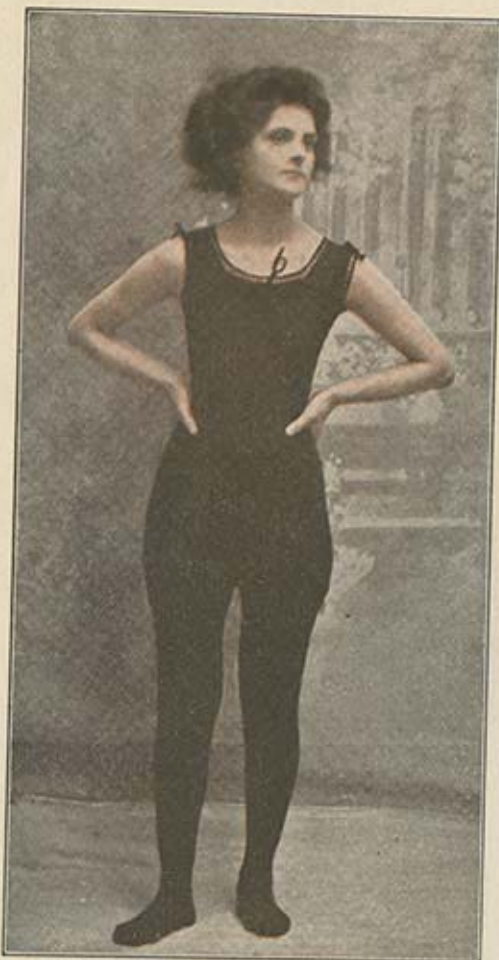
Though every woman cannot possess features that might be termed beautiful, I believe that my opinion is borne out by the facts when I state that practically every woman can have a finely-developed body. This means, in conventional parlance, a superb form. To the ordinary woman it might be considered improper to speak of the body, but if there is one study in life that is more valuable than any other, it is the proper knowledge of the science of body-building.

The body to be beautiful must be strong. No unsightly angles should be apparent, all its outlines should be made up of curves. For instance, from the neck to the shoulder, there should be a gradual sloping away until one part merges into the other. There should be an appearance of symmetry, harmony, one part with another, which is the one necessary characteristic of a beautifully formed body. There should be no large, prominent muscles, there should be no bulging bust, or large, massive hips.

They are so ugly that they might almost be called vulgar. Then again, there is an entirely false conception of



Entire body too thin. Legs, arms, and chest need filling out with additional muscular as well as fatty tissue. A fair sample of the physical condition of the average inactive young girl.



An example of the physical deficiencies that can be found everywhere among girls who grow up with no attention to the need of physical development.

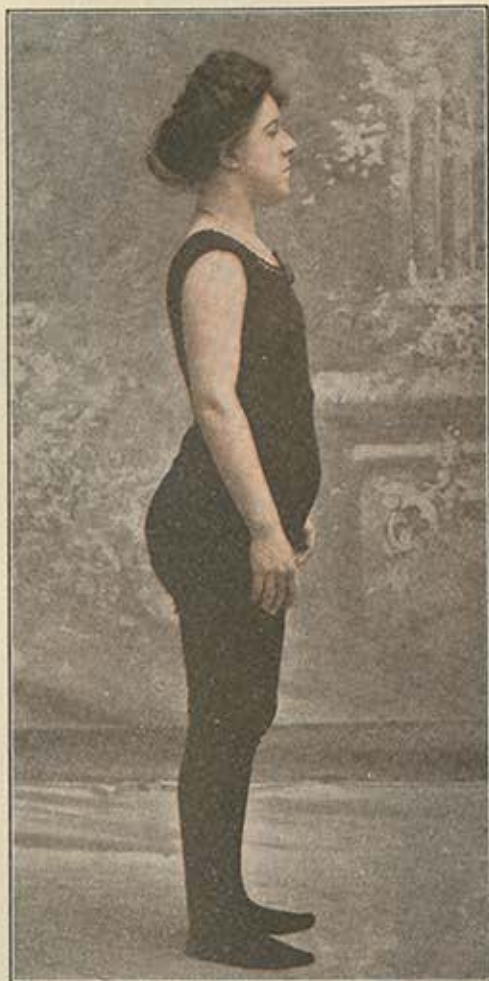
the form of women that has been produced largely by the habit of corset-wearing. Study the figures of all the photographs that have been reproduced in this issue and in the two previous installments of this article, and you will not find in any one of the figures presented therein any evidence of what might be termed a corset shape, although every one of these women, as far as I know, was in the habit of wearing corsets. They were of the ordinary conventional type.

The last figure in this article will give you a very fair idea of a well developed

chest with a bust that is about normal. The arms, shoulders and neck of this figure are also well formed. In fact, this view of this figure furnishes one of the best examples of symmetrical proportions that has been presented in this series. There is another picture of the same woman in this article where a front view of her is shown. Chest, neck, bust and waist show symmetrical outlines and beauty of proportions, above the average, though it will be noted that the hips are entirely too large and the legs give evidence of



Bust, chest shoulders and arms good. Hips too large and upper legs too fleshy and badly formed. Side view of this same figure appearing on next page shows splendid outline.



Chest too flat. Abdomen too prominent. Legs poorly formed. Figure needs development all over, though there is more than average vitality indicated and a superior form could readily be developed.

being soft and flabby. They are unquestionably too fat. This woman, however, if she were to adopt a suggestion made in a previous article, that is, to take fancy dancing exercises, would soon possess a very superior figure. These exercises would round out her body to more symmetrical proportions, would strengthen all parts, and thus give her that ease and grace of bearing which is always a part of real womanly beauty.

In fact, there is a beauty in the mere manifestation of health and vigor which

is immediately noticeable to any close observer. You take a woman, for instance, who is strong and active, possessing that buoyant health which seems to brace one up, and to a certain extent make life more than usually delightful. You will find that she will walk erect. There will be a certain indefinable grace manifested in the very poise of her body. You might say that such a woman would move with the ease of a panther, and yet, it is an unfavorable comparison, for the proud, erect attitude of the human body could



A finely built young woman. One of the best figures that has been presented in this series of articles, although a front view of this same figure appearing on preceding page shows very decided defects.

never be imitated by the panther. The panther, however, moves easily and noiselessly, and yet most powerfully. There are but few women who possess the high degree of strength and the superb sexuality which necessarily accompany the physical perfection that I am trying to describe. Civilization permits of but few specimens of this character. It means, first of all, that a woman must be a superb animal. This may not sound pleasing to everyone, and yet we must remember that the body represents the animal within us. Physiological principles govern our body just as they do the lower animals, and if we would give more attention to the importance of mere animal power

and less attention to the fancy frills that are considered so important in this age, the possession of a high degree of beauty among women should not be so rare. One would be able to find it in most any community.

I believe it is really the duty of every woman to be as beautiful as she can, because that means that she will be as strong and as wholesome and as fine a specimen of womanhood as it is possible for her to make herself. Beauty of the right kind means the highest degree of strength. It means the possession of the instincts of superior womanhood. It means that a woman will be capable of being that kind of a wife and a mother that is so much needed in our homes

Northern Russia 15 Years Ago

Having had an opportunity to travel through the northern part of Russia, I have been impressed very much with the fine physique of the men and women I met, especially that of the Russian peasantry. Being at that time ignorant of physical culture, I must confess, I often wondered how those people can attain such a degree of muscular development without eating meat, or rather while only eating meat once or twice a year, holidays, like Christmas or Easter Sunday which are considered as meat-feasting days.

Very often I met men of 6 feet and over, with physiques that many American athletes would be proud to possess. The women are also strong, big and healthy; though they are not so beautiful and attractive as American women are, perhaps because of the hard work they have to do, helping the men in fields and home.

The main diet of those people is, rye bread, potatoes, sauer kraut, buckwheat, shelled millet, milk and eggs in winter and many green vegetables, with different kinds of berries, and occasionally fresh caught fish in summer. They use freely vegetable oils, as oil of pumpkin seed, oil of sunflower, and many other oils which differ in taste and price greatly.

As a rule they are able to read and write, with the exception of old people. Each village has in its possession one or more steam bath-houses and everyone takes a pleasure in bathing at least once a week; on Saturdays especially. Many men after taking a bath, walk back home barefooted on the snow with the thermometer below zero. In every village there are about half dozen centenarians who owe their long life to merely simple living. Those people are very fond of different athletic games, such as boxing and wrestling in winter and base-ball and dancing in the open air in summer. In boxing they follow strict rules. They never use gloves.

Wrestling is very much admired. The opposing wrestlers get a good body hold from the start and then try to throw their opponents to the ground. I have heard seemingly educated men, who try to make me believe that Russians eat tallow candles, and drink machine oil for their complexion. Such wild rumors are very funny. The Russians as they were when I saw them, were clean, healthy people. The trouble with the Russians is the same as with other nationalities; they crowd in cities where they drink and eat to excess, and thus demoralize and degenerate.

PAUL SCHOEPPE



THE AUTHOR

Confession of a Divorced Man

By Horace Kingsley

BRIEF SYNOPSIS OF PREVIOUS INSTALLMENTS.—The author of this story became very much enamored with Grace Winston, a young woman in his home town. He learned that she was engaged to another man and he decided to go to New York City. After being there for about a year he met a young actress who attracted him. Some information was given to him, about her that was not to her advantage. He tried to destroy her influence over him and concluded to break the acquaintance with her, but was unable to do so. She finally convinced him that the statements he had heard regarding her were false. A character whom the author calls "Slim Jim" plots to injure him in his employer's eyes. A Mr. Perkins, who is in the same office and boards in the same house becomes angered at him. Because of Perkins' attitude the author examines his books and finds there evidence of his dishonesty. Perkins is arrested, but vows that he will have vengeance. Edith Maxwell, the actress, has been annoyed by a man named Morgan, who was formerly her attorney. She asks the author to

protect her. He easily bests Morgan, who swears vengeance and keeps the officers on his track, but the author avoids arrest. One night he is awakened and finds the house in which he lives in flames. After hurrying out he is not able to find Miss Maxwell. He rushes back to save her, but nearly loses his own life in the attempt. Miss Maxwell was found the next morning. She had been visiting friends the previous night and this accounted for the author's inability to find her. He visits Miss Maxwell quite frequently and they finally become engaged. Miss Maxwell goes on a visit to her sister, and the author, feeling the need of a vacation, goes to a resort near New York. While waiting for the train he meets an old friend of his home town, who informs him that Grace Winston had married, but that her husband had turned out to be a drunkard. The author marries Edith Maxwell and for a short time they are happy. Edith tires of home life, she goes back to the stage. They quarrel frequently. He becomes suspicious as to his wife's fidelity and watches her. He is amazed by finding her with Morgan, his old enemy.

FIFTH INSTALLMENT

I STOOD there for a few moments after they had entered the restaurant. I was dazed, bewildered. I hardly knew what to do. If I had not know my wife so well I would have been inclined to administer another thrashing to Morgan. But I saw her meet him apparently by appointment. There was no hesitancy on her part. She had gone with him freely and willingly. A feeling of shame crept over me. I felt as though I would like to go somewhere and hide myself. I wanted to be away from everybody. I was married, I had what is called a home; but I was ashamed of my so-called wife. Here was my wife, the bearer of my name, stooping to actions that seemed to me no better than those of a common courtesan.

There was a time when I was proud. I could hold up my head and feel that I was as good as the best, but as I walked away from that restaurant there was but little left of my pride. It had completely disappeared. Here I was married to a woman who was dragging my name into the mire and muck of what seemed to me disgraceful immoralities. What right had she to

be on friendly terms with a man who had tried in every possible way to have me arrested?

There was only one conclusion that I could derive from her actions, and that was that she had changed her mind about what she had formerly regarded as Morgan's insulting advances. They were probably insulting no longer. She was accepting them now as my wife. I ground my teeth in sudden rage as I thought of the disgrace she was heaping upon me. Morgan going out to dinner with my wife! Morgan the reprobate, the roué on friendly terms with the woman who bore my name! As these thoughts gathered emphasis in my bewildered brain, I straightened up. Was I a man or a mere puppet. What was the woman I had married? Was I to blame for her actions? Must I shoulder the responsibility of whatever she might choose to cast at me. For a moment I was my old self. I was not disgraced. If she chose the life of a dissolute woman, in what way was I to be blamed?

Although I had detested Morgan, there sprang up within me a deeper and stronger hatred of Edith. What

right had she to deceive me as she was apparently doing.

If she was tired of me? If she no longer desired to live as a respectable woman why did she not come to me and say so? Why use my name as a cloak to cover all her deviations from the path of rectitude? I felt that she had outraged me and my name—that she had used me simply as a tool. I was a "good thing." I had trusted her and she had turned and used this characteristic of my nature to advance her own plans.

There are often times in the life of man when he becomes reckless. He cares but little for consequences. All his cherished plans have fallen in a chaotic heap. The future offers nothing attractive. All seems gloomy. I was walking aimlessly along—I knew not where I was going and I cared less. My crestfallen attitude had disappeared. I was incensed at everything and everybody. I felt as though I wanted to revenge on the world for the bitter experience I was being compelled to endure. If I had happened to have a weapon on me at that time I hardly know what I would have done. Oh no, I did not contemplate self destruction—far from it. But there arose within me a murderous design upon the lives of Morgan and Edith. I would have liked to have killed them both. I felt that neither deserved to live—that they should not be foul the earth with their tainted presence. I cared little or nothing at that time as to what would become of me. I was possessed by the old animal desire to "get even." I turned suddenly while in this frame of mind and determined I would retrace my steps. I would go back to that restaurant. I would face the pair. I would publicly brand them in their true characters. These were the thoughts that rushed through my excited brain as I hurried along. I had wandered away a considerable distance. Where was I? Which way must I go to get back to the restaurant? I realized, after a time, that I had lost my way.

The street in which I was walking was almost deserted. I turned the corner suddenly, and there, walking

towards me in the glare of the electric light was Perkins, my former friend and office associate who had been arrested for dishonesty. In a second I recalled his statement to Mrs. Malcolm and her daughter that I was guilty of the crime of which he was charged. All my intense anger was in a moment diverted to Perkins. I rushed at him like a madman. He turned pale as he saw me coming.

"You, d—— you! You said I committed the theft for which you were arrested." I blurted in tones of rage. He cowered before me like a dog with his tail between his legs.

"I didn't say anything of the kind," he replied, his teeth chattering.

I would have struck him, but his abject attitude saved him.

"You lie! You miserable cur!" I cried grasping him by the shoulder and shaking him as a cat would a rat.

"Don't, Kingsley! Don't! I didn't say it! I didn't mean it," he pleaded in supplicating tones of fear.

I loosened my hold. What was the use of trying to be revenged on such an abject coward?

"You didn't say it and you didn't mean it! That's a confusing statement. How could you mean it if you didn't say it," my voice assuming a more normal tone.

"Now you're reasonable. I say I didn't say it, and whatever I said I never meant it to be understood that I accused you."

"But Mrs. Malcolm said you did accuse me."

"She must have misunderstood my meaning, for I never made any such statement. I may have said something about your being the cause of my arrest, and you'll acknowledge that, I know," looking at me questioningly.

"Yes, I'll acknowledge that why shouldn't I. I'm not ashamed of it. You deserved a great deal worse."

"May be I did. But it seems to me that you might have given me a chance," he said, rather resentfully.

"What chance could I have given you? If I had failed to report you, I might have been arrested when the discrepancies were discovered."

"Oh, nothing would have been discovered."

"Don't you think it! They might have pounced down on you most any day, and with your cash short, where would you have been?"

Perkins' attitude was very subservient, so much so that it was entirely impossible for me to be angered at him. He looked but little like his former self. He was very thin and apparently in ill health.

"Now, Kingsley, you have no cause to be angry with me. If anything, there should be cause for anger on the other side. But as you can readily see, I am a wreck of my former self. I have had all the fight knocked out of me. I have been desirous of seeing you for some time, but I hated to approach you, as I hardly knew how you would take it."

"What do you want to see me about?"
 "I possess some information that I know is of value to you, and it is within your power to do me a great favor."

"I don't see what information you could possess about me that would be at all of interest."

"Perhaps you don't, but suppose we walk along and I will discuss the matter with you. Which way were you bound?"

At these words I recalled the cause of the mental excitement I was laboring under when first I caught sight of Perkins, and my first inclination was to immediately leave Perkins and to continue on my former errand, but my anger at my wife and Morgan had considerably abated.

"I have some important business. I will talk with you some other time," I replied to Perkins.

"Which way are you going? I will walk with you."

"Well, I will admit I don't know. I was looking for Broadway."

"Well, old man, you are going the wrong way. You will have to go in the opposite direction."

"What was the matter with you tonight, anyway," said Perkins. "I thought I had seen my last day on earth the way you came at me."

"I was somewhat excited, I will admit but some recent happenings have had

a very bad influence upon me," I replied as we turned in the direction indicated by Perkins.

"Well, I can imagine that they would," replied Perkins.

"You can imagine that they would! What do you know about anything that might be troubling me?"

"I know a great deal more than you think, and that was my reason for suggesting that I would be able to give you some information that would be of value to you, in exchange for any favor you might be able to do me."

"Well, out with it! What do you want, Perkins? I have no special feeling of enmity towards you if your statement that you did not accuse me is true, although I'll tell you that I doubt you even now."

"Well, let's drop that, because I'll prove it to you later."

"If you prove your statement, I'll be satisfied and do anything I can, within reason, to favor you."

"Well, it would be very easy for you to comply with my request, and in return I'll give you information that will be very valuable to you."

"Perkins, I am curious. What possible information could you have that would be of interest to me," studying him critically.

"I might just as well be candid with you Kingsley. The information was secured while I was trying to find something against you. I felt terribly angry with you when I felt that you were the cause of my arrest, and I made all sorts of inquiries and wrote a large number of letters to learn something of your past. At the same time I kept in touch with other people who know something of your present, and I possess information at the present moment that I know would be of very great value to you. I corresponded for some time with the postmaster of your home town and I wish to say to your credit that everything I have heard about you has been in your favor, and because of this I have been inclined to change my feelings and attitude toward you."

"Speak plainly now. What do you want me to do? Anything dishonorable?"

"Nothing dishonorable. You know you are the main witness against me under the charge for which I was arrested," looking at me significantly.

"Ah, I see! You want me to fail to appear against you!"

"Yes, either that or else have a very poor memory."

"I cannot do that, Perkins. I'll be subpoenaed in a case, and I'll have to appear, and I'll have to tell the truth."

"But look here! Suppose I could work some influence so that you would fail to receive the subpoena. You would not purposely go to court unless you were compelled to go, would you?"

"I might consider that, but suppose Wicks should come to me and request that I be there? I would lose my position if I failed to comply with the request."

"Yes, that's true. But if you were willing to meet me halfway; in other words, if you will do what you reasonably can, I think I can arrange it so that you will not have to attend the trial, and if you will agree to do this, I will furnish you with the information mentioned."

"I won't positively agree to accept your proposition, but I think I will. Do you propose to give me the information now?"

"No, not till you deliver the goods. In other words, until you assist me. Here's my card. I've got to turn down this street and you can drop me a line any time and I'll come to see you wherever you may designate. But remember, that I've information that is worth a good deal more than money to you."

I looked curiously after Perkins as he hurried away. What information could he possibly have that would be of value to me? Yet somehow he had impressed me with the idea that he knew something that would undoubtedly be worth while. His statement that he had been corresponding with the postmaster of my old home town indicated that he must know something. What could it possibly be? Had it anything to do with Grace Winston? Was it something that referred to my wife? These and various other questions came to me as I continued my walk.

My meeting with Perkins seemed to

have a salutary effect upon me mentally. It enabled me to regain my equilibrium. I realized then what a fool I would have made of myself if I had gone to the restaurant and made a public exhibition of my anger, as I originally intended. Often, when I look back on that period of my life, it seems to me that there were moments when I was actually insane. I was certainly not my normal self when I started out with the avowed purpose of doing bodily harm and perhaps murdering both my wife and Morgan. Had I committed such a dastardly deed, I would have had nothing but the possible momentary satisfaction that might come to the most brutal instincts of my nature as the deed was being committed, and what little might remain of my life would no doubt have been spent in vain regrets. There is a great deal of the animal in even the best of us, and the knowledge that I had been grossly deceived, that my wife was using me merely as a convenience to cover her degenerate nature, aroused all the revengeful characteristics within me. But after my conversation with Perkins, my better nature gained control. I decided to go home. My wife could do as she pleased and go with whom she pleased. It was not my affair. She bore my name, but in nothing else was there any excuse for my considering her as my wife. I went home and went to bed, but found it impossible to go to sleep. I rolled from side to side, and tried every conceivable method of quieting my thoughts, but it was impossible. I heard the clock strike eleven and twelve and one and two, and had about concluded that Edith intended to make a night of it when I heard a key turn in the door of our apartment and she entered in her usual noisy manner. We occupied separate rooms for sometime, and I had half concluded not to mention my having seen her with Morgan, for it was my ultimate intention to ask her to find accommodations elsewhere, or she could have the apartment and I would find another home. I had had experience enough already with her to know that nothing could be gained by discussion, fully realizing that we would simply have a quarrel that would be

unpleasant and accomplish nothing. She looked into my room as she went by.

"Ah, awake, are you? You had better go to sleep or your business ability will suffer."

"That's not your affair, even if it does," I replied rather sharply, turning away from her.

"Now what are you mad at tonight," she said, coming in the door.

"I'm not mad, I want to go to sleep and be left alone."

"I'll do that, but I don't see why you cannot be more pleasant."

"As pleasant as Morgan, for instance," I retorted. I had not intended to refer to this, but the words were out without thinking.

"As pleasant as Morgan! Why, what do you mean?" she replied.

"I was wondering if you had a good time with Morgan tonight," I answered, turning toward her and gazing at her critically.

She had not yet removed her hat. It was a fantastic arrangement, but it was certainly becoming. Even as I gazed at her, no doubt showing fully the feeling of contempt that I had for her, I could not help but acknowledge that she was beautiful. There was not a line in her face. It was smooth and round and regular. Her eyes were the same liquid brown that I had always so much admired, and I could not help for the moment wondering how one who was so beautiful could be so bad. If there had been the slightest excuse for fooling myself into the belief that I was mistaken, I would probably have been willing to grasp it. There was an astonished look in her eyes at my last remark.

"What have I to do with Morgan?"

"Oh, now, don't try to deceive me. I am not such a fool as you think."

"Why, what are you talking about?"

"You had dinner tonight after the theatre with Morgan, didn't you?"

Her face flushed slightly as she realized that she had been detected.

"Yes, I did, but I couldn't help it."

"You're a clever genius! Tell me all about it now. You can slip out of almost anything. Perhaps you can also wriggle out of this."

"I don't have to wriggle out! I will tell you nothing if you don't talk to me more civilly."

"I'll say nothing. Go ahead."

"Well, Aggie and I were on our way to her home where we expected to have lunch when she met an intimate friend of hers, and Morgan was with him. Aggie's friend insisted on her going to dinner and I could hardly avoid accompanying them."

"Perhaps you could not, but why didn't you come home after the dinner?"

"I left some of my lines of a new play, that the manager of the company is thinking of putting on, at Aggie's home and I had to go there for them."

"Very good! That's a splendid excuse, I congratulate you," was the reply I made in rather cynical tones.

"You don't believe me, apparently."

"Oh, what's the use! You go on to bed. I want to get some sleep. Tomorrow night I will see you before you go to the theatre, as I think it is about time we ended this farce."

"Just as you say," was her reply as she slammed the door and went toward her own room.

I had said I wanted to get some sleep, but there was but little sleep for me that night. I tried to appear cool and collected while I was talking with Edith. I had learned by sad experience that if I did not control myself we were almost sure to quarrel. I did not feel much like work when I went down to business that day, and yet I fully realized that I would do far better if I could so occupy myself with business matters as to crowd out of my mind all the worries that seemed to be coming my way so thick and fast.

I could not help but refer again and again to my conversation with Perkins of the previous evening. Somehow I gathered the impression that what he had to say of so much interest to me referred in some way to Grace Winston. George Benson, the old schoolmate whom I met at the train previous to departure for my vacation, had apparently left the address which he gave me, as I was unable to locate him there. I was half inclined to write to some of my old acquaintances in my home town but

I had left the place in such a mysterious way and had not written to a single person up to the present time, that I felt somewhat ashamed to write at this late day. Even if I should write, I would not have felt free to ask the questions which I would want answered. For all I knew Grace Winston was happily married. I had no further knowledge of her than the statement made to me by George Benson, and her husband might have reformed since then.

I had thoroughly determined, however, that I would have a plain talk with Edith that night, and arrange for an amicable separation. She had but little use for her home. What affection she may have had for me had disappeared, and after the first month or two of married life I am fully convinced that she had absolutely no idea of remaining true to her marriage vows. She seemed unable to be without the constant whirl of excitement which she was accustomed to while on the stage. It seemed impossible for her to settle down to home life. No doubt she had conscientiously tried the experiment, but in most cases I must admit that it is a dangerous one. It is difficult for one in the habit of following a life of this kind to settle down to the prosaic quietude that often accompanies a quiet home life. Those accustomed to continuous excitement will usually find it monotonous after the novelty has disappeared. There are a few who grow tired of the continuous excitement and long for the quiet of home life, but everyone cannot by any means be continuously satisfied with the change.

When I arrived home that night, Edith was there waiting for me. She seemed to have concluded that I had something serious in mind, as her attitude plainly indicated as much. I sat down opposite her in our little parlor after greeting her as cordially as I could under the circumstances.

"Now Edith, I do not want to have any harsh words with you. Some time ago I concluded it was best to let you go your way and I would go mine, but the pace you go is a bit faster than I thought possible.

"You said you were not going to say anything unpleasant. Now I would like you to keep your promise," she interrupted.

"I will do my best. Please accept an apology. I might just as well be blunt and plain, and say that I think the time has come when you and I should separate," looking at her coldly and keenly.

"I have felt it coming for a long time, Horace. I knew that would be the final result."

There was really profound sorrow in the tones of her voice; real tears welled up in her eyes. I might have been inclined to think them stage tears, but I had not studied her all this time for nothing. In her peculiar way she undoubtedly did have some affection for me and when she realized that the home which she had originally thought promised so much was ruined, no doubt to a certain extent she was affected by the remembrance of what might have been. As I have previously stated, I think she started out with right intentions. She was simply unable to follow what she believed to be right. The temptations of her previous life were beyond her powers to resist.

"No don't cry, Edith. It is of no use. I am past being affected by tears. I promised not to say any harsh things and I am not going to bring up the many occasions that you have deceived me, but only repeat what I said in the beginning, that is, that we must arrange an amicable separation."

"Well, if you will have it so, I will make no objections," she finally said, making a strong effort to control herself. "I don't claim to be faultless, maybe I have made some mistakes, but I firmly believe you have made your share."

"No doubt I have, but our ideals are different. I am a home-loving man and you are in love with the gaiety of life. How can you expect to amalgamate our diversified characteristics?"

"When do you want to go, or do you want me to go?" she asked.

"I will leave that to you. You can choose which it shall be, though I would like to make the change at once."

"I would prefer to stay here, if you don't object," she replied.

"All right, I'll pack up my belongings and leave tonight."

There was much more to this conversation, and even after I had gotten all my personal effects together and was about to leave, Edith with tears in her eyes pleaded that I try once more. But I had tried so often that I knew it was absolutely useless. I know that she was wedded to the life that she had selected, and no matter what promises she might make to me it would be beyond her power to keep them. She did not have enough character to keep a promise.

"Now control yourself," I said to her as I was leaving, "You have your part to go through tonight and you cannot afford to allow yourself to be so affected."

"Yes, I know, Horace, but I cannot be so unfeeling as you are. Think of the happiness we have had in the past and what we might have in the future."

"Yes, I have thought of it many, many times," I replied in tones that must have been cynical. She had played upon my sympathies or upon my affections so much that I am almost inclined to say they were about played out. I had grown hard and miserable and determined. On several occasions before I had fully concluded it was much better for us to separate, but I had always faced such a storm of tears that I had been unable to carry out my desire, and though Edith might cry as though her heart would break, the very next day or maybe that same evening, she would commit the same offense that she had promised with tears in her eyes to avoid forever. Women of this character are peculiar. They are not really bad by nature. They desire to do what is right. Their inclinations are commendable, but they are weak, wavering. They lack stability of character. They are unable to resist temptation, and when such women have gotten away from the home and the influences that surround it, they drift into lives from which in many instances, they can not get away. If it had not been for the influence of the stage and the experience

that she had had as an actress, I think she would have made a good wife. She would have been satisfied with our home life, she would not have been eternally looking for gaiety and excitement, and she would not have searched for means of relieving herself of the responsibilities that come with marriage.

Edith was crying softly when I left. I did not bid her goodbye. What was the use? Somehow I was afraid she might induce me to remain, to change my mind, and I knew positively that would only extend the agony that I had already had to endure. I was also fairly well satisfied that but a few minutes after I left the house she would regain her old gay mood. I realized fully that I filled but a small part of her life. To be sure she was sorry, she had been sorry repeatedly on many and many occasions during the last few months, though it took her but a few moments to forget it.

I carried with me a small dress suit case. I had packed my "belongings," and expected to have them called for the next day. Though I had been stoical and cold and hard through a tremendous effort to appear so while in the house, it was exceedingly difficult for me to control myself as I turned down the street and forever left the home that was the source of so much sorrow and suffering. To be sure there were moments of happiness, but they were engulfed by the despair, the hopelessness and the torture that I had had to endure. Though there were tears in my eyes, there was a sense of relief that came over me, that was far from being unpleasant.

Mrs. Malcolm and her daughter were still living at the place to which they had moved after the fire. I had made a very brief call there on two or three occasions, and the last time I visited them I spoke to Mrs. Malcolm of her trouble I was having and asked her if she could find room for me in case I should again be searching for accommodations. She said that she would be glad to have me, and I turned my steps in that direction on this evening.

There is no need of going into the details of my meeting with the Mal-

colms. They made me very welcome and it seemed like old times to be with them. Mary had changed but little except that she was a little more mature, which greatly improved her appearance.

Several days elapsed without and event of importance. Edith had no doubt calmly resigned herself to the inevitable and made the best of the situation. I knew very well that she was not suffering. She was not that kind. My interviews with Perkins had occurred to my mind on many occasions and one night I called at the address he gave me. I asked Mrs. Malcolm about the accusation made by Perkins against me, and she tried to recall his exact words, but failed. It seemed however from what she said that she might have been mistaken, and I concluded to give him the benefit of the doubt. The more I thought of the information that he might have for me, the more curious I became as to what it might be, and the more I was impressed with its importance to me. I found Perkins at home, and he looked somewhat better than he had on the previous occasion. He explained the change by stating that he had secured a position and was now doing fairly well.

"I have been thinking about your proposition," I said to him after exchanging a few unimportant words, "And I am interested. Can you not give me an inkling of what this information is that you have for me?"

"If I give you a part of it, you will have nearly the whole thing, and then you won't be so interested in helping me."

"Is it about my wife?"

"Well, I will tell you this much, it refers to her to a limited extent but is not especially about her."

"Has it anything to do with anyone in my home town?"

"I would prefer not to answer that."

"Has it anything to do with Grace Winston?" I finally said, making a desperate attempt to at least learn something as to the nature of this information,

"I would prefer not to state."

"Well, why not? Must I take it

for granted that it refers to her because you refuse to state that it does not?"

"You can make that inference if you so desire."

"Would I be far from wrong?"

"Maybe you won't. But I am not going to give you your information until you have at least showed a disposition to help me."

"Well, I promise to help you."

"In that case I will tell you this much, that it contains some important information about Grace Winston, or rather the woman who was formerly Grace Winston."

It was very clear to me from his last remarks that he did have some information, whether important or not. I tried to get more accurate knowledge from him but could not get nothing further. I had about determined, however, to accede to his request.

I usually boarded an elevated train when going to business unless the day was especially fine and I felt like walking. One morning a few days after this I was on my way down town. Had I the faintest conception of what was to happen within the next few minutes I could have been so listless. I was sort of a continuous victim of melancholy at this particular time. I went to work in the morning and I went to bed at night, and I ate my meals, much as a duty, and I had but little interest in anything. Had this attitude continued I am inclined to think it would not have been long before I should have lost my position. There were quite a number of passengers leaving the train at the station at which I usually alighted. I was one of the last to leave the car. I was just about to leave the platform by the stairs leading to the street when something impelled me to look into the car ahead. What I saw there aroused me from my listlessness instantly. I saw the face of a young woman who was gazing at me intently. When I returned her gaze she smiled. It was Grace Winston. I rushed towards the entrance of the car in which she was sitting, but the gates were slammed in my face and before I could enter a protest the train had rushed on its way.

(To be Continued.)

The Creed of Physcultopathy

THE NEW SCIENCE OF HEALING ORIGINATED BY BERNARR MACFADDEN

Physcultopathy Maintains

A. That the nerves control the activities of the entire functional organism as well as the voluntary parts of the body.

B. That disease in practically every case indicates nervous depletion, that is, a lowered vitality of the nerves, and though relief can in most instances be secured by local treatment, regardless of the nature of the complaint, it can be cured effectively and permanently only by building up the nervous energies.

C. That the nerve centers can be stimulated and the activities of every organ be greatly increased thereby, thus adding to the general vigor of the body and greatly facilitating recovery from disease, regardless of its nature. The nerve centers can be stimulated:

(1). By exercising and strengthening all the muscles and cords surrounding and adjoining the spinal column, the storehouse of nervous energies.

(2). By manipulating and massaging the tissues surrounding and adjoining the spinal column, and by vibrating the spinal column itself, and straightening or adjusting any of the vertebrae which may have been misplaced.

(3). By the use of hot and cold applications, or merely hot applications, to the spine which accelerate the circulation to the parts so treated. These applications should preferably be wet, and can be in the nature of a towel, sheet or blanket.

C. That the nerve centers can be stimulated by following out rules that will accurately indicate how, when, how much and what to eat, thus adding to the virile elements of the blood, making it purer and richer in material for building up the vigor of the body. These results can be secured:

(1). By eating only when you can thoroughly enjoy your food, that is, when you are hungry.

(2). By limiting the quantity of food to the exact needs of the body, thus avoiding an oversupply that taxes the digestive organs and in all cases predisposes toward disease.

(3). By avoiding complicated dishes of all kinds and by selecting wholesome, plain foods that contain all the elements needed to repair the bodily waste.

(4). By thoroughly masticating everything eaten, thus greatly facilitating the functional processes of digestion.

E. That the nerve centers can be stimulated by the active use of the entire muscular system, thus accelerating the circulation of blood to all parts of the body, increasing the healthfulness of the tissues, and accelerating the elimination of the various waste products which are a prolific cause of diseases of all kinds. Exercises for bringing into play the entire muscular system can be taken:

(1). By a system of exercises prepared by the originator of this system of healing, that can be taken in bed, which uses and greatly strengthens practically every muscle as well as every nerve of the body.

(2). By any simple system of exercise that brings into active use all the muscles of the body without strain or overwork.

(3). By various outdoor sports, or gymnastic exercises that can be secured in various gymnasiums, if strong muscularly.

(4). By walking or running (if strong) or both, and by deep abdominal breathing which is in-

clined not only to expand the lungs, but also to accelerate the activities of the functional processes of the body.

F. That the nerve centers can be stimulated by the after results of a fast, that is, abstaining from all food of any character. This increases the activities of the depurating, or cleansing organs, and day by day through a process of this character the body is cleansed and purified and when the fast is broken new rich blood is manufactured, and the nerve centers and every organ of the body are thereby increased in vigor. The fasting method can be used:

(1). By one or more short fasts of from one to six days, which in ordinary cases is enough to bring about a sufficient change in the system to effect the desired results.

(2). By a long fast which should be continued until the tongue is entirely cleansed of all coating until the breath is sweet and clean, and until a natural appetite or desire for food is clearly indicated.

G. That the nerve centers can be stimulated by various hydropathic measures which tend to accelerate the activities of the depurating or cleansing organs, thus eliminating or throwing out from the blood various foreign elements or impurities which in practically all cases are the main cause of disease. Hydropathic methods can be used:

(1). By the application of water direct to the skin, either hot or cold, in the form of baths, shower, tub or sitz; in the form of a strong stream of water that can be played on various parts of the body.

(2). By applying packs of various kinds of either hot or cold in the form of wet towels, sheets or blankets to the affected parts of the body, or to the entire body, for the purpose of accelerating the activities of the pores of the skin in every part of the body.

H. That the nerve centers can be stimulated by various methods often termed natural treatment. Treatments of this kind can be taken:

(1). By sun and air baths, allow-

ing the nude body to come in contact with the air or sun, which has a quieting and strengthening effect on the nervous system and increases the general vigor of the body.

(2). By walking in bare feet in wet grass or elsewhere for the purpose of absorbing the magnetism which the earth is said to supply.

(3). By taking mud baths or dirt baths, or by lying or sleeping covered with ordinary dirt or sand.

I. That the depleted nerves and lowered vitality that make disease possible are caused directly by impure or defective blood, and this depleted condition of the blood is caused:

(1). By over-eating, that is, eating more food than can be satisfactorily digested.

(2). By eating unwholesome foods or drinks, alcoholic or otherwise.

(3). By eating mushy foods or by neglecting to properly masticate the food eaten.

(4). By lack of use of the muscular powers of the body.

(5). By sexual or other dissipation, or by overwork.

J. That an acute disease is really a friend in disguise; that it comes to cleanse the system, to eliminate the poisons from the blood which are clogging the functional organism, and which might cause death if not removed in some manner; and that this eliminating process (disease) is curative in nature and should not be diverted or checked, but should be allowed to continue its course to the end. The duration of an acute disease can be materially lessened, recovery being made more certain and more speedy:

(1). By abstaining entirely from food and in this manner avoiding the possibility of adding to the impurities or poisons with which the blood is "loaded" when suffering from an acute disease.

(2). By drinking profusely of water and by the cleansing of the lower bowels with what is termed the colon flushing treatment.

(3). By accelerating the activities of all the depurating organs

(Continued on page 238)



THE VIRTUES OF OUR METHODS PROVEN

Wanted to Commit Suicide—Cured of a Vile Disease

TO THE EDITOR:

I have cured myself of one of the vilest diseases, by your wonderful methods. I doctored with some of the best medical authorities in Connecticut, but it only seemed to make me worse.

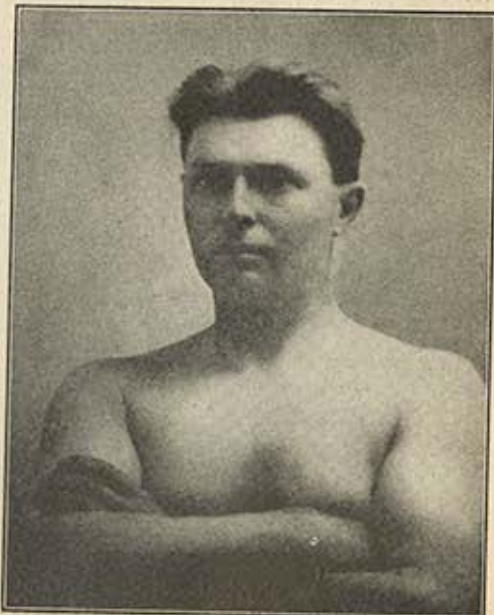
I was left to shift for myself when quite a young man and I joined a club where I got in contact with what might be termed "bad company." "We would drink, stay out all night and have a "good time" generally. It was not long before I acquired the horrible disease referred to. At first I really did not know what it was. I felt so dull and gloomy and I would go out and take some liquor, but it always made me worse. The Doctor told me he would bring me around allright and that I would be well in a short time, but that was a falsehood from the start.

The immediate symptoms of the disease disappeared after a while and I thought this was the end of my trouble, but it was only the beginning. The disease was only getting a good hold of me and in about a month or six weeks, it started to come out in blotches on my face and arms. In my ignorance I gave myself up to the methods of drug doctors, thinking that was my only hope. I would even sit up all night, worrying. The medicine upset my stomach and it seemed impossible for me to sleep, and it seemed as though it would eat my teeth out of my mouth. I do believe I have drunk enough corrosive sublimate of mercury, etc., to kill a whole regiment of soldiers, if it were given to them all at one time.

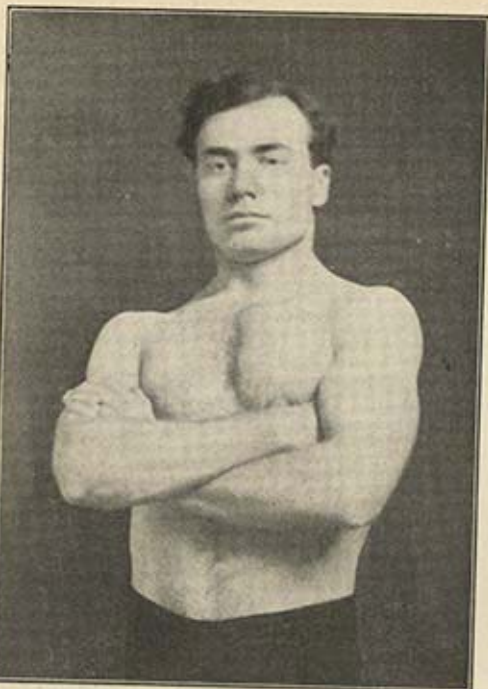
Arising in the morning I was so drowsy and weak that I would hardly walk down stairs. I had a constant picture of the grave before me. Oh! It is impossible to describe the horrible feelings that come to you when death is staring you in the face! Of course, I continued to patronize the doctors. They would ask a few questions, give me another dose a little stronger, and tell me the same old yarn. It is almost impossible for a doctor to be honest, for if he were to tell some people to take a walk in the morning, to take deep breathing exercises, baths, etc., they would say he did not know his business, for they expect to be drugged. When it comes to an operation where it requires a bone to be set, you, of course, need the doctor, but the trouble is, they like to use the knife where it is not

necessary. Eight out of ten operations today, are, I fully believe, experiment and nothing more. I also had a severe case of stricture. They used bougies, and electric sounds without benefit and they finally enlarged the urethral canal by cutting, and then they passed the sound through it every day to keep it from healing together, though as a result the trouble was as bad as ever. I call this nothing more than butchery. When I look back at what I have gone through, it seems more than a miracle that I am a healthy man today. I can truly say I owe my life to your methods.

After I had given my last doctor all the money I had, I was so weak I could hardly walk. I pleaded with him to give me his honest answer, no matter what it might be, about my case. He was the most conscientious physician I had ever had anything to do with and he told me, after examining me, that medicine would not cure me and said he hardly thought I would live six months. He advised me to go to a hospital. I became frantic. I did not



Mr. James H. Johnson, of Milan, Minn. A splendid example of the benefits of physical culture methods.



The fine physique of J. L. Rogers, the Athletic Director of the Lenox College, Hopkinton, Ia.

want to go to a hospital to be slashed and experimented on by the young doctors, so I tried to drown myself but I was caught in the attempt.

A little while after this I happened to secure a copy of your magazine. I read your article entitled "Rounding up of the Quacks." I thought it about the best thing I had ever read. My interest increased until I began to read. I think that at last I had found a cure. I started your methods with a fast; began to exercise and bath regularly and in fact devoted my entire time to taking care of myself. I soon began to notice a very great benefit. My energies were returning and it is impossible to describe the joy that thrilled my nerves when I realized that I was, at last, to be cured.

I am now strong, and a rugged specimen of young manhood. I do not know what to do to pay for all this, and I can only write this letter that others may be encouraged to do likewise.

J. E. C.
Ann Arbor, Mich

Druggist Cured of Constipation and Torpid Liver

TO THE EDITOR:

My interest in physical culture methods has been very deeply aroused since I have experienced such wonderful results from the treatment. I have been for a number of years engaged in the drug business. Being

a big eater and taking little or no out door exercise I was frequently troubled with torpid liver and constipation, I always resorted to mercury, podophyllin, and other such drugs, which of course only brought temporary relief. One year ago my trouble became chronic and I was compelled to give up my business and to travel in search for better health. I first went to New Orleans for treatment, since leaving there nearly one year ago I have visited numbers of health resorts and watering places between the Mississippi river and Pacific coast, staying in Southern California about nine months. I improved somewhat by traveling around, but early this spring the trouble came upon me again in full force. I began to dope with drugs, and just before I left California was told that I could not live very long.

A few weeks ago I was advised to get a copy of PHYSICAL CULTURE. I soon realized that the first copy had done more for me than all the drugs combined and I can now truthfully say that the physical culture plan is the best, safest, easiest and the cheapest of all. I have quit the drug habit, also stopped smoking cigars and am eating less than ever before. I am gaining in strength and weight and feel like a new man, and can easily walk several miles a day with little or no exertion. I feel greatly indebted to physical culture for what it has done for me and I shall spend the rest of my life in practicing and preaching its methods; and fighting the great evils which are causing such intense suffering and causing mental, physical, and moral destruction to thousands of people in every land.

Mineral Wells, Tex.

G. T. SLEDGE.

18-Years of Age—Developing into a Hercules

TO THE EDITOR:

At present I am a member of the Akron High School and am also the captain of the track team. I have always been interested in athletics and have secured much good from your magazine. I now never use meat or tea or coffee, and have never used tobacco, and the results speak for themselves. A year ago I held the rope climb (hand over hand) championship at the Y. M. C. A. here. Last year won the High School championship for the running broad jump North East Ohio. I am 18 years of age, weigh 138 and in the examination, lifted 600 lbs. leg lift, 400 straight arm lift and back made 21 pull ups and 19 dips within 2 minutes of each other. I think this will show the value of not eating meat, nor using tea or coffee or tobacco.

LEIGH H. PHILLEO.

43 South College Street, Akron, Ohio.

Gained 13 lbs. on 75 cents Worth of Food Weekly

TO THE EDITOR:

I came across your magazine last October, since then I have become interested in your teachings, although it is only five months since I began to practice physical culture. Before that time, I weighed 157, and was

very delicate. no muscles nor strength to mention, now I weigh 170, and I can put in the hardest day of work without being tired afterward. I live in the forest and am always out-of-doors. I live on two meals a day, and my food for a week costs 75 cents. I get to bed 10 in the evening and rise at 6 in the morning. I sleep always naked between two sheets of pure white linen, sleeping sound. I take ten minutes exercise every morning and then a cold bath and a few minutes exercise before I go to bed. I often take long walks and sometimes fast for a day. I do not use meat. Don't smoke or drink.
Lake Bay, Wash. J. WOLF.

Health Attained After Years of Invalidism

TO THE EDITOR:

Please accept these few words as a very small token of my appreciation for what you have done for me.

You have done for me what thirteen physicians have failed to do. I am now on the high road to health after ten years of invalidism.

MRS. SYLVIN CLAYSON,
4008 Drexel Boulevard, Chicago.

A New Woman in Five Weeks

TO THE EDITOR:

I am a new subscriber to PHYSICAL CULTURE. Am following its teachings every day, and health is improving wonderfully. A great many of my friends are watching my improvement with interest.

I can truthfully say I am a new woman after five weeks practice.

I am very gratefully yours,
Greenville, Mich. MRS. E. M. RUTHRUFF.

Read This Magazine—Left a Hospital. Result: Gained 30 lbs. in Two Weeks. Now Strong as an Ox

TO THE EDITOR:

Three years ago I met with an accident that crushed the bones of my knee so severely that I had three inches of bone removed including the knee. After the operation I lay for four months in the hospital slowly wasting away. Three meals a day were brought to me consisting mostly of meat and fresh white bread.

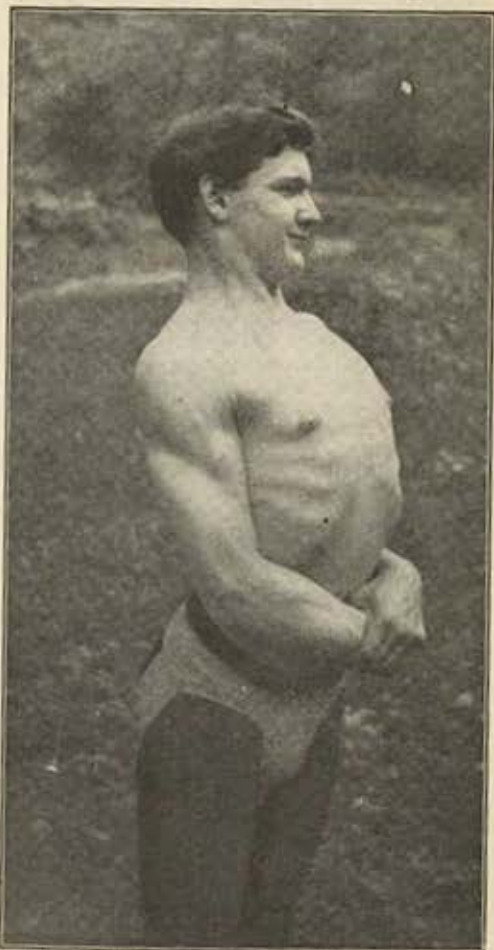
One day I accidentally got one of your books from a friend and I determined then and there to follow your methods. And this is the result. The doctor warned me to stay in bed at least three weeks. On my arrival home this is what I did. I stayed in bed the first half day, after that I was up at six o'clock every morning took what exercise I could, and then a cold sponge bath. Then I went for a walk of from two to five miles, on crutches and during the rest of the day took, one long sun bath. I ate two meals a day, consisting of rice, vegetables and whole-wheat bread, drank three quarts of water and obtained nine hours sleep in the open air. In two weeks time I gained thirty pounds.

In a few weeks after leaving the hospital I walked twenty miles in a forenoon without feeling any after effects from it. Since then I have followed your methods to the letter.

They were easy for me for never in my life did I taste liquor, tobacco, tea or coffee.

Today I am in my twenty-fourth year, weigh 145 pounds stripped, height 5 feet, 5 inches, and can perform the following tests in the July number of PHYSICAL CULTURE: Test No. 7, 2,000 times; Test No. 8, 28 times, with right hand; Test No. 10, 154 times. Besides these I can chin myself to a bar 40 times with both hands and three times with one hand. I can also run 100 yards in 12½ seconds with my stiff leg. If any of these statements are doubted I am willing to perform any or all of them before the manager of the physical culture restaurant in Boston, or any one else you may name. And I am preparing to enter your school in the Spring.

FRED B. ELDRIDGE,
599 N. Montello St., Brockton, Mass.



How's this for a fourteen year old boy? It shows what physical culture can do. This is a reproduction of a photograph of H. E. Nair, Jr., of New Kensington, Pa., when he was fourteen years and seven months of age.

Comment, Counsel and Criticism by Our Readers

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

Something About Disease

TO THE EDITOR:

Disease is only a means of purification, representing the failure of the vital organs to remove obstructions by reason of too small an amount of energy, or over-taxation. There is not enough energy to allow you to follow your ordinary vocation and to do this eliminating of the increased refuse from the body at the same time, so Nature provides a means of purification by taking away your desire to work and thus sends you to bed that all the forces may be turned to the elimination. Then the skin, intestines, stomach, kidneys, spleen, liver, lungs and the pancreas may do their work properly, secreting and sending off this accumulated mass of impurities. At the same time this house-cleaning is going on your desire for food stops because it takes energy to dispose of it and you know that food does not directly furnish power.

The whole idea of Nature, then is to make you stronger by removing the poisons from the body through the action of the internal organs, so a person will be in a great deal better shape after convalescence, than he was before he "took sick," and he will be if the treatment is right, but he must listen to the commands of Nature and not go jumping around taking violent exercises when Nature says he should be in bed.

I have no patience with the person who braggingly says, "It is my will power that keeps me agoing, if I should give up and go to bed I should be very sick." The poor ignoramus! He must be very ignorant of the laws of Nature, he doesn't seem to know that he is only staving off a condition which will only be that much harder for him when it does come. He says "I am all worn out, but I can't afford to take a rest now." No, perhaps he can't, but the doctor's wife will be able to afford a silk dress very soon, and it will be the money that came from his pocket that paid for it.

Now here's my proposition: Pain is the very best friend we have. Pain is nothing more than Nature's voice speaking to us and telling us that we have misused our bodies, by disregarding her laws; and if we are wise to our best interests we will set about remedying the

defect. Of course the doctor will give you an opiate to kill the pain if you wish it, but how much better let Nature have her own way about it and she will remedy the annoyance every time, and a great more quickly if we will give her the power we possess instead of wasting it in violent exercises. Of course the violent exercise will kill the pain, so will the opiate, but what we want is for the cause to be removed.

Davenport, Wash.

ORLEN A. LEWIS.

Results of Anti-Toxine

TO THE EDITOR:

He had not been feeling well for sometime and finally seemed to have tonsilitis. After five or six days we called the doctor and he said it was diphtheria and injected 2,000 points of anti-toxine. Afterwards his trouble seemed to be rheumatism in his shoulders; it moved about all over his body like rheumatism.

Then he broke out with a rash which was very itchy, it seemed to set him on fire. The only relief he had was taking a hot bath with borax and then bathing with witch hazel and then using talcum powder. He broke out about two weeks after being injected with the anti-toxine, at first on the lower part of the back, large blotches, brown on the inside with red circle around. After a week or ten days he began to suffer with them. They were all over his body with the exception of face and hands.

He is a man of good habits, does not drink but smokes, eats usual diet (meaning meat etc.) He is thirty-three years old. He is away from home now for treatment and is somewhat better.

Cleveland, O.

E. C. R.

Fighting Against God

TO THE EDITOR:

I have been an interested reader of **PHYSICAL CULTURE** for a number of years (news-stand buyer), and I greatly admire the good work you are doing in breaking the shackles of fear and prudery. Chapter V, of "Living the Radiant Life," in the July number, is alone worth the price of a year's subscription.

My object in writing this letter is to propound a few questions which struck me forcibly

while reading the article on the prohibition movement, in the same number, by Mrs. Mary E. Teats. She makes use of the following language:—

"The United States government is in the drunkard-making business, and has the first claim on every gallon of distilled and brewed alcoholic liquor." Again: "The United States government certainly stands, in the sight of God as first criminal in propagating and perpetuating this wholesale robbing of the children of these United States of anything like a fair chance to become respected and useful citizens."

Now compare this with what the Apostle Paul says in Romans, 13:1-5:—

"Let every soul be subject unto the higher powers. For there is no power but of God; the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God; and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? Do that which is good, and thou shalt have praise of the same. For he is the minister of God to thee for good. But if thou do that which is evil, be afraid; for he beareth not the sword in vain, for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake."

In the light of the above, are not all prohibition workers fighting against God? This government, and every other government, Paul tells us, is "ordained of God," and he admonishes us to be subject to them, "not only for wrath, but also for conscience sake." Are not prohibition workers then, butting against a stone wall, when they upbraid the government with being mixed up in the liquor business? Are they not liable to "receive to themselves damnation," instead of the people who compose the government, as they try to make us believe? Are they not "resisting the ordinance of God?"

These questions are propounded, not in a spirit of condemnation or fault finding, but in order to provoke study and inquiry, as the writer is a total abstainer, is not engaged in nor connected with, the liquor business, neither is he an active prohibition worker. Furthermore, I have my serious doubts about our government being a first criminal "in the sight of God."

Coopersville, Mich.

C. DeVos.

A Voice From Prison

TO THE EDITOR:

Before I go farther I will tell you that I am in prison and have been for last few years, though my time now is getting short.

It was in here that I got acquainted with your work and publications. I have been a reader of your magazine for last two and a half years, and would not miss one if it cost 50c a copy. At present I am not on subscription list, for a friend is sending me a

copy every month. I have read several of your books, and am owner of one, "Marriage a Lifelong Honeymoon." I am sure more than fifty men in here have read it, one of them has remarked, that, as soon as he is out, he will buy six copies, and send them to his brothers and sisters.

I have profited much by your work, have not taken any physic except your own since I got acquainted with your publications, I feel like a new man, though 28 years of age. I was fasting for four days this month, and I think this is the best medicine a man can take. I noticed that some men in here are using same method. You have quite a few readers in this place; magazines in here are allowed thirty days for circulation after their publication. I put on as many numbers as I think will go through, and we are very grateful to our warden for this privilege. I am glad to do all I can to help on with your work.

If it is convenient, you can use as much of it as you see fit. Please do not use my name. Stillwater, Minn.

J. G.

Blames Us for Condemning Doctors

TO THE EDITOR:

I have read, your magazine with care for three years. While I admit your efforts to save the youths and kill the devil of impurity and the devil of prudery is grand, yet I condemn you because of the fight against all doctors, which it seems to me you make, there are good doctors—grand ones—who wear themselves out for the good of their fellow men with little financial return, if any. Have read lately of one from Europe who, while in Chicago has been offered thousands of dollars by the rich for his help. But he gave it to the poor without a cent, and brought hearing to a poor boy. There are mean men in every profession under the sun. Will we condemn all the good too? Where would you be if we did. I say: Let us get all we can out of medicine, physical culture and other cures too.

You say that one with bad eyes should use salt water for bathing the eyes. Water as hot as can be borne, without salt, is best. This I learned from a doctor, who said it beat medicine. I found this is the best way: Use hot water not less than four times a day. Wash eyes well, drying them with soft, clean cloth. Wash out again and let dry without wiping. Best time is just before retiring to sleep, and the first thing in the morning.

To those who will take medical treatment at a distance I say *don't*. One reason is because you can't understand things by letter. And often letters are delayed. Even if the doctor is absolutely honest, he may nevertheless get his remedies mixed. Sometimes what is to be used externally will be ordered to use internally then a lot of infernal mischief follows.

I wish you well in all that is fair. I wish to see that fine and imprisonment knocked sky-high. But knowing the postal laws well, I think you acted unwisely to publish.

"Growing to Manhood in Civilized(?) Society."
Not wishing to be written to by anyone I do not send my address but do sign my correct name.

W. A. GAULT.

Editor's Note.—We do not condemn doctors. What we do condemn is drugging, and doctors whose knowledge is bound by drug methods.

A Wholesome Diet—Cost, 15c. Daily

TO THE EDITOR:

I will describe what I have found to be a good diet for a working man, at a cost of about 15 cents per day. It also has the advantage of being obtainable at almost any grocery store, requires no cooking and can be kept in one's room in a small tin safe. For myself I find two meals a day, one at noon and the other after work is done at night, the most satisfactory. At noon I eat grape nuts with milk, whole-wheat bread and one raw egg; at night, toasted corn-flake with milk, whole-wheat bread with peanut butter and occasionally fruit or a good chocolate or molasses candy, the latter being a concession to my love for sweets and very unnecessary.

North Grafton, Mass. HARRY N. PALMER.

Physical Culture Directory Again

TO THE EDITOR:

I have just received a recent number of *PHYSICAL CULTURE* and in it I find a suggestion which I have often thought of writing to you about. The suggestion I refer to is entitled: "Who will publish a Physical Culture Directory?" The reasons which Mr. Wilbert gives coincide exactly with my ideas on the subject. Here I am in a large city trying to live up to the principles which your magazine advocates and still I no know of another physical culturist in the city and I sure there are dozens. So I am writing this letter to you as I think hundreds of others will do, to urge you to support and carry out this idea. Wouldn't it pay you to have each physical culturist send his name and twenty-five or fifty cents and you have the Physical Culture Publishing Company print the directory? At any rate I wish to ask a favor of you. I would like to have you send me the names of all subscribers to *PHYSICAL CULTURE* in Detroit. For I wish to organize a young People's Physical Culture Society here. I can furnish a large auditorium well lighted and heated free of charge to this society. I know from *PHYSICAL CULTURE* magazine that there is such a society here but I have written to the secretary twice and have not received an answer to either letter. Beside I think that society is composed of older people. I know what organizing a society is for I have organized a society which is going fine now. But I cannot organize this new society unless you furnish me with the names of all subscribers to *PHYSICAL CULTURE* magazine. So please send on the names and I'll do the rest.

WALTER MORRISON.

1123 Forest Avenue E. Detroit, Mich.

Beans, Potatoes and Barley as an Exclusive Diet

TO THE EDITOR:

I am living merely on beans and potatoes, and a little barley which I mix into the beans every day, that's all. I am 6 feet high and weigh close to 170 pounds.

I live right in the forests, always out-of-doors, and pass my time at such work as sawing wood, which I like very much and other similar occupations. I generally work hard between five and six hours a day, and eat only twice—once at ten o'clock and again at four. Do you think it's enough, and do the foods mentioned contain enough nourishment for a person in my state? I feel strong every way and keep up my weight and possess a bright healthy color, but if the foods are not rich enough, it will have some effect upon me in later years. I am only twenty-three now.

Lake Bay, P. O., Wash.

J. WOLF.

The Pasteur Cure for Hydrophobia

TO THE EDITOR:

Read with deep interest your strong fearless, editorials in *PHYSICAL CULTURE* in which you expose the medical fakirs and their frauds. But there is one of their "great discoveries" that I have never seen mentioned in its columns. I allude to the Pasteur "cure" for "hydrophobia."

The newspapers are full of sensational stories about "hydrophobia," describing in detail its horrible symptoms, and also the Pasteur "cure" for same.

These articles are doubtless good things, financially, for the doctors in charge of the Pasteur institutes, as they are well calculated to produce that condition of hysterical excitement upon which they depend for their patients.

Some poor frightened cur, chased and shot at, bites the first person it happens to meet, the sufferer is rushed to the nearest hospital and his blood is loaded with the filthy serum if, in spite of it, he recovers he goes to swell the list of cases cured by the great (?) Pasteur serum treatment.

There is a vast accumulation of authentic evidence upon record to prove the extreme rarity of the disease and noted physicians the world over assert that they have never seen a case of it. The truth is that the bite of a dog is no more dangerous than any other wound, and the Pasteur treatment is simply another of those medical fads, with which the M. D.'s are poisoning the blood of the too credulous layman.

When the doctors are forced, by the education of the masses along physical culture lines, to abandon their filthy serums, they will doubtless take all the credit, for having done so, themselves. However, let the good work go on.

Let all believers in physical culture principles prove their belief, by living up to their ideas, and the influence of their examples will result in a higher and better manhood and womanhood, and true civilization throughout the world.

R. H. J.

Diet and a Beautiful Voice

By Gurdon A. Fory

This article was written especially for singers, but the information which it contains is of equal value to lecturers, orators or other speakers. In fact, every suggestion given by the author can be used by anyone desirous of cultivating a beautiful, melodious voice, for use in conversation or for other purposes.—Bernarr Macfadden.

AS long as singers have sung, the world has moved since the Fraulein uncertainty of being "in good voice" when the moment of "appearance" arrived has been a bugbear—a source of much worry and nervous strain, which things are of themselves always more or less certain to bring about temporary deterioration in the real ability of the singer. In fact Mme. Lilli Lehmann, in her well-known and widely-read "How to Sing," very frankly admits that "if you wish to sing only when you are in good form you must excuse yourself ninety-nine times out of a hundred"—an inspiring statement for the ambitious young vocalist to hear from a veteran like Lehmann.

And not only to singers and public speakers, but to those in the more common walks of life, it is important that the voice be always at its best.

Fortunately the



Photo Copyrighted by Barr McIntosh
Signor Enrico Caruso, the world-renowned tenor

wrote her book—at least this part of the world. The dietetician and the physical culturist have been abroad in the land and those of us who have come under their influence have learned that sauerkraut and weinerwurst, frankfurter sausages and beer are not exactly conducive to clear throats, clean systems and unclogged head and nasal passages, nor to a bright mind and an animated body. Stolidity is a very excellent characteristic but not for a public singer. How hard some of us have had to fight to shake it off—to become responsive to the demands of sentiment!

To do well the singer must know that he is in good voice and to do his best he must know with certainty beforehand that he will be in good voice. His habits must be well-formed and, so far as possible,



Photo Copyrighted by Pach Bros.

Madame Emma Eames, whose splendid soprano voice has pleased thousands

absolutely regular. I refer, of course, to his habits of eating and drinking and shall, confine myself exclusively to their consideration.

I shall try to make clear first of all precisely what I mean when I say "in good voice," and, since these articles are intended primarily for singers, vocal students and teachers, I shall not hesitate to speak technically.

National science teaches and even physical science has almost "discovered" that all things, as manifested to the physical senses, are, in essence, *vibration*. Ancient philosophies, as well as modern science, teach thus: whether it is music

that we hear, the beauties of nature that we see, the fragrance of pregnant soil whose odors stir primeval instincts within us, the feel of abounding life in every nerve and muscle—all is vibration in essential constituency. And where these vibrations are uninterrupted, where the propagating agents, the manifesting mediums are unchanged by forces inimical to Nature's plans, there is manifested beauty in highest, noblest, most sublime forms.

And so the voice that is best in all of those qualities conceded as essential to vocal perfection is that voice whose perfect initial vibrations are sympathetically intensified by a rightly attuned physical body—a body such as Nature intended every one of us to possess. Whether the vibrations are felt by the singer in chest, throat, nose or head the greatest resonance, power and beauty of voice demand that chest, throat, nasal and head cavities be clear and unclogged.

Stuff a violin with felt or coat it with coarse paint; you have ruined it, for, though the initial vibrations respond to the player's touch, the stuffed body cannot sympathetically intensify them nor lend to them the power and beauty that lie within the "soul of the violin."

I need not, in tiresome detail, draw the suggested comparison to the human voice and the human body—the similarity is strikingly obvious.

Nature never intended that the human voice should be other than beautiful, rich, resonant, flexible, vibrant with

life and feeling. When it is other we are not "in good voice" to the degree we might be—*something* has gotten into our resonating cavities; *something* is coating their walls and deadening the clearness of the vibrations which they should be disseminating; *something* is lowering our vitality so that we feel, some way, unable to respond fully to the demands placed upon us; we are not "in good voice," and we straightway "dope up" with drugs, make uncultured remarks anent the weather or the acoustic properties of the hall—*anent* everything but our own stupidity in not knowing that *nothing is in the body that we ourselves did not put there* by way of lungs or stomach.

If our throats and heads are foul with catarrhal discharges we have taken into our systems something that Nature does not want or too much of something She does want. Enlarged tonsils are often removed by surgery (fee \$25.00) both operator and victim being in seeming ignorance of the fact that they are depurating organs and would not be enlarged had they nothing to depurate. Hoarseness, laryngitis and kindred ailments, the result of local inflammation, are, when not caused by over-work, signs of a wrongly-fed system—of stimulating, irritating foods long continued. I maintain that a rightly fed person need not fear them, and I invite confirmatory evidence from those of my readers who are philanthropically as well as artistically inclined.

Unfortunately the singer is, no more than others, exempt from the tyranny of the M. D. and his supreme factum, the specialist. He has been taught to believe that he must "take something" for his voice; he eats unsparingly of ill-assorted foods, at ill-appointed times, along with his equally ill-advised friends, and relies upon the beguiling

cough drop or other opiated dope for colds, coughs and hoarseness; he swallows two raw eggs, sucks a lemon and gargles with listerine.

My dear young singer (and old one too) the very first thing you must learn is that a clean system and a clear voice are not so much the effects of what you eat and drink as they are the happy consequences of your having *left out* of your diet those things which Nature does not want. In short your aim must be to learn what, how and when *not* to eat—the search for "something to clear the voice" should be superseded by a careful, thorough, self-denying elimination of those foods and drinks that clog the system and, consequently, the voice as I have shown. And you will find that, after the eliminative process has been carried to its proper end,



Photo Copyrighted by Pach Bros.

Signor Antonio Scotti, the Great Operatic Baritone

your diet will consist of just enough of good pure food to rebuild the everyday wear and tear of functional processes and mental and physical activities; and such an amount will seem, in comparison to what you are now eating, ridiculously little.

I wish now to take up the *direct effects* upon the singer and his voice of over-eating and wrong eating.

I care not what may be your system of breathing—abdominal, diaphragmatic, clavicular, a combination of any or all of them—shortness of breath will always follow a too full meal. The reason is, of course, apparent and requires no scientific elucidation—there is simply no room for even the not abnormal breath that singing requires, nor can there be ease in controlling it. The stomach should crowd neither the abdominal wall in front nor the diaphragm above. None but gluttons have protruding stomachs and consequent shortness of breath. Nature is not niggardly. She gave you ample room for both food and air. See that you are not a trespasser.

I attribute the proverbial afternoon "indisposition" of singers and their dread of matinee performances to nothing else than a too heavy noon meal. The processes of the vital system no less than those of the apparent muscular system consume immense energy. If you ask your alimentary tract to do more work than it should you rob your muscles, your nerves, your brain of vitality which should be theirs. Therefore you are "indisposed;" you do not "feel like singing." Of course you don't! You are like the tropical snake gorging himself into lethargy! You are even worse for the snake does not eat again until hunger forces him. You wait not for hunger but for the next custom-decreed meal time and add excess to excess. It is pleasant to eat and drink to repletion, but it is also pleasant to feel the superb vitality of an unclogged physical and mental being. The choice is yours. I maintain that with proper feeding, matinees need hold no especial terror for you.

Evening performances are not so dreaded because the evening meal is,

with the singer, generally a light one. Our best public singers, those with the beautiful voices, the ringing, resonant voices, do not eat an evening meal. Caruso's habit of eating nothing after 2.00 P. M. may perhaps have much to do with the rare beauty of his tone and the very obliging invariability of his being "in good voice"—who knows? Later I may say something of the *nature* of his food and that of other vocal artists. Thus far I have spoken of foods quantitatively only.

I wish now to take up the *cumulative effects* upon the voice of the singer of wrong diet and over-eating and in so doing show that it has no other cumulative effects to reckon with. To most of you this may seem paradoxical—many simple facts seem so at first—but since the voice is a purely physical function it must be dealt with physically, and since nothing accumulates within the body that we do not put there it follows that the cumulative effects are all food-effects.

These effects are manifested acutely and chronically. Nature makes an acute effort to eliminate undesirable matter from the system and you have a *cold*. Yes, that is what a cold is, in spite of what your grandmother or the medical doctor may tell you and you "caught" it *at the table*. If you insist on continuing to add undesirable matter to that already in your system, if you "stuff your cold," Nature finally resorts, if she is able, to *more acute* means and you have pneumonia. Or she settles down to slower, more patient eliminative methods and you have *catarrh*. How often have you heard the remark, "yes, I had to quit singing—had catarrh so bad." Pour souls! They have sinned against Nature and are being punished by their sins for their ignorance.

To those students of voice culture who have never considered the condition of the voice as the direct result of the general constitutional condition, this may come as a surprising statement, but investigation will bear out the truth of my assertions.

But Nature forgives! We need but turn and live close to her, learn her laws and follow them.

(To be Continued.)

Sample of a circular that is being distributed by the Sterling Purity League in the interest of the Editor of this magazine. These circulars will be sent free in quantities desired to all persons who can use them to advantage. Sign the letter below and send to a member of congress or any important or influential personage.

The Kind of Work that Bernarr Macfadden's So-Called Obscene Literature is Doing

A Boy's Life Made Pure

Bernarr Macfadden, New York.

Dear Friends: I would be more than pleased to furnish you with the back copies of *Physical Culture*. In your letter to me of May 15th you say, "It is indeed pleasing to know that so many of our readers are so interested in the publication as to retain them for such a long period." I am glad to state right here, that I have copies as far back as June 1899. I was just thirteen years old then and I wish to testify that it was those five cent copies that put me on the right road. I have led a pure life free from excesses and indulgence which tend to weaken and destroy the human race. It makes me feel proud of my reputation. Nearly every one of my friends have been "through the mill" as they call it. Their plea is, "What's the use of living if you don't have any fun." My father was a drunkard;—my mother died while giving birth to me; I lived and was adopted by good people when I was five days old; my father being unable to support me and my elder brothers. I always had a craving for drink as it was "born in me," but it has been your magazine that checked me just in time from following the suit of my parent. It was not through advice of my guardians, as I had never received any from them in regard to the vital question. I have become more and more interested in *Physical Culture* every year, and it is indeed my greatest ambition and desire to become proficient in its study. I have read a good many volumes on this subject.

FRED KORN.

5253 S. Halsted St., Chicago.

A Home Made Happy

MR. BERNARR MACFADDEN:

In a recent number of *PHYSICAL CULTURE* you mention you would like to have a few copies of March and December, 1906, and January, 1907, magazines. I have the three and will be pleased to send them to you.

I have been a subscriber of *PHYSICAL CULTURE* and *Beauty and Health* since 1901, and would not be without them. My wife and I have derived much benefit from them. We have not eaten meat or used drugs for six years, and our health has been much better and we have a beautiful little three year old baby girl brought up by physical culture methods before and since her birth, she has never been sick.

We wish you success and hope you will win your case when your trial comes off next October.

ALVIN E. VAIL.

55 Blackhall Street, New London Conn.

DEAR SIR:—

There is not a moral force in this country that is doing more to elevate the standard of manhood and womanhood, that is doing more for the home life, for the purity of boyhood and manhood for the sanctity of womanly beauty and virtue, for the strength and health of the race, than Bernarr Macfadden.

Read the two letters appearing above and you have a sample of what his wonderful work is accomplishing. He can produce thousands of similar communications. Do they sound like obscene literature? Is it not literature that we need more than anything else. And for carrying this educational campaign, at the behest, so it is said, of some political heelers. Bernarr Macfadden has been sentenced to two years in the penitentiary and to pay a fine of \$2,000.00. He is still fighting the case in the courts, but is there not manhood and womanhood enough in this country to force the annulment of this charge and this sentence? Why should a man be branded as a criminal who is doing more for this country than any other living man?

Will you use your influence to have this matter investigated and free an honest man from most cruelly unjust persecution.

Yours for Justice,

To.....

The Late Olympic Games in Retrospect

By B. R. Ennan

DESPITE a number of sundry dissensions, caused by the keen rivalry manifested by the officials and athletes of the various nations competing, the Olympic Games of 1908 were an unqualified success. Certain it is that an athletic meet of such magni-

tude as to hold the center of the world's stage for two weeks, must go far toward encouraging the interest of the public at large in those manly sports which for the most part constitute the program of the Games.

Although the final results of the various contests were in some cases surprising, in the fact that those who were looked upon as sure winners were defeated by comparative newcomers in the sphere of athletic championship, the standard of performance in all the events was worthy of the great meet, and records went by the board daily. The success of the newly-developed athletes in winning their laurels from the veterans is a gratifying sign to those who have the welfare of true sport at heart, and is also an auspicious augury of the physical improvement of the youth of the nations of the world. It must be remembered that for every athlete who attains the great distinction of representing his native land in the Games, many hundreds, while not equally successful in public competition, nevertheless secure benefits in the improvement of their physical condition which more than repay them for the time and effort involved in their trials.

American athletes broke no less than nine Olympic records, and were successful in carrying away the prizes for the majority of the track and field sports held at the Games, winning fifteen firsts out of a possible twenty-seven. In those events which are generally recognized as forming the program of the ordinary athletic meet, the American athletes won more first prizes than those awarded the athletes of the entire world. The performances of Martin Sheridan, Melvin Sheppard, John Flanagan and John J. Hayes are particularly noteworthy. Sheridan, who was mentioned in these columns last month as an ideal all-round athlete, not only was the victor in throwing the discus in both the Greek and free styles, but



John J. Hayes, winner of the Marathon Race at the Olympic Games of 1908.

secured third place among the world's greatest jumpers in the broad jump. Sheppard won both the 800 and 1500 meter events, making new records for each. Flanagan established the Olympic record of 170 feet 4½ inches, in winning the hammer throw. Hayes won the Marathon race, finishing in good physical condition, and walking from the tape unassisted, after running the distance of about twenty-six miles.

The victory of Hayes in the Marathon race should serve as an incentive to those who allow themselves to be deceived into the idea that it is only men huge in bulk who can make their bodies capable of athletic achievements. This young man, who has barely attained his majority, stands but 5 feet 3½ inches in height, and weighs only 125 pounds. Nevertheless he succeeded in defeating the foremost distance runners of the world in this grueling contest. A rather pathetic incident occurred in this race. An Italian runner, Dorando by name succeeded in leading his competitors to the point where the runners turned from the road to the track of the Stadium. He was unable to complete the circuit of the track without assistance, however.

It is unfortunate that, in one respect at least, the Olympic games fall short of accomplishing the purpose for which they were revived during the nineteenth century. Instead of bringing the athletes of the competing nations closer together in a desire to surpass the achievements of the past, they seem to brew enmity between the athletic representatives of the countries which take part in the contests. The relations between the English and American athletic officials have been sadly strained by various occurrences which have been so freely aired in the public press that reference to them at the present time is uncalled for. Certain it is that, if one were to judge from the reports sent to this side of the water, the management of the Games left much to be desired in the way of justice to visiting athletes, particularly the Americans. Then too, the Italians will perhaps always hold to the belief that their runner would have been able to finish the Marathon unaided, if left

to his own resources. Although this seems doubtful.

Be this as it may, it seems deplorable that these international contests, which are capable of so much good if approached in the right spirit, should have their effectiveness discounted by such inconsiderate rivalry as marred the meet recently concluded. Let us hope that when the next Olympic Games are held they will be free from such unfortunate occurrences, and that lovers of physical perfection the world over will be granted the pleasure of knowing the events are so conducted as to secure the greatest good to the greatest number.



John Flanagan, World's Champion Hammer-Thrower, throwing the 56-pound weight.

Prize Competition for Perfect Men and Women

AS previously announced, our prize competition to determine the most perfect men, women and children will remain open until January 1st, 1909. From time to time, we will reproduce in these columns the photographs of those contestants who possess a notable degree of development. The competition has been extended to this length of time in order to enable all readers who desire to enter the contest to get into the best possible physical condition before being photographed, in order to do full justice to their development and symmetry.

While we have published the rules of this prize competition a number of times, we take this opportunity of placing them before our readers again in order that there may be no misunderstanding of the conditions which govern the contest.

We propose to give one hundred dollars in gold to the most perfectly formed man. There will also be twenty additional prizes, consisting of valuable works on physical culture, yearly subscriptions to our magazines, and so forth.

We will give one hundred dollars in gold to the most perfectly formed woman.

A gold medal will be presented to the boy under fourteen years of age who most closely approximates ideal standards. For the twenty youngsters who come next in the way of measurements, etc., there will be prizes consisting of physical culture books, subscriptions, and so forth.

A gold medal will be presented to the most perfectly formed girl under twelve years of age, and we also propose to give twenty additional prizes of a valuable nature to other well-formed girls.

A gold medal will be presented to the parents of the most perfectly formed baby of physical culture birth and breeding.

The contest throughout will be conducted through the medium of photographs and measurements of the com-

petitors. These photographs should be sent as soon as possible, and it need hardly be added that they should exhibit to perfection the physical development and attractions of their originals. Accompanying the pictures, too, must be the names, ages, weights and measurements of the competitors, the latter in accordance with the line cuts published recently. Photographs of competitors should be of such a description as to show their proportions hampered as little as possible by clothing. As far as men are concerned, the photographs reproduced on other pages show the type of garment or fleshings as they are best suited for our purposes. Female contestants may dress as they please, but we recommend the use of underwear of a dark color. These are easily procured at any dry goods store. In putting them on for photographic purposes, we should warn our fair readers that wrinkles are very often productive of poor effects when the wearer faces the camera.

As far as boys are concerned, we suggest that they are photographed in trunks only. In the case of girls, it should be remembered that the less clothing they wear the better, in order that the Committee of Selection may be enabled to readily pass upon their physical attractions. Babies had better face the camera nude.

It is distinctly understood that when competitors send us their measurements and photographs, their so doing implies the right of our magazines to publish these, together with all information relative to the original. Don't forget to send us full details about yourself, such as whether you are a physical culturist, wholly or in part; a user of ordinary diet; an athlete or otherwise; married or single, and so forth.

In the event of two or more competitors in any of the classes, tying, the prize will be divided.

The competition will close on January 1st, 1908, after which date no entries can be received.

Purity the Basis of the Abundant Life

S. Q. Halfenstien, D.D., of Dayton, Ohio, delivered an address on the above subject at the National Purity Congress. There are many good things contained in this address, and I am publishing some of the best for the benefit of our readers. To give you some idea of the broad minded clergymen's theories I would quote from one of his letters the following: "If men would live with their wives according to knowledge there would be many more strong, stalwart, noble men and many less weak, dragged out women." I think my friends will endorse that statement in full.—Benarr Macfadden.

THAT the normal and spiritual life are intimately connected with the physical life, no intelligent person will doubt, and one sad phase of the question that meets those living on the higher plane of life, is the prodigal waste of physical energy in varied forms of carnal indulgence. With physical energy wasted and the sources of vitality drained, it is utterly impossible to maintain buoyancy of spirit and high moral purpose. Into every life must come purity as a principle in order to possess high spirituality and Christian efficiency. No man can be what he ought to be to God and mankind who puts no constraint upon his nature, but lets it have its swing. Never saying more true than that "The flesh lusteth against the spirit." Its gratifications ever draw downward. Indulgence in its cravings destroys spiritual desire and lessens capacity for spiritual things. How many a man has died spiritually because he lived after the flesh.

Pulpit and pew are alike weakened by a violation of the great law of continence. Men once active and zealous in the Church of Christ, after a few years of married life, lose their spiritual identity, the life more abundant has been destroyed through living after the flesh, and the soul's hand of faith that used to grasp the promises of God, has become atrophic and one of the agencies through which Jesus expresses his life of love to the world is for him no longer available.

Purity, like love, is its own reward. There is no element of character that inspires such confidence, none that brings into the life such inward joy, none that so conserves the vital forces, builds up the resistive agencies of the system against the attacks of disease and generates thought-producing force as does the quality of purity. Mentality

is far superior to carnality. The great mass of men have their tents pitched toward Sodom or are within its polluted and polluting walls. Is there not incentive to inject into this unredeemed portion of humanity a suggestion of the possibility that lies before it by the awakening influence of a thoughtful life lived on the high level of moral excellence? Spirituality is more than mentality. And vast multitudes are in bondage to psychic conditions that hinder the attainment of a pure spirituality. Is there not inspiration in showing the joy and beauty of an abounding life on a spiritual plane, possible only through thoughtful restraint and acquisition of power through prayer, to those who know not the joy of freedom from bondage to the flesh?

Since millions are ignorant of the possibility of retaining physical energy and mental vigor to advanced age, should not all who have thought out this great question of personal purity and brought its joy and jubilant life into their life purpose, be induced to assist others into the light and power of purity? In the spiritual, as in the natural world, every species brings forth fruit after its kind. The law is absolute in regard to human deeds. If there is purity in the inward parts, there will be life abounding with fruit unto holiness, and the end everlasting life; and the aim of the life will be the glory of God in the rehabilitation of man in God's image.

One of the saddest things that confronts us today is the lack of evidence of a pure, clean manhood. The great majority of faces into which one looks in some of the larger cities are not reassuring. There is lack of evidence of the basis of life on the plane of high mentality and commendable morality. If every life was pure, every face would

be a reflection of purity and every person one that would be a source of blessing, for what more inspiring than to look into a face in which there is reflected the image of a pure soul and whose possessor gives evidence of vital energy and reserved force that speaks of refined dignity of being? From such there goes a current of magnetic influence, vitalizing and uplifting, that repels the unholy and death producing elements. How marked is the contrast between these, dominated by a life giving force that builds up in goodness, and those whose very life forces are squandered upon low forms of sensuous pleasure, and whose person betokens the loss of virility.

Paralyzed as to the very sources of life, they seem to have no power to extricate themselves from a condition so awful, and no desire to reach up and take hold of the healing stream flowing for all. The lines of demarkation are not sufficiently distinct. There is a shading and blending that tends to neutralize the efficiency of the life lived on the plane of purity. Men still fail to understand what uncleanness really means, that defilement is badness; a condition of soul, and because so much badness is so dexterously covered, many are admitted to and associated with

those whose lives are lived on the higher plane.

However men may condone lives hidden by liberal donations, and sentiment rejoice in highly wrought representations of profligacy's generosity toward the noble work of the pure minded, it still remains true that only to the pure all things are pure, and that the very attempt to hide a life of impurity further defiles that life. The corruption already existing in the heart is made worse by passing into action the effort to conceal that corruption. "Shame and fear are weakened; the will is confirmed in evil."

Much is said about race suicide at the present time, the prevention of which can be accomplished through an increased virility, and this will follow as a result when purity is made the basis of the marital relation and incorporated in the life plan of every actual or prospective husband. There is no way back to self-mastery save through the gateway of purity. Every sin persisted in destroys will power, but no sin so quickly and effectually rots character as that sin which Paul calls the sin against one's own body. It kills the very fiber of the soul, and when the physical powers are gone a new creation is requisite in order to have spiritual life.

THE CREED OF PHYSCULTOPATHY—(Continued from page 222)

which eliminate poisons from the blood, with the aid of various hydro-pathic methods, a wet sheet pack for the entire body being especially commended.

(4). By avoiding as nearly as possible the usual policy when suffering from an ailment of this kind to remain in bed continuously. The functional processes of the body will work much more satisfactorily if one is "up and around," at least part of the time while ill. When lying quiet, the functional processes are inclined to stagnate while even the mildest sort of exercise such as moderate walking will accelerate their activity, though, of course, violent exercise of any

kind under such circumstances is dangerous and should not be attempted.

K. That chronic disease is in most cases a continuance of modified symptoms of an acute disease, and disease becomes chronic when the causes that produce the acute disease are allowed to continue indefinitely; and that the general methods of physical upbuilding previously defined, with whatever local treatment may be indicated, will cure every known chronic disease, provided the vitality has not been too much depleted. When one is about ready to step into the grave, no remedy can be effective, though we follow the policy, that while there is life there is hope.



The Morning Exercise Class at the Health Home at Battle Creek, where Our Patients and Guests are Accommodated

Health and Recreation for Subscriptions Free Treatment Offer

IN the beginning of the summer we called the attention of our readers to the proposition which we were making in which we agreed to take subscriptions for the magazine in exchange for complete treatment or to pay for the expense of a vacation at a magnificent Health Home located at Battle Creek, Michigan.

A very large amount of interest was aroused in this plan and hundreds of persons throughout the country have written us in reference to it, and a great many have taken advantage of our offer. We fully believe that weakness and disease are inexcusable. Health is normal, weakness is abnormal, as we have said in the columns of this magazine over and over again. If you have enough vitality to maintain life in a weak condition, you have more than enough vitality to secure at least a normal degree of health. It takes more power to run a rusty machine than one that is well oiled, and it takes more vital strength to maintain life in a weakly body with defective organs than it does when one enjoys health and the organs of the body perform their functions easily and harmoniously.

Now it is an easy matter to secure subscriptions for this magazine. We

cannot at the present time tell you just how much longer the price will remain at \$1.00, but the probability is that we will be compelled to raise the subscription price sometime within the near future. If you will look over the magazine you can well understand that it would be exceedingly difficult for us to continue publishing a magazine of this character at this price. Therefore, now is the time to "get busy" if you feel that you are in need of treatment of any kind, or if you simply desire to go away for a vacation for the purpose of building up your general health. It need not cost you one cent if you will spend some time each day soliciting subscriptions among your friends. In fact you can even pay your railroad fare in this manner if you can secure enough subscriptions. The Health Home which we invite you to visit is one of the most magnificently decorated and equipped institutions of its character in the world. Here every conceivable disease can be treated and there are but few complaints which cannot be radically remedied if you are willing to give the natural methods a trial which are used in this institution.

The free treatment offer made in the July issue has brought us a great many

inquiries, and a few of these cases have already been accepted. We will, however, continue accepting cases until we have one patient from every community in the country. The first cases that we have accepted will probably not be able to begin treatment until September and we therefore may not begin to report any cases previous to November.

For the information of those who may not have noted the conditions of this free treatment offer, we would say that this offer does not include payment for board and room. It simply includes treatment, though arrangements have been made for even the charges for board and room to be greatly reduced. Patients accepting this proposition are expected to send us one hundred new subscriptions to the magazine, after they return home, for every month they remained under treatment.

Those writing for treatment, please

make your letter short. Write plain. Tell us all the facts very briefly. We do not care for a history of the case, we want to know your condition *NOW*, nothing more.

Bernarr Macfadden, the editor of this publication, lectures here once or twice a week, and does what he can to help imbue all those who visit this institution with the theories so valuable in the cure of disease or in the building of superb vital vigor.

Here is the place to get well or to have a vacation, or both, for as a rule those who visit this institution as patients soon become like the boys and girls, and the process of securing health becomes one continuous holiday.

If you are interested in our proposition, write to us, and we will send you a beautiful catalog of this institution, and at the same time give you full details of our subscription proposition.

Uses Anti-Toxin—Jury Charges Criminal Negligence

CORONER W. T. Gordon, of Lane County, Oregon, held an inquest over the body of Clifford Vickers, a Denver youth, who died suddenly in Dr. O'B. DeBar's office after the doctor had given him a treatment of antitoxin for asthma. The jury accused the physician of criminal negligence. The verdict of the jury stated that, Vicker's death was caused by the criminal carelessness of Dr. Geo. O'B. De Bar,

who, at the time of giving diphtheria antitoxin knew the probable fatal consequences. Also, that he further administered this anti-toxin without consulting the father of the deceased, of the probable outcome which the hypodermic injection might have with a patient affected, with asthma; or without calling any other physician in consultation before administering the said antitoxin to the patient.



A Finely Developed Young Man

TO THE EDITOR:

Mr. Modisett, of the Y. M. C. A. after taking my measurements, said I am one of the best developed young fellows he ever saw, and according to the anthropometric chart, have excellent lines. I started to exercise a few years ago after having accidentally come across one of your books. So you see I am truly a "Macfadden Boy."

WM. BUCHTA.

1704 Vilet Street, Milwaukee, Wis.



GEORGE WILLIAMSON

From Another World

A CAUSTIC ARRAIGNMENT BY ONE WHO VIEWS US FROM THE STANDPOINT OF AN OUTSIDER. HIS CRITICISMS ARE SEVERE AND CONTAIN FOOD FOR THOUGHT

By George Williamson

Here is some very plain talk. There are no doubt many exaggerations. Some readers may even think that the writer is crazy. Others may feel that such extreme sentiments should not be published. I think, however, that his views at least deserve a reading. We have been drifting along in almost hopeless egotism about long enough. It is time we saw ourselves as others see us. This is my excuse for publishing a series of articles by this author.—Bernarr Macfadden.

FIFTH INSTALLMENT

I WANT to express my sincere appreciation of the many communications I have received from those who are especially interested in my articles. I could not possibly reply to any of these communications, first of all, because I have various reasons for not desiring to reveal my identity. You can take what I have written about myself as fiction or as fact, just as you desire. I think many of you who have been close observers will have to admit that by far a larger part of the statements I have made in these articles about your country can be easily proven, and if the truth such as I have revealed it was emphasized everywhere it would have a salutary effect, and would be of immeasurable value to your people and your civilization.

Many have written stating that they are desirous of joining my colony. These articles are not published for advertising purposes. There is no desire on our part to add additional numbers to our colony, and if we should have such desire, the pedigree of every applicant would probably be looked into for several generations back before we would even consider accepting him as a member.

All this is deviating. The articles I am writing at present are about your country, not about mine. Some time in the future I may be able to give you some details of our community, but I

think what is first of all needed in your country is a great awakening to the existence of that I would term deplorable conditions.

To a very large extent you are governed, controlled and influenced by men who might reasonably be called educated geese. They have grown up in a rut, they have never been able to climb beyond its muddy walls, and yet in a majority of cases they are so inflated with egotism that at times it is really a wonder to me that they do not actually burst. If such men were to stand on their own merits, if the people of your country were to compel them to "make good," as you term it, and not allow yourselves to be bluffed or domineered over, the greater majority of these so-called authorities would collapse and enter the realm of oblivion as quickly as a balloon with a rent in its walls.

When I am searching for humorous reading-matter I like to read articles and editorials written by men of this type. They "know it all." The know-it-all characteristic that is so deeply imbedded in their mental fiber imbues their every utterance. You will find that in every way they each regard themselves as the great "I-am." The opinions of other men, in the eyes of such characters as these, are trashy, absolutely not worth consideration. Such men, as a rule make up their minds very early in life, and their opinions

remain made-up in exactly the same way during their entire careers. The only way you could change minds of this kind would be to use a sledgehammer or a crowbar. Some time ago I read an editorial in one of your very widely-circulated journals, in which the value of everything civilized was lauded to the skies, and the simple life and those who might be yearning for return to the strength and health, the honesty and honor of our forefathers, were derided in a most scathing manner. The entire attitude of the writer of this editorial indicated with marvelous accuracy the ignorance of the writer about the subject with which he dealt, as far as the value of the simple life was concerned. He derided long hair and long beards, he grew humorous as he referred to the microbes that thrive on unkept beards and hair. He has, perhaps, yet to learn that microbes are solely a product of civilization. You will not find microbes on wild deer, lions or tigers, or in fact on any animal that has not been circumscribed or infected in any way by the hand of man. Those who preach the value of the simple life do not by any means wish it to be understood that they are desirous of eliminating every result of civilization that may be of value to man, but they preach first of all of the value of a superb physical foundation, they preach of the beauty of physical, mental and moral perfection. They believe in placing the physical man in his true sphere. They believe that a man should have the same strength, the same superb instincts as the antelope, or the birds that fly freely in the air, unhampered by so-called superior man.

The body of every man should actually reverberate with power. Life should be filled with joy, it should be a perpetual delight, and a civilization such as that which we have today, which considers the man or the woman last of all, and which has such a miserably distorted idea as to human happiness, is a pitiful make-shift. Why, I believe that one generation from today the men and women will look back upon the conditions existing right here in this country at the present time, and consider you a lot of debased savages.

What has your civilization done for human happiness? It is a perpetual, almost eternal grind, with the demon Greed spurring you on at every step. Is there anything taught in your schools about happiness? Is there anything taught in your schools about making magnificent men and superbly beautiful women? And yet these miserable jackasses, these inflated egotists, prate in your newspapers about the wonderful results attained in this enlightened age! Why, it is an age of pitiful degeneracy. It is an age in which the domineering power of money is felt in the life of every individual of every home. It is an age when human life is far cheaper than dirt. There is today in your country a terrible dearth of men and women. I know there are thousands, yes, millions of imitations that toil day after day. They often go to bed worn out in mind and body. They go through life, in a majority of cases, in this pitiful state of misery and discontent. When I go among your men and hear the foul stories that pass current as staple nourishment for the minds of male adults in your country, I am disgusted. When I pass through the so-called tenderloin districts of your great cities and see the paint-bedaubed faces of the miserable females, the wrecks of womanhood, who are used to satisfy the degenerates you call men, I am impressed with your lack of civilization. When I go into your homes and find them full of gloom and misery made so because of the same perversions, the same immoralities, I am doubly impressed.

Yes, your enlightenment has brought wonderful results. The telegraph, the telephone, the marvelous (?) advancement in medical science. Vaccination, to free one from the horrors of small-pox—pooh! Antitoxin to remedy that terrible disease diphtheria—bah! Yes, truly, you have advanced. You have advanced with marvelous strides towards your own ruin. You are going toward national oblivion, toward individual degeneracy and misery and ruin, far faster than Rome or Greece or Egypt or any other country ever did. To be sure your educated geese will

make fun of going back to Nature, they would make fun of manhood, if they dared, for as a rule they are miserable victims of excesses of all kinds themselves. They are frequently so doped with tobacco or alcohol poison, that it is impossible for their brain to find an original thought. Their entire functional system is usually busy eliminating the poisons that are liberally supplied to the digestive organs in the form of alcoholic liquors of all kinds, and juicy meats that have gone through more or less of the processes of fermentation. Can you expect anything from the minds of men that are fed on products of this nature? Can you expect them to be free? Can you expect them to be able to think clearly? They have to keep on the beaten track. Take them out of their particular little sphere and they would flounder around like a fish out of water. As a class they are each what you would term a "bluff," a monumental pretense. The manhood that they might have possessed at one time has so far disappeared that you might say in many cases they belong to the neuter gender. And it is to individuals of this type that you are looking for advice, for knowledge, to guide you towards the higher realms of intellectual and physical superiority.

The simple life yields the greatest amount of human joy. It builds the most powerful men and most superb women. You will find such people living it here in your own country in what you term the backwoods. You find it among the mountaineers. Here you will occasionally find men, simple, uncouth, outspoken and honorable. They would sooner die than stoop to a falsehood. They would sacrifice life on a question of honor. They would fight to the last ditch for a principle. In other words, they are men. They are not mere jellyfish. They have something else besides a piece of twine for a backbone. It was such men as this that furnished the stamina upon which your nation has been built. Without the hardy vigor of your pioneers, without the spirit of superior manhood that stirred the nerves of your ancestors, your country would never have been

what it is today. The progeny of these ancestors disappeared long ago. They have gone into oblivion, and in their stead you have the progeny of those who have come to your shores from every country throughout all Europe seeking fame and fortune. You are now feeding upon the vigor of these foreigners, and you are using it up as swiftly as you did the vitality of your forefathers. You cannot always look to foreign countries for vitality to make up your nation. You will soon have to look to yourselves, and that will mean a radical change. It will mean that honor and honesty and true patriotism will have to replace the hypocrisy and the greed and the dishonor that flaunts itself in high places everywhere in your country at the present time. You talk of the benefits of the complicated life! You talk of the value of your civilization, and upon the features and the bodies of the very men who are loudest in their praises of your achievements, you will find the marks of physical defects that have resulted from pitiful ignorance and devitalizing excesses.

Go on with your foolish civilization, if you so desire! Death, at some time, overtakes us all. In the past death has been the fate of every civilized nation. It will some day be the fate of your country, no matter how nearly you may follow the great law that governs the development of manhood and womanhood in their highest sense. But death can be delayed, it can be put off. The criterion which represents the highest human achievement can be made to last many generations. In fact the death of the race can be so much prolonged that it may take a terrible catastrophe in the form of a mighty cataclysm, that may change the entire surface of the earth, to entirely destroy a nation.

DO NOT CONDEMN THINGS YOU KNOW NOTHING ABOUT. If you would take that one sentence and engrave it permanently on your mind and adhere to it all through your life, you would be a "mighty" gainer thereby. The educated geese condemn the simple life. They know absolutely nothing about

the simple life. They have heard people talk of this life. They never investigated it, they never tried it, and they have simply built up in their own minds their particular individual idea of the simple life, and they have condemned it first of all because in their minds, no doubt, it deserved to be condemned. When you attack the simple life, you will have to condemn childish play, you have to condemn the simple enjoyments of our boys and girls. They are yet to learn of the complex life. They are yet to know of dishonor and the greed and the crimes with which your civilization is reeking at the present time. They are in the age that enjoys all wholesome play. Their instincts, until they are befouled by prudery, are wholesome and clean. They tend in every case towards the development of the body and the mind and the morals. But when we forget to play, when dignity, with its complications, once becomes impressed upon us, then we begin to abandon the simple life, then we begin to desert the life that is so filled with joy, and the delights that are so closely connected with boyhood and girlhood.

No, your civilization is a terrible

failure. In fact, it will soon be worse than a failure, it will be a tragedy. Your nation has grown into power with marvelous speed. It has shot up into prominence like a rocket, and it will drop into degeneracy and ruin and oblivion like a stone, if you do not arouse yourselves and realize the danger that confronts you on every side. What you want is men! What you need is women! And in order to meet your requirements in this way you will have to rid yourselves of some of your complications. You will have to make your people lose a certain amount of their respect for what you call enlightenment or civilization. You will have to make them realize the value of the simple life. You will have to help them find pleasure in the same simple things that stir the nerves and delight the souls of your boys and girls. You have to make them go back to boyhood and to girlhood, and the new generation that is coming upon you will have to readjust your principles, change your code of morals, and reverse many of your theories of life which you now consider so essential, if your nation is to be saved from the tragic end that now as a race unquestionably confronts you.

Curing of William Hicks

Bill Hicks had asthma—shook the floors
With each recurring paroxysm;
The doctors made him live outdoors
And that gave him the rheumatism.

The doctors cured his rheumatiz—
Of that there never was a question.
Strong acids stopped those pains of his,
But left him ill of indigestion.

Dyspepsia fled before a course
Of eating grain. It would delight us
To cheer this plan till we were hoarse—
But Hicks then had appendicitis

He rallied from the surgeon's knife,
And laid six weeks without a quiver,
His operation saved his life—
The loafing though, knocked out his liver.

To cure his liver troubles he
Tried muscle stunts—you know how they go.
From liver ails he then was free,
But all the strains gave him lumbago.

Lumbago is a painful thing;
A masseuse with a visage solemn
Rubbed the lumbago out by spring,
But twisted poor Bill's spinal column.

To rid his backbone of the twist
They used some braces. They were careless
The padding for his head they missed:
This made him straight and left him hairless.

Drugs were prescribed to grow his hair.
These acted just as represented;
They put his scalp in good repair,
But soaked in and left Hicks demented,

Then to a sanatorium
They took Bill. He was wisely treated;
His brain with health began to hum—
Then asthma!—ward was poorly heated.

"More open air," the doctors said,
Bill Hicks cried: "No; you shall not lure me.
I'll stay in peace upon my bed,
And shoot the man that tries to cure me!"

—Wilbur D. Nesbit, in *Saturday Evening Post*.



Harry J. Lenon and his two sons. Which is the father?

Walking from Chicago to Pittsburg, 474 Miles, in 133 Hours

MR. HENRY J. LENON, of 542 W. Van Buren Street, Chicago, accompanied by his oldest son, 18 years old, spent his two weeks vacation in walking from Chicago to Pittsburg, a distance of 474 miles, in twelve days. The actual walking time of the trip was 133 hours, an average of 39½ miles per day.

Mr. Lenon is an amateur walker, and took this long walk to prove to himself that he had built himself up sufficiently by following physical culture methods to do so. Prior to this trip the longest walk ever undertaken by Mr. Lenon, was to Battle Creek, Mich., a distance of 165 miles.

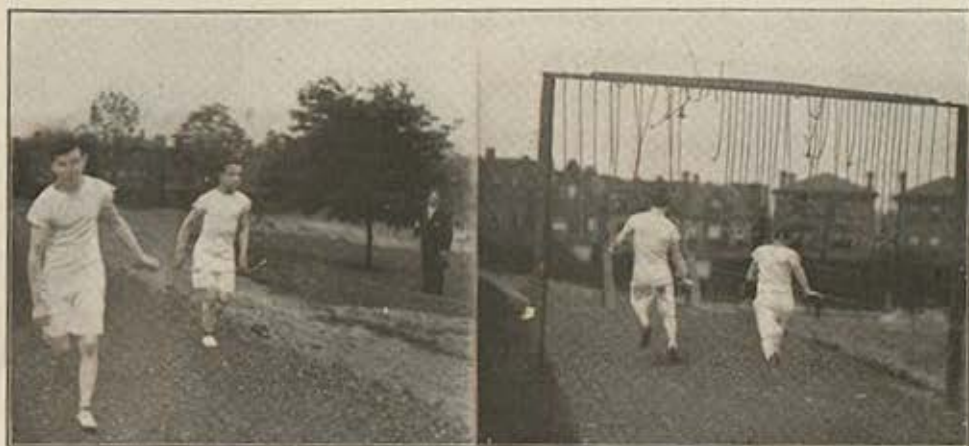
Mr. Lenon is an example of what can be accomplished by living correctly.

Ten years ago he was a physical wreck, but through following out what he read in this magazine he was able to take this walk without any training beyond walking to and from his work daily a distance of about four miles. He is forty years old but does not look over thirty. He has a wife and four children, two girls and two boys. The boys are strong healthy, young men and with their father regularly attend the Y. M. C. A.

Mr. Lenon is employed by the Lyon & Healy Music Co., and has organized a Field Club among the employees of that institution and is an active worker in spreading the glad tidings of physical culture to all the weak, sick and suffering humanity with whom he comes in contact.



(1) Marching to the athletic field. (2) Putting the shot. (3) Calisthenic drill.



Blind boys in the 75-yard race. The start on the left, finish on right. Note the strings that guide the runners, also the small knotted ropes that indicate the finish.

An Athletic Meet for Blind Boys

By R. J. Farrell

The value of athletics is being recognized everywhere at the present time. It is extending even to schools for the blind. I am presenting herewith an illustrated article giving an account of an athletic meeting open exclusively to blind boys. Many of my readers will no doubt be amazed at the abilities manifested by these blind youths. It proves very emphatically the value of all around athletics in body building.—Bernarr Macfadden.

BLIND boys contesting in an athletic contest with all the vim and determination of their more fortunate brothers who could see well was the spectacle witnessed at the first annual track and field meet of the Western Pennsylvania Institution for the Blind in Pittsburg. The meeting was one of several similar contests held simultaneously at schools for the blind, scattered over the country from New York to California, and the national feature was inaugurated to spur the boys on to greater effort and make the work of building up their bodies as well as training their minds more productive of good than would have been the case in a contest restricted to their own school.

The scores in the various contests were sent to the headquarters of the national athletic association of the schools at Columbus, O., from which the results will be made known and an appropriate trophy sent to the successful school.

The contest included ten events: 50-yard dash, with seventeen entries; 75-yard dash, with ten entries; 50-yard three-legged race, with ten entries; sack race, with ten entries; standing broad jump, with fifteen entries; putting 12-pound shot, with seven entries; foot ball throw, with six entries; standing jump, with fifteen entries; standing high jump, with nine entries; running broad jump, with fifteen entries. While the scores, naturally, were not such as could be expected from young athletes

who had the use of all their faculties, some very good time was made in the running and good marks secured in the other events.

The sightless young athletes experience trouble only in the running events and then the difficulty is of a minor degree. That they may run straight and have confidence to enable them to go as fast as they can, wires are strung along the track. To these are attached short chains which the runners grasp. This gives them a sense of security and enables them to attain greater speed than would be possible were they timid as to where they were going. At the end of the track are placed ropes like those in use on railroads to warn brakeman that they are approaching a low bridge. When the runner hits the ropes he knows the race is run. The scheme works perfectly and after the young athletes have been over the track once or twice they have full confidence in themselves and show not only surprising speed and accuracy in the races and other events, but an interest in all that goes on that could not be greater were they blessed with sight to witness all the happenings.

It is the theory of the instructors that if the young pupils are to be trained to their fullest development mentally, their bodies must be looked after at the same time. It was as the result of this realization that the national athletic association of the schools was organized.

Physical culture is the hardest work the teachers of the young unfortunates have in their course of training, as it is admitted to be the most necessary to the attainment of general good. The failure to see brings with it the failure to move any more than is absolutely necessary and with this comes the consequent deterioration of the body. When children who never have known the benefits of play have reached a certain age, the failure to exercise, due to the timidity which their affliction brings, has come to be habit and it is very difficult to get them to change. Their minds are more easily trained than their bodies, but the teachers realize that if the minds are to be properly developed the body must be trained at the same time.

There are many good specimens of healthy boyhood at the Pittsburg institution; when they appear in their track costume they show up as well as do most school boys with greater advantages. They have come to forget to a large degree their affliction and move about with almost all the confidence of youngsters who can see. This confidence leads them, naturally, to greater effort and greater physical development. The work of physical training of the blind youth is almost in its infancy but the instructors have seen such happy results that far from being any longer considered an experiment, it will be extended year by year.



Blind Boys in the sack race and the three legged race



From Stereograph. Copyrighted by Underwood & Underwood

A Tug of War. Guaranteed to be fine fun and splendid exercise

The Value of Play

By Henry Winston Hardwick

THE MOST BENEFICIAL FORMS OF EXERCISE ARE THOSE WHICH AROUSE ONE'S INTEREST, AND WHICH ARE JOYFUL, AND EVEN DELIGHTFUL

I WANT to sing the praises of play. Playtime is the most valuable of all childhood hours. It will build more than a dozen systems of physical culture. There is a zest, a delight about play that can never be made a part of any system of exercise. There is a moral feature about play that few individuals have considered. A wholesome, healthy body is always inclined toward the highest morality. Only perverted instincts and demoralized bodies find anything attractive in immoralities. Play is inclined to make one wholesome and healthy and natural from every standpoint.

I realize thoroughly that the ability to play is to a certain extent a lost art after one has passed the age of girlhood and boyhood, but that is one of the most serious mistakes of our lives. We should never forget how to play. We should never lose the power of heartily enjoying a game that arouses not only our interest but actively uses all the powers of the body. Play is Nature's system of physical culture. Physical culture would not have come into existence if we had not forgotten how to play. The best system of physical culture that I have ever seen is illustrated by small boys and girls as they run, play,



From Stereograph, Copyrighted by Underwood & Underwood

Blind Man's Buff, an old favorite, productive of amusement as well as good exercise

wrestle and jump, climb fences, mountains and trees. These exercises practically use every muscle of the body and develop them to their highest degree of beauty and strength.

A great evil that the race has to contend with at the present time is the inclination of mothers and fathers to discourage the play instinct. While children are still mere boys and girls, parents begin to imbue them with the idea that it is undignified to play, that it is unwomanly and unmanly to run and give vent to the exuberant spirits that they find at times bubbling over within them. The privilege of play should not only be extended to every child, but the privilege should be continued through girlhood and boyhood, and even to manhood and womanhood.

Play brings out all our wholesome instincts. It rounds out and perfects the body, it makes a boy a clean strong man, and a girl a fine and even a beautiful specimen of her kind. It makes the body rugged and strong, it builds up a physical foundation, and the average man or woman of today who has amounted to anything in life, can unquestionably look back to their growing years and credit the health and strength which has been of such value to them in their careers to the desire for play of the earlier years.

In the various schools you find from five to six hours devoted to study each day, and from fifteen minutes to half an hour devoted to play. If I were to have my way, I think I would reverse the situation, at least until the girls

and boys were from twelve to fourteen years of age. In other words, I would have from fifteen minutes to half an hour of real serious study, and would insist that from five to six hours be devoted to play. If we could realize for one minute the magnificent women and the powerful men that would result from such a change, I think you would readily agree

with me that it would be one of the greatest aids to a stronger and nobler manhood and womanhood that could possibly be adopted. The education of today is a pitiable perversion. Thousands of girls and boys sacrifice their vitality, their manhood and their womanhood, to our ridiculous educational methods. It is all mind, all a development of the



From Stereograph. Copyrighted by Underwood & Underwood

An interesting stage in the well-known old game of children, "London Bridge is Falling Down"

mind, and the body, (which, by the way, represents the foundation for the mind), is allowed to grow up in any old way. If I should try to describe the value of play to the human race, it would take many volumes. Every other block in any large city should be a playground. Every child should be not only encouraged, but should be compelled to play. To be sure, if it is made a duty, it is not nearly so beneficial, but it will not be long before they will enter into it with zest, and the health and strength that will come from it will soon add vastly to life's pleasures and possibilities.

If we could only introduce the play spirit into every walk of life, if we could teach men and women the value of play as a means of retaining youth and health and the accompanying buoyancy of spirits, it would mean more for the upbuilding of the race than any other reformation that could possibly be instituted. We are all forgetting how to play, we are stiff and sedate and dignified. Dignity ought to be punished as a crime. Dignity is the usual accompaniment of all sorts of diseases. When you see a man or woman with a stiff and unbending mien, your envy should not be aroused. Such a sight should really awaken your pity, for, as the editor of this magazine has often said,

dignity and rheumatism and gout and dyspepsia are usually companions. They go together. Rheumatic twinges are a very frequent accompaniment to dignity.

The first duty of every male specimen of the human race is to be a man, active, strong, alive, and awake, and in order to possess all these characteristics, one must be full of the play spirit. Just look at the fine physique of professional ball-players, of every man who devotes a great deal of his time to games. Strong bodies are the great need of today. Weak, delicate mothers are met everywhere. Their physical defects have been caused almost entirely by insisting too early in life upon the necessity for dignity. Girls should be allowed to play at least as long as the body is growing. They are building the physical foundation not only for their own careers, but for the careers of their progeny as well. Strong mothers make superior wives, they make happy homes. Weak mothers are a continual care, a handicap not only to themselves but to everyone in the home. A proper encouragement of the play spirit would insure a strong, healthy, robust mother in every home. Is it not, therefore, worth encouragement? Would it not represent the greatest of all reforms? Think it over.

Cured of Stomach Trouble and Constipation



TO THE EDITOR:

I have read your magazine for one and a half years. Have practiced the exercises and lived on raw food the last six months. My stomach trouble and constipation are all gone, and I am now developing very fast. I walk a great deal, though have not taken much exercise for development of my arms and shoulders. I intend to do my best to develop this part of my body some time in the future as I want to take up the work of a physical culture instructor when I am qualified. You have my heartiest co-operation.

Jamestown, North Dakota. C. D. PRICE.

The Secret of Human Power

By Bernarr Macfadden

STIMULATING THE NERVE CENTERS BY VARIOUS MOVEMENTS THAT WILL STRENGTHEN THE MUSCLES ABOUT THE SPINAL COLUMN, AND BY MASSAGING AND STIMULATING THE CARTILAGINOUS TISSUES BETWEEN THE VERTEBRÆ.

ARTICLE IV.



Interlace fingers of both hands under right knee. Now pull strongly, at same time throwing head far back as shown in next illustration.

VALUE OF A STRONG BACK

TH**ERE** is probably but little need of emphasizing the value of a strong back. The muscles of the back hold one erect and enable one to hold the body in its proper position. All the digestive organs are thus held in their normal positions, and consequently perform their functional processes more easily and more thoroughly. When the muscles of the back are developed as they should be, it is practically impossible for one to be "round-shouldered." Strong back-muscles practically force the shoulders into a proper position. Every bone is then held in place.

THE CAUSE OF SPINAL CURVATURE

Spinal curvature, for instance, is caused in nearly all cases by weakness of the back muscles. The cords and muscles are not strong enough to hold the bones that we term vertebræ in their proper position. They bend from side to side or, in some cases, outward, as is seen in the case of a hunchback. Now I cannot impress upon you too emphatically, the statement that these defects are usually possible solely because of weakness of the muscles of the back, and I will go further and state that every one of these deformities can be remedied (except in very rare instances, such as in the extraordinary

change in the formation of the back found in hunchback) by the proper development of the muscles of the back. Of course, manipulation of the spine will be necessary in those cases where the defects are greatly exaggerated. In the ordinary case of spinal curvature, the exercises that I will illustrate in this series of articles, if followed intelligently and regularly, will in nearly every instance remedy the defect.

OTHER DEFECTS REMEDIED BY THESE MOVEMENTS.

There are many other serious physical defects that can also be remedied by

sure affecting one or more nerves is liable to lessen their efficiency and thus cause partial paralysis, and so prevent the particular part to which the nerves are connected from working properly. Straightening the spine will therefore, as you can readily realize, remedy serious defects of this nature. In fact, this is the theory upon which osteopaths proceed. They maintain that a properly formed spine is absolutely necessary to the enjoyment of the highest degree of health, and that if any of your organs is not properly performing its functions, the cause can, in practically every case be located in the spine.



Pull as vigorously as you can. Return and repeat until slightly tired. Then reverse position and take same exercise with fingers of both hands interlaced under left leg. Brings into vigorous use the muscles and spinal column in the region of the "small" of back.

the methods that I am describing. I have already impressed upon you the value of a properly formed spine. The spine, as most of my readers know, protects the largest nerve of the body; which is located within the spinal column. If any one of the vertebrae is displaced in the slightest degree, it very often presses upon the nerve, and as a result, some part of the body is affected by this pressure. Paralysis, for instance, can be easily caused by pressure of this kind. Even where the complaint is not of such a serious nature, a comparatively slight amount of pres-

When one or more of the vertebrae are misplaced or pressing upon the nerves within the spinal column, they are lessening the efficiency of the particular parts to which these nerves are connected.

HOW THESE EXERCISES STRAIGHTEN THE SPINE.

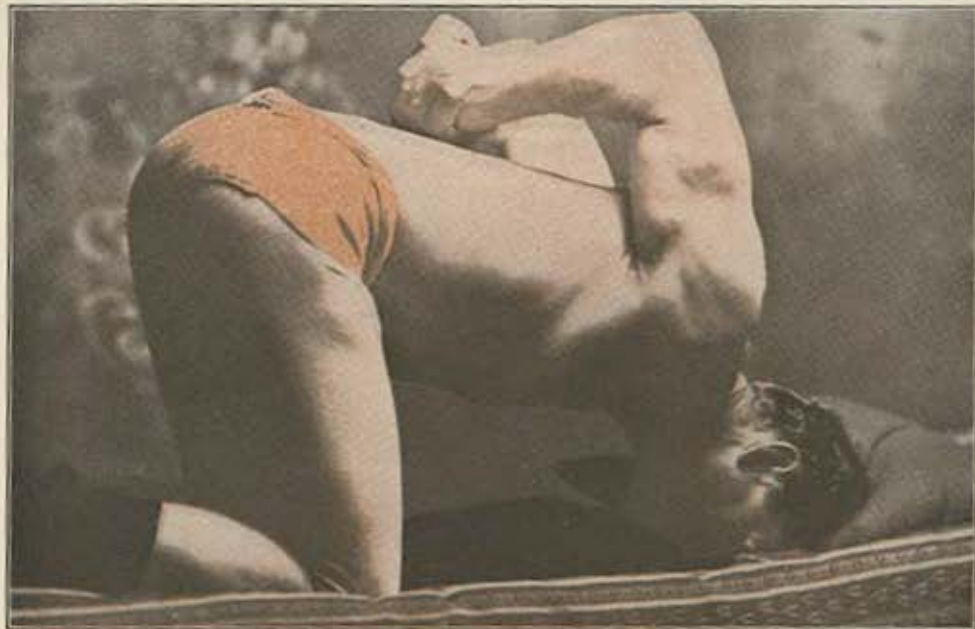
Now in moving the body in any direction, there is a certain amount of movement of the spinal column. The more of an effort this movement requires, of course, the more vigorously it uses the muscles about the spine. Whenever

you move in any direction, the spinal column bends in accordance with the posture of the body. It is this bending back and forth and from side to side that gives this particular part of the body the necessary use required to keep it in a satisfactory degree of health. The spinal column is bound together with tendonous tissue. Over and surrounding this, are the muscles that help to hold it in place. The bending of the spine in various directions strengthens not only the tendons but the muscles. The proper use of any part of the body

slowly but surely. As the back muscles increase in strength, you can depend absolutely upon their continuing the building process until each vertebra throughout the entire spine has been brought into place.

STRENGTH GIVES CONFIDENCE

You will find that a strong back and a properly formed spine will give you confidence. It will mean greater physical power. You will feel more of that exhilaration that comes with a high degree of health, for then you will really



Rest weight on neck and knees as shown above. Now bring body forward as far as possible rolling on head to position seen in next illustration of exercise.

adds to its general vigor, and if any of the vertebrae should be misplaced, the vigorous use of the muscles around the spinal column, the strengthening of the tendons and muscles, finally forces the misplaced vertebrae into its proper position. Not only is it forced into proper position, but the increased strength of the muscles and the tendons, of course, causes it to remain in that position, and if you start this series of exercises with a slight curvature or misplaced vertebrae, you will find that they will be forced into a proper position

enjoy this superior condition. The result could not be otherwise, provided, of course, you give an ordinary amount of attention to your dietetic needs and to the general exercises essential for keeping the body in a vigorous condition throughout all parts.

INTEREST IN THESE THEORIES.

I have received several communications from those who concur with me in their theories advanced in previous articles in this series. There are two writers whose wide experience and



A. Boshes, New York City. A wonderful example of muscular development. Weight, 145 pounds. Neck, 16 inches, chest expanded 43 $\frac{1}{2}$, waist 30, thigh 23, calf 15 $\frac{1}{2}$, arm 15 $\frac{1}{2}$. Presses up, with either hand, dumb-bell weighing 170 pounds. Can press up a hundred pound dumb-bell ten times in succession. He is a gymnast, wrestler and tumbler.

general knowledge indicate an insight into the problems discussed so unusual that I have concluded to publish the letters in full.

The theories advanced do not agree in every detail with those I have already presented, but in many respects they strengthen and make more clear my own ideas. The letters follow here-with:

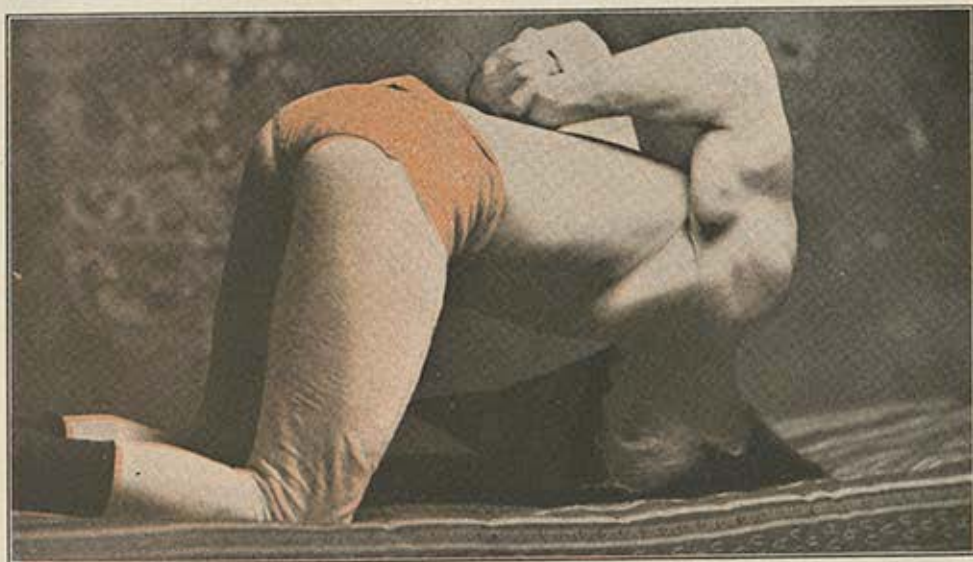
**POWER COMES FROM THE NERVES;
NOT THE MUSCLE**

TO THE EDITOR:

I would say that you are quite right when you say that the seeming power

our American doctors McClellan, Keen, etc., and have witnessed experiments on the subject of life and nerve force. Nerve force is still as great a mystery and secret, as life itself, or gravitation, space and time, for the lower animals partake of that same force as man does.

Dr. Parkhill, the Western surgeon, asked me once in the operating-room, after a fine dissection of a brain: "Can you see what has departed from this man; he appears to be exactly the same now as when he was alive?" No electric force was of any use, since nerve force was gone. Nerve force, will only pass



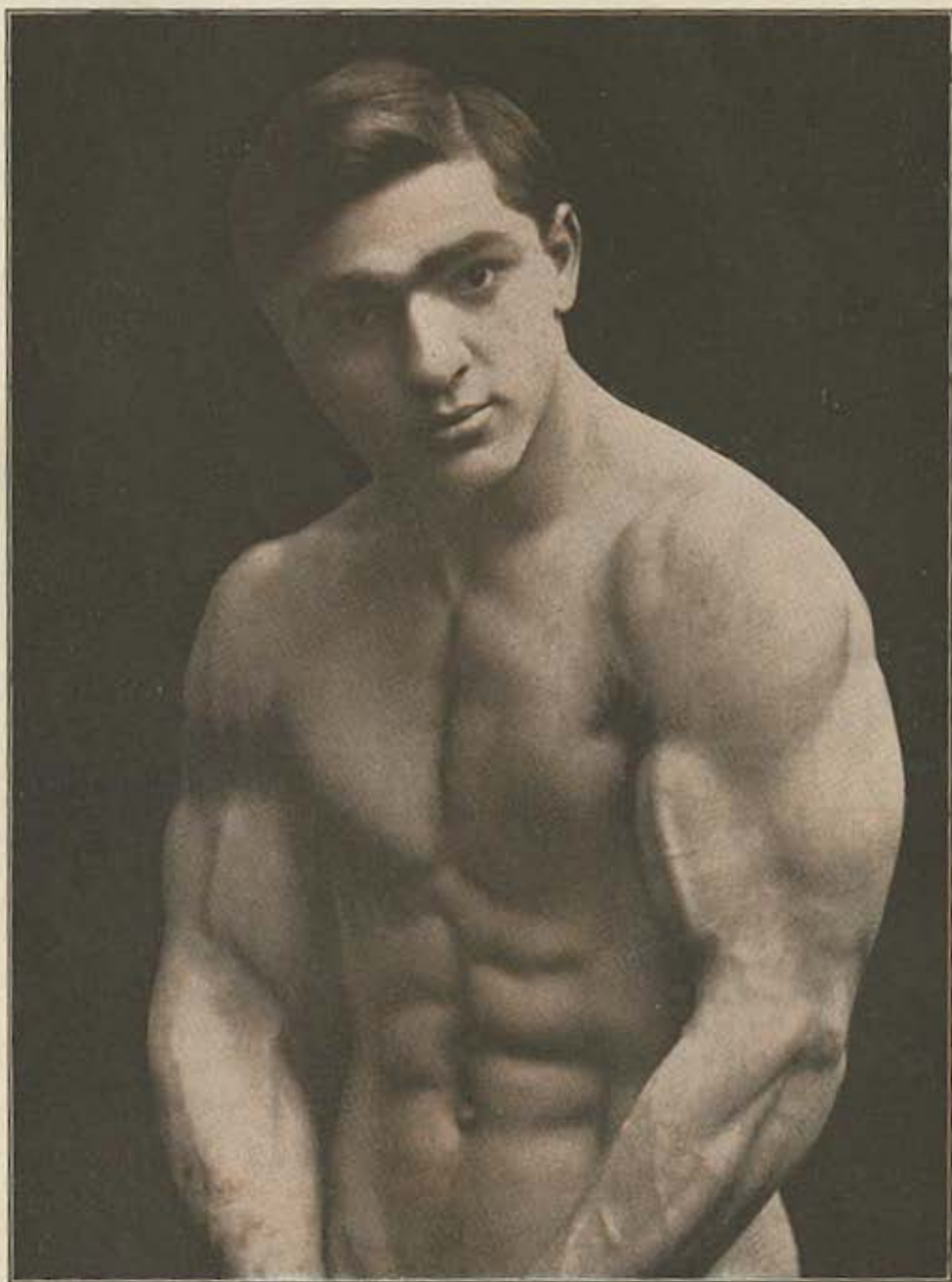
When forward as far as you can go, then push body backward vigorously as far as possible, using strength of neck alone. For reaching spinal column and muscles, back, neck and between the shoulders.

of muscular force lies not in the muscles themselves but in the nervous supply which is communicated to them by the local nerves supplied from the brain.

This is proved by cutting the nerves which supply any muscle of the body with force. That muscle, notwithstanding it may have a perfect blood supply, yet it is powerless to act. That it is electrical in *any sense*, none of the professors are willing to admit.

My studies have brought me in contact with numbers of eminent savants, such as Charcot, Ribot, Bjornstrom, and

through living subjects, whereas electricity will pass over objects dead or alive. Magnetism and electrical energy are brought about by bodies of certain sorts being rubbed together. One would reason that we generate the same thing by the friction of all our efforts; for example: A wave of light moves from an object, and strikes the eye, and we say we see, when we should say we feel the objects around us. We receive a wave of sound, which has the quality of breaking on the nerve forces of our ears, and we say we hear, when in reality



Phenomenal development of Harry Blickman, winner of third prize in the first Physical Culture Exhibition for the \$1,000 prize offered for the most perfectly developed man

we feel it. In the same manner one of our forces is nervous sensation of touch from our finger tips through our whole body, but this nervous force can be so subtle that it would not be possible for any electric function to take place, and yet nerve force can be produced with such great power that it could lift a ton! To produce a corresponding force by electricity such great function would have to be used as to probably destroy our nervous system, and cause death.

The cerebrum has within it a great mass of cells, which have functions by which the so-called mind can perform all acts of will, receive clear sensations, and impressions of things, reproduce them at will, and also judge things, reflect, etc.

The third frontal convolution of the cerebrum, both right and left, is the seat of memory where all sensations of the body leave their impress on millions of tiny cells. It might be compared with a phonograph disc, or record; when we want to recall a thing we have memorized we pick out what we want, and co-ordination takes place by the cerebellum, and the crura cerebri carries the impressions to and from the cerebrum, etc. The optic thalami is also connected with all our movements.

Nerve-force generating elements appear to be of four kinds: Apolar, unipolar, bipolar and multipolar; the unipolar is left out in man.

The nerve cells have from four to twelve poles, or motor cells some being 1-1,200, others even 1-25,000 of an inch in diameter. Some of these nerves are acted upon by sensations, others by the will, and still others, as the sympathetic act quite independently of the will, as the nerves of respiration, circulation, and digestion.

Dr. Keen has demonstrated that with his electric battery, touching its needle point to any local muscular nerve, he can make that muscle move, and by practice he has found people who by an effort of the will, perfectly directed to any muscle whatever, can tense such muscle separately, or can tense every muscle at once, by driving the force

throughout the entire body, without making use of what is called physical effort.

In fact I have no doubt, from what I have seen, that you have nerve force enough to do the same thing. The training of the will power as it is done in the circus in the mastery of their fears, is one of the greatest, and quickest ways to generate this great nerve-force and this is why they usually are such splendid examples of all-round athletes.

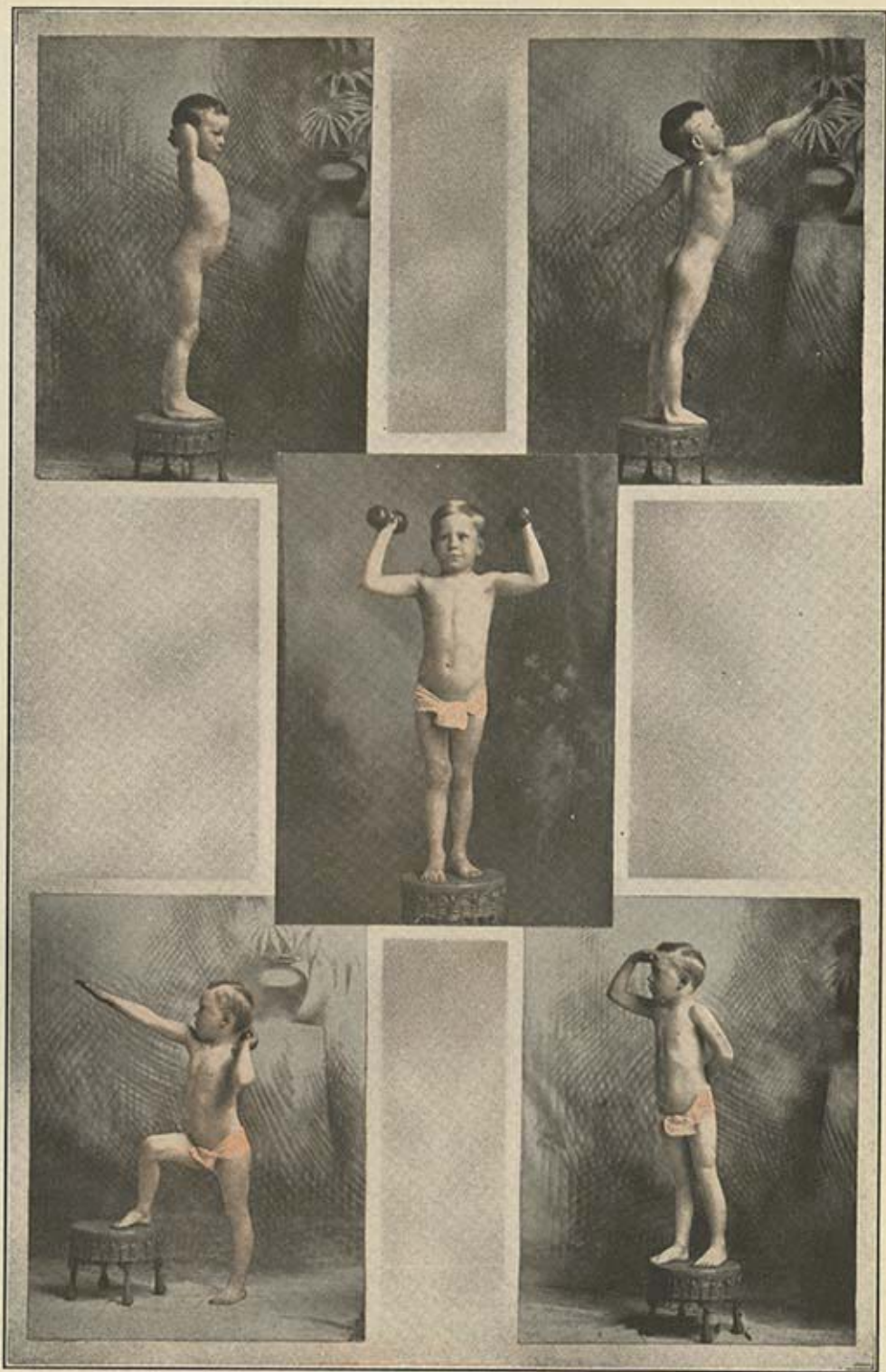
A baby, not having trained his nerve force, cannot even judge distance, or locate pain. The constant using of the muscles opens up more fully the communications with the brain, and that is the reason mainly for so called strength in those muscles which are most used.

The tradition of electric sparks coming from people, and the babble of clairvoyants, mesmerists, psychologists, etc., has always been traced to outward function of some sort, electrical or otherwise, or tricks played on the people.

Numerous experiments have proved that although electricity can travel through the body—go anywhere apparently—and seems to penetrate all things dead or alive yet nerve force, which in some senses of the word can be even stronger, has no power except it travel over nervous twigs of some sort, and in the living subject.

The experiment referred to, was that of severing the nerve of one of the arm muscles. The divided ends were brought exactly together, yet no nervous will force could cross over and move the muscle, not even with the nerve ends lapping over; and yet that same amount of nerve energy made the rest of the arm swell, almost to snapping the other muscles, and when cut the slightest effort of the will could move the muscle. The ends were then connected with an electric wire, and the nerve force would not cross over, but the faintest touch of the electric needle crossed the nerve and wire, and made the muscle move fast enough.

Ribot has published a great work, called "Diseases of Memory," and Bjornstrom's book on hypnotism as



The splendid results of physical culture in boyhood. Poses of William Swanson, of Boarnon, Minn. Weight when photos were taken, 40 pounds. Height, 3 ft. 6 in.

investigated in the great Charcot school when I was in Paris, is also the best of its kind.

Phila., Pa.

CHAS. INGRAHAM.

ELECTRICITY INHALED WITH EVERY BREATH

TO THE EDITOR:

You show remarkable grasp of possible facts in your conception of electricity in the animal system. As to the source of the electricity permit me to give you a suggestion. During a residence of five years and six months in England (Oct., 1876—April, 1882) I made a special study of the sciences bearing upon the problem of vitality in the animal and the plant; and for thirty years I have had in hand various writings into which I have digested an immense body of evidence going to show that the forms of all living things, both plant and animal, receive from the oxygen of respiration, store, use, and pass off, a quantity of electricity proportioned to the work done in animating, making, and operating them. My contention is that there is nothing in the realm of science better capable of proof than the following three-fold presentment of a system of nature, which turns on the universal agency of electricity:

1. That all animation in animals and plants is due to the charge of electricity which the oxygen of respiration carries, we, in fact, breathing electricity in oxygen-molecule doses.
2. That all functions in living things are established and maintained, and all structural parts created and operated by the natural working of the electricity constantly poured into, stored in, and passed through the system, by means of the oxygen of respiration; and
3. That the whole secret of evolution lies in the fact that, in a living system which is electrically conditioned, the reproductive germ, and still more, the embryonic form, responds to even a slight pressure of the environment, a tendency to vary in the parent creating a variation in the offspring, and nature thus pushing out and up by means of agencies swifter and easier than those of Darwinism.

The government at Washington has for

a long period of years spent a good deal on nutrition research, which assumes that the food stuff taken into the animal system is the source of the energies of the system, the theory, a hoplessly false one, being that the chemistry changes of the foremost opportunities for research getting out of the rut of false science, has long been that of showing how the oxygen of the air, driving into the lungs and carried in the blood to all the tissues of the system, not only in animals, but in plants no less, carries an extraordinary charge of electricity, to be thrown off to brain, nerve centers, and nerves, as the energy which operates the system.

The greatest masters of research during the last 50 years, Faraday, Helmholtz, and many more, have set the seal of high authority upon views of electricity which require a very wide revision of science theories. No fact is more certain than the electrical charge carried by oxygen and thrown into the system with every breath, thus giving the brain, the nervous system at large, and the whole system an electrical condition which any rousing of thought, or will, may readily operate through. And such operation is mind, that and nothing more.

For study of electricity, in its practical aspects, in its explanation of all chemical action, in its operation as the cause of combustion in all our fires and our common lights, and in electrical causation of the vital state and vital energy, through the electrical function of the oxygen of respiration, there is a field of interest and of significance far beyond all other ever opened to the human mind. It is a field hardly entered upon by current instruction and yet wide open to study through the work of Faraday, Helmholtz, Hertz, Lodge and other notable authorities.

And hardly second to this, and in some aspects still more important, is that of the natural history of creation, the story of the universe and of nature, the bearing of which upon religious problems is the most significant advance knowledge has ever made, or ever can make.

EDWARD C. TOWNE,

The Lake George Institute of

Research, Oxford, Mass.



Dr. M. J. Rodermund, the Medical Anarchist, whose radical theories have turned the entire Medical Profession against him

A Medical Anarchist

By Sidney Cummings

A PHYSICIAN WHO IS A THORN IN THE SIDE
OF THE ENTIRE MEDICAL PROFESSION

WE have published various articles in recent issues of this magazine, from the pen of Dr. M. J. Rodermund, of Milwaukee. Dr. Rodermund is very plain spoken. He has some very strong convictions. He believes that in many cases the entire medical profession is following fallacious theories. He is what I would term a medical anarchist. He refuses to recognize the laws that the medical profession has laid down for the guidance of its members. He has experimented on his own account. I do not think he is from Missouri, but he has that characteristic which requires every one to "show him." You cannot compel him to accept any theory unless you can prove it to him in "black-and-white."

For instance, he says the germ theory is all bosh, that it is a humbug from start to finish, and by the aid of elaborate and costly experiments he has proven that germs do not cause disease. He has sprayed the sputum of a tubercular patient into the lungs of healthy animals, and has watched for months and even years for the disease to develop without being able to find a sign of the complaint. He has rubbed his hands over the sores of a small-pox patient and has especially endeavored to come in direct contact with large numbers of people afflicted with allegedly contagious diseases, for the purpose of proving the fallaciousness of the contagion theory.

He also has a unique idea of his own as to the circulation of the blood. He maintains that it is the oxygen in the blood that causes the blood to circulate in the body, and not the heart, as is ordinarily supposed. He has many other theories of his own. He has been fighting the medical profession for many years and as a result they have paid him in kind.

He believes in natural methods of

curing disease to a very large extent, and from this standpoint is thoroughly in harmony with every theory advocated in the pages of this publication. Of course, the entire medical profession look on him as an enemy of the worst kind. They are fighting him and his theories in about the most effective way, that is, by ignoring him. He is, however, a difficult man to ignore. In his various books that have been published to prove the accuracy of the theories he advocates, he points out that medical science, so-called, is to a large extent a chaotic system of guesses. In this statement we most heartily agree with him.

Dr. Rodermund is realizing perhaps more than any other man that the medical profession might be compared to a close corporation. As nearly as possible they have figuratively built a fence around the healing art. No one who is not versed in medicine is supposed to be capable of treating disease, when in reality one might more accurately say that anyone who has been imbued the value of medicine in the treating of disease must to a very large extent rid himself of this theory before he learns anything of value about the healing art.

As will be noted from the photograph which accompanies this article, Dr. Rodermund is a white haired man. But he is a long way from being old. He still has the vim and vigor of youth. He is still full of fight. He is still ready to espouse the cause in which he is so thoroughly interested. He believes that medicine has to a very large extent had its day; that the theories we advocate are coming to the front so rapidly that in a few years the medical profession will have to discard their old worn-out theories or else find some other form of occupation.

Perverted Conceptions of Health

THE habit of "looking down upon" or belittling the body is slowly but surely dying in the Christian world. Sometime ago the *Sunday School Times* published under the title, "A Healthy Risk of Health," the following:—

"Physical health may be an animal's first duty; it is not man's. It is a man's duty to keep as well as he can while he does what God calls him to do. But he can never even hear God's call if he is thinking chiefly about his health. Nations are not founded, nor heathen lands evangelized, nor canals digged, nor frontiers extended, nor the Kingdom of Heaven moved forward in this world, by men who are thinking most about keeping their bodies well. The world would have been lost if one Man had not been willing to give up his life for it. And the mystery of it is that physical health is so often for the first time found after it is endangered. A chalky-cheeked, consumptive Connecticut man in the sixties was told that he would not live two weeks if he responded to the President's call for more men. He enlisted, and for the first time found health in army-life exposure; and for forty years more he continued to be just as imprudent in God's service. Such 'imprudences' are a better safeguard than a health policy."

One of our readers has sent this clipping to us and asked that we comment upon the wrongful conception of the Nature and value of health. His own words however so ably cover the subject that we are producing them herewith:—
TO THE EDITOR:—

Being a reader of your magazine, and a physical culturist, I very naturally disapproved of a few conclusions recently expressed in the *Sunday School Times*. They impressed me as being very unfair. In the first place, you will note that the writer shows complete ignorance of all the rules of right living, for physical health is man's first duty. Without physical health, there can not be any other kind of health, and without health, man is not what his Creator

intended him to be. Man, the Demi-God, expresses himself through man, the animal; the mind cannot be any stronger than the brain is clear.

The writer does not make clear what he means by "God's call." It seems to me that God calls each of us to make the world a little brighter for having lived in it, and if any one thing is essential for our being able to do so, that one thing is perfect health. It is obvious to all who observe that the Kingdom of Heaven never has been, and never will be, moved forward by men who do not think enough of their health to preserve it, or at any rate, to the extent that it might and ought to have been. * * * A man's health absolutely controls his scope for usefulness, and he who neglects it disobeys the laws of God, and trifles with the most valuable of all God's gifts, Life. * * *

It is true that the world would have been lost if one man had not had the courage to give up his life to save it, but physical courage is greatly augmented by physical health, and a hollow-eyed, sallow complected dyspeptic certainly would not have had the required courage, unless it was prompted by suicidal motives, and supposing that he had the courage, the offering would be but a poor one at best.

Again he shows a pitiable ignorance of the laws of health. He seems to imply that the consumptive's recovery was simply a supernatural manifestation of God's pleasure because of the man's commendable "imprudence," while every physical culturist will recognize the fact that it was simply an inevitable, because natural, result of his returning to the correct modes of living. The sooner that men come to believe that Nature is a Goddess whose decrees are without appeal, and who shows her pleasure or displeasure according as we obey or disobey her laws, the sooner will we have no "chalky-cheeked" individuals, and the faster will the Kingdom of Heaven be moved forward.

Clay, W. Va. EARLE D. SEELEY.

The Nature Cure

By Marion W Forrester

GOING BACK TO NATURE IN THE TREATMENT OF DISEASE FREQUENTLY REWARDED BY REMARKABLY FAVORABLE RESULTS

NATURAL methods in the treatment of diseases are coming to the front with great strides in nearly every civilized community. Drugs are fast losing their prestige as a means of remedying bodily ailments. "Go back to Nature," is heard everywhere. Men and women are beginning to think. They are beginning to realize that a sick body cannot be made well by administering poisons to the sufferer. Poisons and the healthy tissue of the human body do not combine. They are foreign to each other.

With natural methods conditions are otherwise. The Nature cure, for instance, recognizes the wonderful power of the sun in building increased physical vigor. All plant life thrives under the influence of the sun's light and heat, and the advocates of natural methods maintain that the human body can secure similar advantageous results

by allowing the nude body to come in contact with the sun's rays.

Not only do they believe in the value of sunlight, but they recommend that one get away as nearly as possible from the excitement and devitalizing habits so closely connected with civilization. The use of superfluous clothing they consider distinctly harmful. When you take up the extreme reforms that many advocates of the Nature cure recommend you are supposed to practically discard clothing.

They say that it smothers the skin and clogs up the pores. The skin, so they claim, should be allowed to breathe just as do the lungs. The skin is continually throwing off impurities—internal dirt, you might call it—and if one wears clothes, this dirt adheres to the skin and interferes with the free activity of the pores. To be thoroughly clean, therefore, they maintain that one should not wear clothing.



Attendant Applying Clay to Back Previous to Burial



Method of Applying a Mud Pack. First a Layer of Mud, Then Burlap Bandages

They also believe in practically living out of doors, and in burying one's self in dirt occasionally. They especially advocate mud-baths for a great many ailments. They claim that they draw out impurities and are in many ways greatly superior to the wet packs which are freely recommended by advocates of the science of hydrotherapy.

It is worthy of note that the use of these natural methods of cure, while formerly looked down upon by the great majority of physicians, are now prescribed in the treatment of many forms of illness.

These methods are becoming specially popular in Germany. Nearly every city of any size has various establishments in which the Nature cure is employed. The remarkable results which are achieved by many suffering from serious ailments, through a return to

Nature have, of course, rapidly spread the knowledge of its value.

The properties of the water and earth employed in the cure at certain resorts is held responsible for its success, but the same methods, if pursued at any convenient location, will bring good results.

Health, so the members of this cult maintain, is natural. Disease is unnatural. When you are attacked by disease of any kind, the body is endeavoring to get rid of the foul material which is coursing through the circulation. They believe that the body should be assisted in various ways, to rid itself of this effete material. They claim that mud baths open the pores and that a very great amount of poison is eliminated through this method. By breathing oxygen all day and all night, the lungs are made extraordinarily active, and the body is slowly but surely cleansed, purified and strengthened. The nerves are made more vigorous, the size and strength of the muscles increased, and the wornout business man, within a reasonable time, can thus become a hardy specimen of manhood.



Screen Covering for Sleeping on Ground at Night

Our Endurance Contest

By Bernarr Macfadden

A FEW LETTERS FROM VARIOUS CONTESTANTS WHO MADE GOOD RECORDS IN THIS INTERESTING COMPETITION

THE endurance contest recently held by this publication brought out some rather startling evidence in favor of a non-meat diet, and other methods in general that we so emphatically advocate.

George W. Hey, who was at one time in such bad condition physically that he was given up to die by the doctors, apparently made about the best all-round record in the various events in which he competed, though those contestants

who each gave their attention to one event only, of course, made the most phenomenal records.

The record of Eugene Frizzell, who raised on his toes twenty thousand times in three hours is one of the most phenomenal results of the competition.

Another very remarkable record is that of Fred Stutzrihn, of Rochester, New York, who raised to a sitting from a reclining position fifteen hundred times, one hour and forty-two minutes being required to perform this astonishing feat of endurance. Up to the present time he is the only contestant in the lot who made a record of any special value who seems to be a meat-eater, and he states that a liberal allowance for the amount of meat he eats weekly would not exceed one pound, so in reality one could hardly call him a meat eater.

One of the astonishing results of the competition was a record made by Miss Marie Macklin, at New Springfield, Ohio. When the endurance contest was announced, we had no idea there would be any woman competitors. As will be noted, however, by the record, Miss Macklin was third in the particular test that she attempted. One of her photographs appears in connection with this article.

A careful consideration of the various tests together with the dietary habits of those who have made good records, most emphatically proves first of all that total or almost total abstinence from meat is one of the requirements of endurance, and it also appears that the limitation of the quantity of food is equally if not more important. Three hearty meals a day seems to be a decided detriment in the development of that particular characteristic of strength essential to win in these endurance contests.

There may be additional letters to publish in future issues, but we are herewith presenting a few that will be of interest.

A REMARKABLE RECORD Test No. 5—1500 times

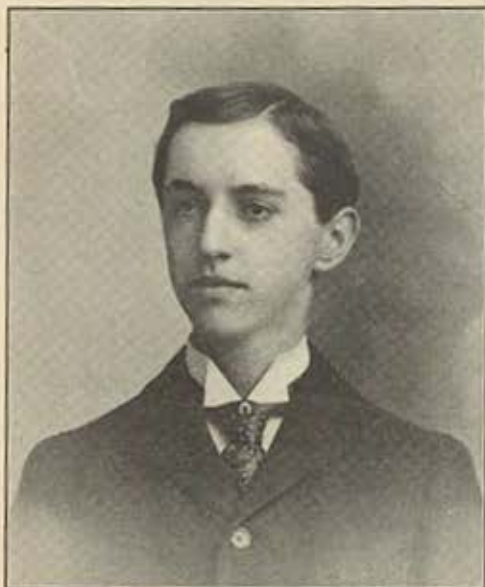
TO THE EDITOR:

My experience is the same old story. About eight years ago, I saw one of your magazines in a window, and purchased it, took it home, and read

it over carefully. The contents interested me very much.

I then bought an exerciser otherwise known as chest-weights, and commenced to exercise. I weighed about 120 pounds that time, and was very flat chested. I had very little ambition, in





Geo. F. Hey, Bozeman, Montana. Repeated test No. 1, 5000 times; No. 5, 500 times; No. 7, 2000 times; No. 9, 600 times; No. 10, 150 times.

fact, I had to eat a little before I could stand the exercise but I soon commenced to improve in strength. I followed the exercise at home for about a year, when I joined the Rochester Athletic Club, one of the finest clubs in Western New York. I did a lot of bar and ring work at the club and soon developed a fine chest; I also did a lot of wrestling and slow running. I was gaining in strength from year to year, but I didn't have much endurance. This, I found out later on, was caused by overeating. I was eating three full meals every day, and of course by exercising I always digested them, but that was using my vital strength which is so essential to endurance.

About two years ago I left home to go out West in the mining district, and there is where I learned that I had a world of endurance. This was about the first time I left home for any length of time. I naturally felt the difference in the food I was eating and soon learned I could do the hardest kind of work with half the amount of food which I was accustomed to eating at home.

After my return home, I determined to show the boys of Rochester what I could do. I started to eat two meals a day, with a light lunch at night (mostly fruit), and worked steadily at home, in private, with a 17, 20 and 25-pound dumb-bell. Within a month I even surprised myself with the amount of endurance I was developing. After that I went out and told some of the boys what I could do. Everybody said I was crazy, but I always made them feel that way themselves, whenever they put their money up against my game. I have

several endurance weight-lifting records at present, which I do not wish to make known, as I am winning a good many wagers thereby.

Some of my feats with heavy dumbbells are as follows. I raise a 150-pound bell, on a bridge, with my little fingers, and have 500 pounds on my chest, making over 600 pounds that I raise on a bridge. On a bridge with arms outstretched, I also raise a 100-pound bell over my head 25 times. Hanging at arms length I raise my body up to a full mount on a pair of rings with my little fingers. This is quite a hard stunt, it took about one year to develop my fingers before I could do it.

I have also met some of the best light-weight wrestlers in the country. Wrestling I think is one of the best of all-around developers. As to my diet, I usually eat bacon and eggs, with three or four slices of bread, and a cup of cocoa, in the morning. At noon, I eat a small dish of potatoes, and a small piece of meat, with vegetables in season. I usually finish up with some bread or cake and a cup of cocoa. The amount of meat I eat in a week will not average over one pound, so that proves that there is nothing in eating meat. At night I eat a light lunch, composed of a shredded wheat biscuit and some fruit and a cup of warm milk sipped slowly. This is about what I eat every day and I keep in splendid condition. As to the performance of Test No. 5 I wish to say that I did very little practice for it. About a week before the contest closed I did a little preliminary work, to harden my stomach muscles. I felt fresh at the finish and could have went 500 more times easily; it took me one hour and forty-two minutes to do the 1,500 movements.

My height is 5 feet 7 in.; weight 150 pounds; neck 18 in; arms up, 14-in; chest normal 40-in; waist 30-in. I never would have gained this development, if I hadn't seen your magazine. I have followed the articles in your books for years and have saved all my old copies which I look over occasionally and find interesting. I think *PHYSICAL CULTURE* is one of the best magazines on the market



Samsel Demmick, Detroit, Mich., repeated test No. 2, 76 times; No. 8, 15 times; No. 10, 101 times.

for the purpose of furthering bodily development and ought to be in every home where children are growing up.

FRED STUTZRIHN.
416 Pennsylvania Ave., Rochester, N. Y.

GIVEN UP TO DIE BY DOCTORS.

Now a Winner in Our Competition.

Records made: No. 1, 5,000; No. 5, 500;
No. 7, 2,000; No. 9, 600; No. 10, 150.

TO THE EDITOR:

Several times in my life I have been given up to die by the doctors. I have no chronic trouble; the only cause was too close confinement to house, and overeating of improper food. I have been an attentive and interested reader of *PHYSICAL CULTURE* ever since you first started the magazine. The fact that I am now alive and enjoying a comparatively high degree of health is due entirely to your teachings.

I eat one to two meals daily according to whether I am hungry or not. As to my diet; it is almost entirely vegetarian the only exception being milk and eggs. I eat sparingly of nuts, and largely of fruits, fresh vegetables and grains, dried peas and beans. I eat no yeast bread. I have a small hand-mill and grind entire wheat flour, and mix it with nothing but water and a little salt. This I bake hard and thin in a slow oven so as not to burn. This is delicious if the flour be freshly ground. Thus we also have fresh corn meal and rice flour. I use olive oil as a food. I use no liquors, no tobacco, no tea or coffee, no meat, and no drinks at meals. I am beginning to eat uncooked grains and vegetables to good advantage.

I have been practicing Test No. 7 for two years off and on. Test No. 10 I have practiced for five years steady.

Bozeman, Montana. GEO. W. HEY.

EFFORTS OF A NEW SUBSCRIBER.

Test No. 1—2193 times.

TO THE EDITOR:

I eat raw rolled oats, some vegetables, plenty of milk and some whole wheat; no meat. I eat two meals daily. When I work hard and get very hungry, then I get a glass of milk and some rolled oats. I have been practicing the exercise about one month. I can perform Test No. 1 several hundred times oftener than the number I sent in. As I was only a new subscriber and had but a short time to practice the exercises since then I have practiced all ten of the exercises. At that time I did not expect to win any of the prizes. The people laughed at my competing, so I only sent No. 1 and 10, sometime later I performed Test No. 9, 91 times. I also performed Test No. 4, 185 times. Several of the other exercises I can perform oftener than some of the winners. It was because of the short time I had to practice and the people

laughing at me that I did not send records of all the tests. I do not ask you to consider these records that I am sending now.

I never was in a bar-room never drank any beer or whiskey, never spent a cent for any kind of tobacco, do not chew or smoke. The strongest drink I drink is lemonade.

Taneytown, Md. EMORY B. WOLF.

A YOUNG WOMAN'S SHOWING.

Test No. 7—125 Times.

TO THE EDITOR:

I had a general breakdown in health about six years ago, had indigestion, nervousness, weakness, and all the pains and aches that accompany a run-down system, caused by



Miss Marie Macklin, New Springfield, Ohio, who performed test No. 7 one hundred and twenty-five times.

over work and eating three meals daily. I was so weak I could scarcely walk the distance of two or three blocks without having palpitation, and was almost exhausted, after doctoring for two years without any special benefit. A friend interested me in physical culture, four years ago but I didn't improve very fast until the following July, when I stopped eating breakfast. My eyes were very weak; I had worn glasses several years. I borrowed your book on strong eyes from a friend, and don't think I took the exercises more than two months, before I was able to lay my glasses aside for good and all. I have not had them on for nearly three years. I take exercise and a cold bath every morning, and eat but two meals daily, sometimes when I am not hungry I omit supper also. I eat, principally, vegetables, cereals, fruit, and thick sour milk, and sometimes eggs, nuts, cheese, or beef. I avoid pork, or anything containing lard, vinegar, and white bread, I use graham bread, or raw rolled oats. Am fond of raw food. I have been practicing the exercise No. 7 about four years.

My work is dressmaking, and when my health failed, I wasn't able to run the sewing-machine for three years, but for the last three years I have been running it again, and I am able to do any kind of house work, thanks to your magazine. At the time I first heard of it I weighed only 116 pounds. If it hadn't been for physical culture I don't think I would be here to tell the tale.

MISS MARIE MACKLIN.

New Springfield, O.

WINNER OF No. 6 TEST.

No. 40 and No. 6, 35 times.

TO THE EDITOR:

In answer to your questions, I would say that my diet consists of vegetables, eggs, and fruit. I never drink coffee or tea, and have eaten no meat for over a year. For the last six months I have eaten but two meals a day, and find by following this plan, I have more endurance for the long cross country walks and runs, which are my favorite sports.

I have been practicing Test No. 6, along with others, for about five months, and by this time next year I hope to be able to perform it many more times, as I have accomplished this test forty times since I sent in my record, which was thirty-five

MORRIS G. JORY.

Baltimore, Md.

AGE NINETEEN RAISES 162 POUNDS OVERHEAD WITH ONE HAND

Test No. 10, 160 times.

TO THE EDITOR:

I have been practicing Test No. 10 for over two years. I eat three meals daily. I have no special diet, eating whatever I like. I do

not eat sweetmeats nor rich pastry, however, I have performed Test No. 10, 160 times, although my entry was 150. Most of my training I do with heavy weights. I have put up with one hand 162 pounds. With one hand I lifted, 106 pounds 8 times. I can do a wrestler's bridge, and at the same time lift 162 pounds over the head to the chest. I am 19 years of age, and weigh, with my clothing on, 147 pounds. I am willing to repeat the exercise whenever called upon.

EMIL SUHR.

617 W. 22nd Place, Chicago, Ill.

VEGETARIAN DIET OF TWO MEALS DAILY

Test No. 3, 4600 times.

TO THE EDITOR:

Since reading your magazine and books, I have followed the vegetarian diet. I eat two meals a day. I am working evenings and regulate my meals accordingly, eating one meal at 6 A. M. and the other at 6 P. M. In regard to practicing Test No. 3, will say that I did not practice very much as I keep myself in condition to undertake anything in the line of exercising I may have practiced this exercise about one month. I have been a member of the Utica Turn-Verein for fourteen years and have won prizes at meets against many competitors. In 1901 I won third prize for apparatus work in Rochester against about fifty competitors. In 1903 I won first prize in field-work which consisted of the hop step and jump in which I have performed 39 feet, 4 inches, and the pole vault, in which I cleared 10 feet, 10 inches, also the running broad jump, in which I jumped 19 feet, 8 inches. These three exercises gave me 28-76-100 points out of a possible 30 points. In the same year I again won third prize in apparatus work; in which I received 76-22-100 of points out of a possible 100.

W. KENELLER, JR.

236 Whitesboro Street, Utica, N. Y.

EATS PHYSICAL CULTURE FOODS.

Test No. 7, 100 times.

TO THE EDITOR:

I visited a physical culture restaurant and became interested in the food. It made a remarkable improvement in me. I eat three meals a day, which consist mostly of fruit, vegetables and a little meat. This special exercise I practiced very little but I occasionally box, wrestle, swim, etc.

JOHN MIKES.

New York City.



The Rev. J. M. McCaleb and his family in perfect health after eleven years in the Missionary Service—and they look it.

The Missionary and Good Health

By J. M. McCaleb, Tokyo, Japan

In looking over some old articles that had been crowded out by more available matter, I came across this manuscript. It shows the great value of our methods in taking up the arduous duties of a missionary. Undoubtedly it will be found interesting, as it enabled this determined man to complete his life-work, which was about to be cut short by the scourge of consumption.—Bernarr Macfadden.

NEXT to the gospel for the soul is the gospel for the body. It has ever been a serious problem with the missionary, living in a foreign country, how to keep well. Many have filled premature graves and have been counted as martyrs to an inhospitable climate, who were really the victims of pernicious customs, ignorance and imprudence. I speak from experience.

Thirteen years ago, accompanied by my young companion, I came to Japan as a missionary. Both of us were possessed of good strong bodies; but our ideas how to preserve our strength—perhaps I should say *renew* it—were exceedingly imperfect and crude. After seven years stay on the field I found

myself considerably "run down," and had sufficient apprehensions of consumption to have my lungs examined. Wife was also very nervous and weak. We took a vacation home (America) and I had an attack of fever which lasted seven weeks.

On returning to Japan a second time nearly four years ago, we came back somewhat wiser than at the first, but with much to learn. Apparently by the merest accident, if there is such a thing as accident, I found among some old magazines, a copy of your publication. I have never learned to this day how it found its way into our home. Glancing through its pages, it arrested my attention and I at once sent in my subscription, and have been an enthu-

siastic reader ever since. Many of the suggestions seemed so "of course" that I wondered I had not seen them before. I began to live more in harmony with Nature, and less in conformity to antiquated notions and false customs. The windows of our house are open day and night at all seasons. My bed stands between an open door on the one hand and an open window on the other. I breathe in the cold, crisp air, that blows right over my face all winter. The winters of Tokyo, while not severe, are cold and chilly. Snow frequently falls to the depth of several inches.

I never fail to take a cold bath every morning in water about the same temperature as the air in which we must live during the day. After this I exercise in a cold room till the body becomes comfortably warm without clothing. I never sleep, undress or dress in a room where there is fire.

Both cooked and raw foods are found on our table. We eat beef, game or fowl once a day only, and even then, sparingly. Pork is rarely ever tasted and when it is, always under protest. Coffee, tobacco and wine are all alike condemned, and find no place in our home. Tea is occasionally served to company, the relic of a bad custom. Some of the raw foods that find their way to our table are as follows: cabbage, turnips, lettuce, both white and sweet potatoes, celery, onions, watercress, endive, apples, peaches, pears, oranges, figs, persimmons, dried prunes, apricots and

dates; walnuts, chestnuts, peanuts, and hazel nuts.

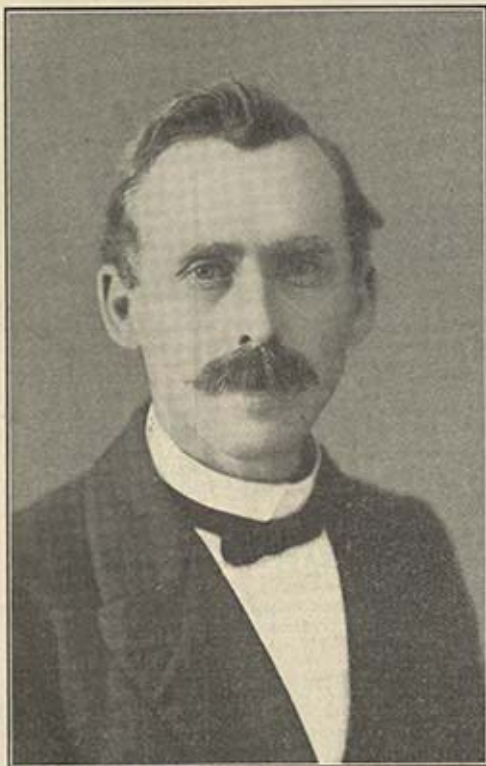
I am experimenting on two meals a day; eating only an apple or two, or a handful of peanuts at night, with good results.

On first coming to Japan I heard much about the bad climate, the dampness and the lack of ozone. I knew no better than to accept this all as true, which was unfortunate. Japan is not

perfect, but much attributed to the climate is due to improper food, too rapid and over-eating, inattention to exercise, drugs and closed windows. This, I am persuaded, is largely true of other mission fields also. After thirteen years residence in Japan I am convinced that good health can be maintained about as easily here as in America.

We make a practice of taking an outing in summer, either to the mountains or the seashore, which puts fresh blood into our veins and brings back the color to the cheeks. We keep no drugs of any sort on hand and the doctor is almost a stranger.

Instead of that "run-down" feeling of former years, I always have strength in reserve; rarely ever get tired, and when I do am quickly rested again. Am probably doing more now than at any previous time, and enjoy my work better than I ever did. Our three children were all born in Japan and are in perfect health. The mother in addition to her household duties, teaches from nine in the morning till two in the afternoon and is holding up well under it.



The Rev. J. M. McCaleb, after seven years in the Missionary Service—apprehensive of consumption



My Confidential Letters to Men

These letters are written in reply to communications received here, though of course they are selected with a view of giving advice of a personal and confidential nature on subjects of vital interest. I especially desire to deal with subjects that assume grave importance when a young man comes in contact with problems appertaining to love, marriage and divorce.—Bernarr Macfadden.

Q. I was hardly six or seven years of age when a boy friend imbued me with ideas that I afterwards found out to be evil in nature. I practically continued a victim of these evils until I was seventeen years of age, at which time I was able to cast these aside, but became the victim of another sin which is probably about as bad. I am now twenty-one years of age, and desire to marry an innocent girl. Do you think I would make a satisfactory husband and father? I have just passed a satisfactory examination for a life insurance policy without any trouble.

A. Your experience under the present regime of prudery that exists practically everywhere is not unusual; in fact, to a very large extent it is about the experience of the average young man as he grows to manhood in this terribly degenerate age, for it is really difficult for me to give it any other name when such vitality destroying conditions are allowed to exist in the life of practically every growing boy without instruction from either parents or teachers.

The question as to whether you would make a good husband and father, of course, depends very largely upon your characteristics. The evils mentioned have unquestionably to a very great extent tainted your life, and lessened your vital vigor. Your statement that you have satisfactorily passed an examination for life insurance shows that you are at least in a fairly good physical condition, and you will probably make as

good a husband and father as the average young man, and maybe a great deal better. Of course it would be advisable for you to build up your physical vigor and make yourself as strong as possible but the fact that you are not able to give the same purity to your wife which you have expected her to give you, is due entirely to the pitiful mistakes of this prudish age.

Q. I am about to be married. My wife is not a physical culturist, and refuses to discuss matters of this kind. She says that physical culture people are immoral. Now, is there any way if I can find out if my wife had led a blameless life?

A. I am very much inclined to think that your fiancée's view of physical culturists has been secured from various persons who know absolutely nothing of them. The code of morals taught by those who believe in physical culture are as high as have ever been advanced by any organization, religious or otherwise. To be sure they are not unlike other people who start out with good intentions—they make mistakes, and even if they were the most sincere members of a perfect world, and were compelled to come in contact with the distorted views and perverted natures that are everywhere to be seen in this age, I hardly think that they would be able to lead a life that would in any way conform to their high principles. There is absolutely no way

that you could find out about the previous life of your fiancée. Some physicians might tell you that a physical examination would reveal information on this subject, but I have heard of many instances where mistaken conclusions have been drawn even from this seemingly practical method. You will have to depend absolutely upon your own intuition, along with what you can personally learn of her character to determine as to whether she has lead a life that would in any way come up to your desired standard.

Q. I am very much in sympathy with the teachings which you advocate, yet it seems to be almost impossible for me to live up to the high principles set forth for the sublime life. I am in vigorous health, but what might be termed the evil side of my nature seems to secure the ascendancy, at infrequent intervals, and I am led to deviate from the path of rectitude. I realize that the majority of young men today are guilty of this same deviation, and I would like to ask you if there is any remedy that you can suggest.

A. As long as we have the idea that is so prevalent among young men of what is termed "physical necessity" the evil to which you refer is unquestionably hard to combat. This view of physical necessity is absolutely wrong. There is no scientific foundation upon which it can be based. The lives of many men prove the accuracy of this statement. And furthermore, evils of this kind to a very large extent are more difficult to resist when allowed to assume the ascendancy, even at infrequent periods, than if entirely obliterated from one's nature. The mental attitude towards these subjects has unquestionably very much to do with their influence upon one's life. Firmly convince yourself that the theory of physical necessity is absolutely false, and then shape your life accordingly.

Woe to the young man who is travelling the dangerous path that you describe. He has evils of every kind to face of which he knows absolutely nothing. At any moment he is liable to find himself the victim of the vilest of all diseases. But leaving this particular characteristic of the subject out altogether, one loses vital vigor, and is not nearly so much of a man from a physical, vital or moral standpoint if he allows evils of this character to overpower him even at infrequent intervals.

I fully realize that the question you have asked brings to the forefront in an emphatic manner the average life of the average young man. You have the evil results of an evil age made possible through the pitiful prudery that prevails in nearly every civilized community. You are the victim of the perversion that is frequently the result of monstrous ignorance, and it is your duty right here and now to turn around and revise your moral standard. You are wasting the best part of your vital vigor. You are allowing your character to be lowered, and your vitality to be undermined. Rise up and take possession of yourself. One of the greatest victories that man has ever achieved is what is termed self-mastery. You have to learn to master yourself before you can expect to master other people. You have to reform yourself before you have any excuse for believing you can reform others. And, too, you want to be a complete man, in complete possession of a superb inheritance that is within your reach; and if this is your ambition, if your ideals have been shaped on these lines, then you should have little difficulty in conquering your evil self. For, remember that in this contest, you will be fighting for your own moral, intellectual and physical salvation. You will be a stronger man in any field of human endeavor, if you are able to win in the fight you now have before you.

Health is not lost by accident, nor can it be re-purchased at the drug store. It is lost by physiological sins, and can be regained only by sinning no more. Disease is Nature's protest against a gross violation of her laws.—Dr. Felix Oswald.

General Question Department

By Bernarr Macfadden

In connection with the subscription department, there has been organized a competent staff, including the editor, for the special treatment of ailments in accordance with the theories we advocate, and each applicant will secure the same individual attention as he would if he applied to a competent physician for treatment. Write for full particulars, and refer to "Offer Q." If you are willing to solicit subscriptions you can secure our treatment free in return for your services.

Breathlessness

Q. I have been trying to take exercise, but I am weak, and even when I walk or play ball I become breathless, and lose my wind, though my appetite is good and I sleep soundly.

A. The physical manifestation that you mention is caused by your weak condition. Your muscles must be soft and flabby, and your lungs undoubtedly need development. Almost any process of general upbuilding, all-round exercise for the entire muscular system, together with long walks and deep-breathing, should slowly but surely remedy the defect of which you complain. Under a regime of this kind, the muscles will gradually become harder and stronger, the lungs will increase in capacity and then you will begin to acquire the endurance which you so badly need at the present time.

Diseases of the Throat

Q. What should you recommend to prevent or cure quinsy in the throat? I have three or four attacks each month.

A. Throat disease of all kinds are in nearly all case caused by constitutional defects, that is, the bodily condition is below "par." If you will build up your general health through appropriate diet, exercise, and various other necessary means, slowly but surely the defects mentioned should disappear. The application of cold wet clothes to the throat, allowing them to remain all night, is a good local remedy, but if the disease is at all deep-seated or chronic in nature, it cannot be depended upon to work a permanent cure.

Healthiest Foods and "Soft" Drinks

Q. What do you consider the healthiest of the following foods: Bread, cake, preserves, cheese, vegetables, pudding, pie, fruit. What is the healthiest "soft" drink?

A. It would be impossible to answer this question briefly and still make the reply satisfactory. Bread, if made from the whole grain, whether wheat, rye or barley, is, of course, wholesome in every way. Cake if made from whole-wheat flour instead of white

flour, can be recommended for strong stomachs in moderate quantities. Preserves as a rule should be avoided. Cheese is very rich in nourishing elements and for strong stomachs can be recommended. Vegetables, if properly cooked are, of course, satisfactory. Pudding and pie, as a rule, should be avoided, though when they are made with flour that contains the whole grain there is no serious objection to them. Fruit of all kinds can, of course, be recommended. The healthiest "soft" drink is furnished by fruit juices, sweet cider grape juice, or lemonade.

Oily, Yellow Skin

Q. Although I am in good health and strong, my face is yellow and is always oily. Can you tell me how I can secure a remedy?

A. A yellow complexion in nearly all cases indicates a bilious temperament. If you will introduce a little more fruit-acid into your food, such as is secured in oranges, apples, grape fruit, pineapples, etc., you will find a change for the better in your complexion. If you cannot secure the fruits mentioned, half a lemon squeezed into a glass of water and taken night and morning, will probably have a beneficial effect, though please note that you should not use any sugar with it. An oily skin usually indicates want of activity of the pores. A dry friction bath taken with brushes and used freely over the entire body at least once a day would be inclined to remedy this trouble.

Pork and Hot Biscuits

Q. In the south they use a great quantity of pork, hot biscuits made of white flour, rice, hominy, and hot corn bread. Can one select a healthy diet from these foods?

A. Pork and hot biscuits made from white flour are about the poorest foods one can select, even from an inferior dietary list. Pork contains all sorts of impurities, and naturally it fills the blood with various foreign matters which are inclined to lessen one's general physical vigor and ultimately induce diseases that are serious in character. White flour is a partial food only. If you tried to live on white flour alone, you would

starve to death much more quickly than though you were fasting. We proved the accuracy of this conclusion several years ago. Rice, hominy and corn bread are highly recommended as foods. Corn bread is a splendid food. Hominy, of course, is made from corn. Rice is rich in nourishment and represents the staple article of food of the Japanese and Chinese nations. If you would add some acid fruits to these articles, you would have a splendid diet.

Uncooked Foods and Hard Labor

Q. Would one doing hard labor and living on uncooked foods suffer for lack of nourishment which might be obtained from cooked foods and also meats?

A. Those living on uncooked foods in practically every case, if they eat the right kind of foods, have a great deal more energy than when they are living on the ordinary cooked foods. The percentage of the increase of endurance from an uncooked diet is exceedingly great, especially if compared with a cooked food diet including meat.

Cooked Foods for a Laboring Man

Q. Will you please name a few foods that are especially preferable to nourish a laboring man?

A. About the best cooked foods for this purpose are beans, peas, lentils and various articles of food made of any of the whole grains, such as wheat, rye and barley. If the legumes mentioned are cooked very slowly and enriched with a quantity of butter or olive oil, they make very palatable as well as nutritious foods.

Falling Hair

Q. Is there any way to stop hair from falling out and to promote its growth?

A. You can rarely entirely stop the hair from falling out. There is always a certain amount that will come out even in ordinary health. If, however, you will keep the scalp clean by washing the hair with a high grade soap, such as Castile, once or twice a week, and will keep yourself in good constitutional condition, and will also brush the scalp and the hair thoroughly each day, you should not have any occasion to worry about an excessive loss of hair. There are a great many causes for loss of hair, though as a rule, they are constitutional in nature. Bathing the scalp in cold water once each day is one of the best possible tonics for the hair. Pulling the hair all over the scalp thickens the hair, brings more blood to the parts, and naturally increases the healthiness of the hair.

Cause of Nightmare

Q. What is the general cause of con-

stant dreaming with nightmare at long intervals, and how can the trouble be remedied?

A. Nightmare in nearly all cases is induced by eating too heartily or else by eating indigestible foods too soon before retiring. When annoyed by trouble of this character, one should take the last meal from four to five hours before retiring, making it as light as possible and being sure it consists of foods that are easily digested.

Bite of a Mad Dog

Q. If a mad dog bites a child what is the first thing to be done, and is there any chance of saving the life after convulsions have begun?

A. If one is bitten by a mad dog, the first thing to do is to apply the lips to the part bitten and suck out a quantity of blood, which will usually, of course, contain the poison if any. The next thing to do is to arouse to the greatest possible degree of activity all the depurating or cleansing organs of the body. If a syringe is handy, the colon should be flushed with as much water as can be used. The patient should drink as much water as possible taking a glass or two at very frequent intervals. As soon as possible, the patient should be wrapped in a hot, wet sheet pack, the hot wet sheet to be applied to every part of the naked body and to be just as hot as the patient can possibly bear. Several blankets and comfortables should be wrapped around the patient if necessary to induce profuse perspiration. In addition, to still greater increase elimination by this means, hot water can be used to drink.

To Fill Out the Face

Q. I have a healthy complexion but an exceedingly thin face. The eyes are sunken and dark rings around them. I am a vegetarian and live up to the theories you advocate, and feel fine. How can my face be made round and full?

A. Some individuals inherit what might be termed a thin face. It would be exceedingly difficult for them to make the face round and full without adding a great deal of fatty tissue, in fact, really more than would be comfortable or healthy. The dark rings around your eyes would indicate, however, that you do not enjoy perfect health. If you are careful to drink water freely between your meals, and to nourish yourself thoroughly, and also to take those exercises necessary to maintain functional and vital vigor, I should think your face would ultimately be made to assume that degree of roundness which would be essential to the character of your features.

Living the Radiant Life

Written Especially for PHYSICAL CULTURE

By George Wharton James

Author of "What the White Race May Learn From the Indian," "The Wonders of the Colorado Desert," "In and Around the Grand Canyon," "In and Out of the Old Missions," "The Story of Scraggles," "Indian Basketry," "The Indians of the Painted Desert Region," Etc.

CHAPTER VI

THE RADIANCY OF REBUKE.

I WANT to radiate the ability to rebuke without offense. I know this may appear to be a singular desire. Singular, then, let it be. If it be "singular" I am willing to be singular. Last night I sat with a friend enjoying the exquisite music of the Boston Symphony Orchestra. During one of the most subtle and delicate passages a "lady" in the seat behind me began to whisper to her escort. It was as the thrusting of a bottle of sulphuretted hydrogen under my nose when I was enjoying the subtle essence of a violet. Four times that evening did that "cultured" Boston savage outrage my susceptibilities by her rudeness; by her theft of my power and right of enjoyment.

I wanted to rebuke her, and I did not know how, without giving her offence. I used to offend such offenders and glory in my share of the offence. I hope I have learned better,—yet, all the same, I do wish to administer some rebuke, that will be effective. As I have said elsewhere I want to do this so that my own serenity is preserved. Thus shall I radiate serenity and not offence. If I am disturbed, offended, outraged, I radiate those vibrations of unrest and disturbance. I would reprove kindly, but surely and effectively, and that is best done by bringing the offender into sympathy with the best that I desire for him as well as myself.

I would that I could rebuke every boy who keeps a seat in a car when

an elderly or aged man or woman stands by unseated.

I would that I could rebuke every parent who fails to teach his or her child his duty in this regard.

I would that I could rebuke every parent who fails to require absolute and explicit obedience to authority—his own and all other proper authorities—on the part of his or her child.

I would that I could rebuke every irreverent person whether in Catholic Cathedral, Episcopal Church, Methodist Chapel, Congregational Meeting-house, Navaho hogan, Hopi Kiva, Wintum ternescal or Chinese Joss House. All are sacred to some one—all should alike be revered.

I would that I could rebuke every haughty purse-proud woman or man who *demand*s service, not through love, but by power of money or fear.

And my rebuke list would include the politician who uses his office for graft, the senator who sells his vote, the legislator who hesitates to give his interest and vote to all bills that seek the true welfare of the common people. It would include every purveyor of adulterated foods for the people, every user of child labor, every employer of sweated labor, and every "bargain-counter" fiend who hunts for the product of the sweat-shop. It would include every newspaper owner who allows prejudice to control his columns rather than fairness, and makes himself a party to the wilful deception of the

people; every lawyer who values fees more than justice; every physician a case more than health; every preacher a fat salary more than truth.

And it might embrace you reader, did I know you as well as I know myself, whom I rebuke constantly.

CHAPTER VII.

WHAT I WOULD RADIATE TO THE WRONG DOER.

For two years I was the chaplain for two homes where women who had led evil lives were sheltered and cared for. During part of this time I helped organize and conduct a midnight mission in one of the most degraded parts of a large eastern city. I have had a large and varied acquaintance with criminals of both sexes, of all ages and conditions, and have been the recipient of many most strange and startling confidences of men and women whose integrity has never been questioned, and yet who, if their inner life were known, would have been execrated and ostracised.

As a result of these varied experiences and the knowledge that has come to me I am compelled to assert that I believe our present system of treatment of wrong-doers is not only unchristian but unwise and foolish, and that it fosters and cherishes some of the very wrongs we seek to prevent.

The attitude we take—that every evil doer loves his evil doing, sins because he wants to sin—is a criminal for his own pleasure. How absurd! How foolish! And what wicked cruelties such an attitude leads us to commit. Socrates saw clearer than that centuries ago when he said: "It is strange that you should not be angry when you meet a man with an ill-conditioned body, and yet be vexed when you encounter one with an ill-conditioned soul!"

Most of us have a lot of maxims or rules that we apply to those wrong-doers who come under our ken, forgetful of the fact that the strange thing about human nature is that it doesn't fit your, or my, or anyone's ideas or notions. It cannot be bounded, as you bound a sea or an island. It cannot be plotted or catalogued as you plot a lawn or

catalogue a library. The only way you can read men and women is with sympathy and love—sympathy for their failures to measure up to your conceptions of manhood and womanhood; love for the undoubted food that you perceive.

All moral judgments must remain false and hollow that are not checked and enlightened by a perpetual reference to the special circumstances that mark the individual lot.

Christ did not in the least abrogate the Seventh Commandment when he said to the woman *taken in the act* of adultery: "I do not condemn thee. Go and sin no more." In my opinion he wished to teach the lesson that self-righteousness and hypocrisy are worse crimes than adultery.

All men that are drunkards are not equally culpable, deserving of hell-fire and to be swept there by quoting the Hebrew scriptures: "No drunkard shall inherit eternal life." The special circumstances must be considered, and, God only is competent to do this. When ever I hear these ready quotations, whenever I am tempted to use them in my dealings with my erring fellow-men and women I recall what George Eliot wrote in *The Mill on the Floss*.

"All people of broad, strong sense have an instinctive repugnance to the men of maxims; because such people early discern that the mysterious complexity of our life is not to be embraced by maxims, and that to lace ourselves up in formulas of that sort is to repress all the divine promptings and inspirations that spring from growing insight and sympathy. And the man of maxims is the popular representative of the minds that are guided in their moral judgment safely by general rules, thinking that these will lead them to justice by a ready-made patent method, without the trouble of exerting patience, discrimination, impartiality,—without any care to assure themselves whether they have the insight that comes from a hardly-earned estimate of temptation, or from a life vivid and intense enough to have created a wide fellow-feeling with all that is human."

The true brotherhood of man is that

which takes upon itself all the weaknesses, all the burdens, all the woes, all the sins of the world of men and women. This is what Christ did! Ah! That we might perceive and realize it. This is what makes Walt Whitman so great a poet,—that he tried to teach us this lesson. This is what gave to Ernest Crosby his power, gave to Golden Rule Jones his influence. They felt the brotherhood, truly, really, deeply, even though imperfectly. Christ felt it perfectly. Can we not try to feel it? Whenever a man or woman sins, I sin, for we are brothers, sisters, children of the same Divine Father. This is what the doctrine of the brotherhood of man is beginning to mean to me. Then, when I condemn sin in another, I condemn it in myself, and, as I have sympathy, tenderness, love, helpfulness for *myself*, so must I have it for the brother, the sister, who has made me a partner in his sin.

Only those touched with the essential spirit of the love that belongs to the Divine, or those who have sinned much, can know the great secret of human tenderness and long suffering towards the wrong doer, that alone, *at times*, can help him. Oh for more of this human tenderness and sympathy, this long suffering and patience, this active principle of Divine Love that burns through all crusts and coatings of evil into the most secret corners of the heart where the good is enshrined, though forgotten.

I have just been talking with a prominent editor of a man in his office, competent, thorough, reliable, manly, a systematic worker and able to get the best results out of those in his department, yet who, once in a while, goes off on a terrible debauch. He will drink up all the money at hand then draw out whatever he has saved in the bank, (sometimes nearly a thousand dollars), engage an automobile, surrounds himself with dissolute companions, squanders his money on them, then borrows from his friends, who, knowing that when sober he will pay back every cent, cruelly lend it to him, and thus "go the pace" until either money gives out, or physical endurance

can no longer stand the strain. Then his true friends must come and pick him up out of the gutter, or care for him in a hospital until he recovers.

As soon as he is sane and sober again he is overwhelmed with remorse and sorrow. He knows that he is ruining himself in every way and from every possible standpoint, yet there is that in him that renders him incapable of resisting these temptations to periodical sprees. He listens with true penitence to the cautions of his employers, his fellow workers, and to the heart-broken pleadings of his aged mother who fairly idolizes him—still he drinks.

Now! What shall I radiate to such a man—to all such men? Can I ignore the degradation of their debauchery? Certainly not! Can I ignore the fact that, as a rule, when the downward path is once begun, the sober intervals grow shorter after each debauch, and that by radiating friendliness to such men I am tying myself to one who will ultimately disgrace himself and me? shall I cease to be his friend, in order to protect myself?

God forbid! To radiate friendliness is not enough. Seek to possess more than this, that you may radiate more. Greater than friendship is love. Love your friend as yourself. He is having a desperate struggle. Give him your love, your thoughtful, considerate, protective love, if necessary treat him as you would an insane person. For the highest medical experts now concede that "while alcoholic excess is a prolific source of disease and mental instability, *disease and mental instability are even more provocative of the alcoholic habit.*" The greatest possible kindness to such an one would be to lovingly tenderly, sympathetically *lock him up*. The insane man must be left from doing himself and others an injury. Society must protect itself from the evil doer, regardless of his moral responsibility, but the "how" of that protection is one of the most important things in the development of the human race. As we now protect ourselves we show the barbarity of the aborigine, the cruel vindictiveness of the savage.

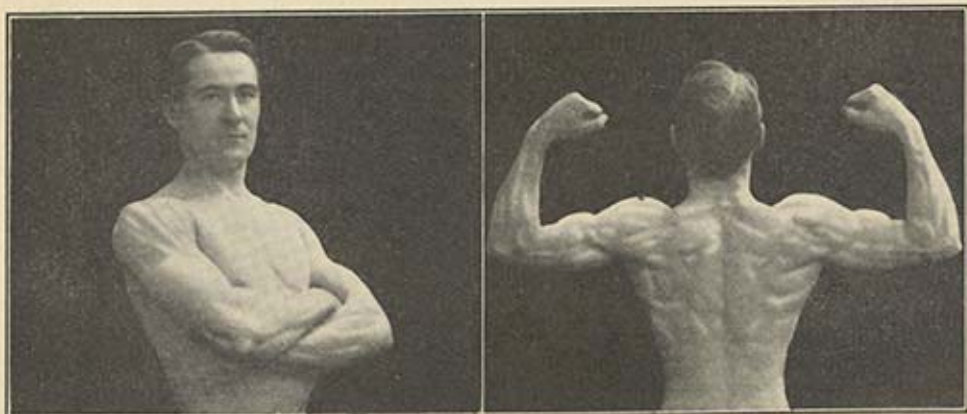
I am fully satisfied that the time will

come when we shall so radiate love one to another, and especially to our *weaker* brothers and sisters,—whether their weaknesses manifest themselves in alcoholic excess, sexual debauchery, gambling, theft, lying, gluttony,—that we shall prepare for them places where they may be properly and sympathetically cared for while under the influences, *or when they fear they are about to come under the influences, of their weakness.*

Let me enlarge upon this. Our present method is as follows. We look with holy horror upon a man, and especially upon a woman, who lives a sensual life. If a man or woman, supposed to be pure and good, were to confess openly that at times he, she, was possessed with an intense desire, (so intense as to be uncontrollable), to plunge into evil, we should flee from such a person and regard him, her, as an evil being, one to be reprobated, condemned, shunned.

I know such persons. I know their battles. I know the apparent inconsistency of their occasional acts and their earnest, intense efforts to avoid them. I know their dread, their fear lest their secret be known. I know their hatred of the secrecy which is forced upon them by the cruel condemnation and the horror with which good men and women think they must not only to the sinful acts but to the actors; for how can they part with the

good will, the respect, the love of those whom they themselves honor, and respect, and love. So to them I now openly say: I want to radiate to you all love, all sympathy, all helpfulness. I would that I could say to you: Come to me at such times, and with tender sympathy, devoid of one particle of condemnation, I will take you to my heart, my home, my love, and will care for you, attend you, keep you, until the fearful obsession which possesses you is past. Be not afraid to tell me ALL you feel and dread, and, instead of shrinking from you I will love you *the more*, care for you *the more* because of your deep need, your dire necessity. Thus would I heal moral disease, instead of waiting until the secret is out, and the debauchee, the drunkard, the thief, the forger, is discovered, arrested, jailed, sentenced, *disgraced*. With every human being knowing that every other human being is imperfect, why should we be so merciless, so vindictive, so cruel to those whose imperfection takes some from that is horrible and impossible to us? Let us so radiate sympathy and love that they will come to us, lean on us, rest in us, until the paroxysm of their moral disease is past, just as they come to us when the paroxysms of physical disease are upon them, knowing that our love, our faith in them will never fail. FOR LOVE NEVER FAILS.



Mr. William W. Sheriff, of 526 Heron Avenue, Pittsburg, Pa., says: "This is what physical culture has done for me," and we can say to him that "It's all right."

Our Coming War With Japan

IT is admitted by practically everyone that Japan is preparing for a war on a monumental scale. It is also admitted that for a certain part of the commercial world we are the principal business rival of Japan. If these two statements are true, and practically everybody admits their accuracy then why are we not justified in also preparing for war? Preparation for war from our standpoint, that is, the building up of a magnificent army in the form of superbly developed men from a standpoint of manhood, is of benefit to the race. We will need something besides whiskey-drinking, tobacco-doped, and sexually diseased soldiers if we expect at any time to compete with the Japanese army. We have been agitating this subject, not much from a standpoint of need of more guns, **BUT BECAUSE THERE IS A TRAGIC NEED FOR MORE REAL MEN**, a need for men who have strength and endurance, who can march, who can give a good account of themselves in a fierce hand-to-hand struggle. We want men with physical courage and confidence, and the all-round abilities that every man should possess even if he is never called on to be a soldier.

In a recent issue we published extracts from one of Captain Hobson's articles on the possibility of war with Japan. The Rev. John H. De Forrest, an eminent missionary and scholar who has spent thirty-three years in Japan, believes that Captain Hobson's views are based on erroneous conclusions. Some time ago Captain Hobson delivered an address at Hartford in which he expressed similar views to those we recently published. Dr. DeForrest attended this lecture and was so aroused by some of the conclusions deduced by Captain Hobson, that he stated he knew definitely they were false and wicked. He sent a reply to one of the Hartford papers and we publish herewith extracts from this communication:

WAR TALK ISN'T EVEN RESPECTABLE NONSENSE

"Let me now refer to the charge you repeatedly made that Japan is trying to bring on war with America at the earliest possible moment, knowing that we are unprepared and that she could win easy victories provided she can get a pretext for beginning the fight. In making this startling charge, which is not true, and is an insulting and brutal way of attacking a friendly nation, you seem to have utterly ignored the repeated public statements of your superiors. You vividly pictured our President sitting 'in sackcloth and ashes,' under the brow-beating of the oily-worded Viscount Hayashi, minister of foreign affairs in Tokyo. And this poor hectoring President of ours was at the same time telling the world in his message to Congress about the 'warm friendship' maintained between Japan and the United States for so many years 'without a break!'

"Another of your superiors in office, our Secretary of War, Mr. Taft, unqualifiedly stated in Tokyo only last October that the two governments and the two peoples are perfectly secure in their friendly relations, which no local disturbances can affect. He says, with reference to war talk: 'It would be a crime against modern civilization if Japan and America went to war, and it would be at once hateful and insane. While Europe and America were in the midst of long years of bitter wars, revolutions and mutual slaughters, there was for two hundred and fifty years neither internal nor external disturbance of peace in the empire of Japan.'

"Your sweeping judgment of the national character is that they have the war habit. But do you know what they say of themselves? As you claim the right to say what is the main characteristic of our nation, you surely will allow them to testify concerning themselves. For ages it has been the traditional teaching in Japan that the cherry blossom,

which fills valleys and plains with its delicate perfume, and then in self-sacrifice gives itself to die, is the symbol by which they have always interpreted themselves.

"Probably you didn't know that, when Perry opened Japan to the knowledge of Western history, one thing that shocked the Japanese was the awfully bloody histories of the nations on this side of the globe. And one of their great moralists, Yokoi Shonan, expressed this wide feeling when he begged his government to send him on a mission to put an end to the brutal wars which two hundred and fifty years of peace had made Japan profoundly dislike.

"I take it that you neither read nor speak the Japanese language and so have only second-hand avenues into the literature and history of Japan. So, in your hasty tour through a section of Japan, you could not have noticed that at the entrance of countless towns and villages a high flag-staff stands, at the base of which is written: 'Peace Be to This Village.'

"Have you ever compared the national hymn of Japan with those of the nations of the West? Her hymn is of very recent date, hardly thirty years old, and you would expect to find something of 'the war habit' that has grown 'for eight hundred years' in this hymn. For hymns, to be national, must express the deepest and strongest sentiment of the nation. Not a shadow of war here. We of the West have to be careful how we sing our national hymns where representatives of different nations are gathered. But Japan's national hymn is so absolutely without the war spirit that it can be sung any where in the world without giving the slightest offense.

Root says, 'It is a pleasure to be able to say that never for a moment was there, as between the government of the United States and the government of Japan, the slightest departure from perfect good temper, mutual confidence and kindly consideration.'

"You will, of course, allow that our ambassadors in Tokyo have at least as good sources for knowing facts as you. Our ambassador, Luke Wright, on his return from Japan last September, said

to Americans through the papers: 'The talk of war between this country and Japan isn't even respectable nonsense. There is no situation between Japan and the United States other than the very pleasant and friendly relation which has always existed. Japan no more wants a war with us than we want one with her, and the idea that there is an impending conflict between the two countries is ridiculous. Japan regards us as her best friend, and there is a perfect understanding between the two countries.'

"If now, Captain Hobson, you say that things have changed since Mr. Wright's day, and that we now have facts that throw light on the Japanese war habit, let me quote our new ambassador in Tokyo, who asserted before the Oriental Association on December 11 that 'so far as our two countries are concerned, there is not now one serious question that remains unsettled.'

"These gentlemen whom I have quoted are your superiors in everything that pertains to first-hand information on diplomatic matters, and their statements are unequivocally the opposite of yours. I will quote some others who are also very superior to you in their knowledge of the people of Japan. I refer to the missionaries who speak the Japanese language, live with the people, have strong friendships among the educated classes, read the papers, and are agreed on this one vital point—the way the Japanese think about us. They have watched not without anxiety the irresponsible jingo utterances of a section of the American press and their slanders of Japan. And they have openly sent their formal message to the people of the United States, and, in view of such utterances as you feel impelled to make, the public should have the saner views of men who have first-class opportunities for knowing what you can get only in less direct ways. Here is their message:

"'While we, as missionaries, have nothing to do with questions of national economics or international politics, yet in matters affecting the mutual goodwill of nations, we, as messengers of God's universal Fatherhood and man's universal Brotherhood, are peculiarly

interested; and, as Americans now residing in Japan, we feel bound to do all that is in our power to remove misunderstandings and suspicions which are tending to interrupt the long-standing friendship between this nation and our own. Hence, we wish to bear testimony to the sobriety, sense of international justice, and freedom from aggressive designs exhibited by the great majority of the Japanese people and to their faith in the traditional justice and equity of the United States. Moreover, we desire to place on record our profound appreciation of the kind treatment which we experience at the hands of both government and people; our belief that the alleged 'belligerent attitude' of the Japanese does not represent the real sentiments of the nation; and our ardent hope that local and spasmodic misunderstandings may not be allowed to effect in the slightest degree the natural and historic friendship of the two neighbors on opposite sides of the Pacific.

"This document is signed by over a hundred men, many of whom have lived in Japan over a quarter of a century. Every one of these men would repudiate without hesitation every one of your assertions to which I have referred.

"A few weeks ago I was accorded an interview with Japan's ambassador, Viscount Aoki. His words to me were: 'War with America is impossible. If immigration tends to make an unfavorable economic situation here, or arouses race prejudice, then we will stop our laborers from coming to this country. The good-will and friendship of the great republic is not to be imperiled for the sake of a few immigrants.'

"Undoubtedly Japan feels hurt over the determination to exclude her laborers while those of other nations are freely allowed to come. It is like a blow from a friend—from one she has always called with profound respect her 'teacher.' But again and again, during the last year's misunderstandings, Japan's great statesmen and warriors, and her great newspapers, have said, with deep regard and gratitude for what America has done for her: 'We can never fight the United States.' You may be sure she will never raise a finger against us, unless we become

so unrighteous as openly to insult her, throw away her valuable friendship, and aggressively arouse her war feelings.

"I am impelled to say to you, Captain Hobson, that your medicine of repression, first towards Europe and then towards Japan, seemed to me a reversion to barbarism. Your address seems to me wholly unworthy of a Christian gentleman and an elected representative of our Republic. You said with violent gestures that the Japanese attitude towards us is 'awful and wicked.' You who evidently know nothing of their press call it 'bitter.' For the sake of my country's fair name, I want to say publicly that your sweeping and baseless mistatements show colossal ignorance of the character of the Japanese. If our people were not too sensible to take you seriously, if you could carry the majority of our people with you, your words would surely imperil the peace of the world, the large part of which you cruelly insulted. As a citizen of the United States I protest against your 'awful and wicked' and 'bitter' accusations of a great and friendly nation.

"Nothing has so amazed Japan as have the insinuations, and even charges, that she was only watching for a chance to attack us, knowing that she was fully prepared, while we were in no position to defend our island possessions of the Pacific. What Japan has endured during this last year, of astonishment, of pain, of bitter disappointment, of rising resentment, it would be hard to tell. For not only has our Republic been her best friend and her 'beloved teacher' for half a century, but Japan has never ceased to have a rare and profound friendship for America. To be held up by her former friend as one with sinister designs, as treacherous, has given her a wound that would be hard to heal were it from any other nation. And the millions of Americans are beginning to see through the purposes of our jingo press and through that envious section of Europe that would delight to involve us in war with Japan."

"The possibility of a war far greater than Lord Palmerston foresaw may fall to this country. The millions of the East and the millions of the West are

coming together, differing in their civilizations, their religions, their moral standards and, more than all, in their languages. The one power that can help us of the West to solve peacefully the staggering problems that are already looming up is Japan. If we of this great Republic can only retain unimpaired the invaluable friendship of Dai Nippon, in whose diplomacy there is no shadow of 'treachery,' and in whose national character is a deep love of righteousness, we shall pass down to our children problems difficult enough, but by no means insolvable. On the other hand, if we alienate the warm friendship of this nation, so that world problems must be solved on lines of yellow and

white, it will be 'after us the deluge' for our descendants. The invisible line that separates the East from the West now runs through the Yellow Sea. Don't let us shift it back again into the middle of the Pacific."

Major Worden's article, which follows herewith, is well worthy of attention. He was sent to Japan by the United States Government in 1898, for the purpose of studying the conditions there, especially those which related to the Japanese army. As a result of his visit, he secured a great deal of valuable information, and the opinions expressed in his article were formed from the study of the country which he made at that time.

Judging Japan by Our Own Standards

By Major Henry Mills Worden, Retired

THE man of the Orient is, above all things, a man of patience. He will wait, wait, wait, for the proper time for the accomplishment of his purpose with an endurance and a tenacity which we can scarcely understand. He is furthermore an individual of fixed ideas. When he once reaches a belief, he sticks to it with a faithfulness and a disregard of consequences which, to those who oppose him, is both puzzling and discomfiting. Apparently, he may have forgotten or vacated such belief, but his so doing is only for the purpose of misleading his opponent. At the first fitting opportunity, he makes clear the fact that he still holds to his ideas, and usually the other side has cause to regret the pertinacity of the Oriental make-up. It is this kind of thing that has caused the Far Eastern races to be charged with subtlety and treachery. As a matter of justice it is nothing of the kind; the apparent "treachery" being simply a manifestation of the national temperament. And I believe that those who, like myself, have lived among these people and have had intimate social and professional relations with them, will bear witness that I am giving true testimony in this regard.

All this has to do with the seeming friendship which now exists in Japan for America. Likewise, it explains many things which would be unexplainable otherwise. In a nutshell, we—that is the white races—are just now trying to interpret Japan's actions by the standards of our own morality and mentality and statesmanship. And in so doing, we are making a mistake of the gravest. Unless we take the trouble to see the situation through Japanese eyes, so to speak, we shall assuredly find ourselves in a net-work of difficulties in the future. The only way to escape these difficulties is by anticipating them through the medium of a greatly increased army, a navy which shall take precedence of all others with the exception of that of Great Britain, and a service equipment of an ideal sort, this last to include surgical, transportation, coaling and supply facilities of a type equal to that of Japan itself.

It is to the end of persuading America that she is *not* in want of these things that the present efforts of Japanese diplomats, of the Japanese press and of those other branches of the Japanese Government which come into direct contact with the American public, are directed.

The "lulling" method that has been so successfully used by Japan prior to her recent contests with China and Russia, should put the people of the United States on their guard. But apparently the lesson has been forgotten or the powers that be have been hypnotized into drowsiness by the cleverness of the Oriental diplomats. It should not be overlooked, though, that the first attack upon China by the Japanese followed hard on what, at first sight, appeared to be the adjustment of the difficulties between the two nations. the case of the opening of hostilities between the Bear and the sons of the Mikado, the attack on Port Arthur and the warships therein, was so unlooked for, that according to an authentic work on the subject by a Russian, there *were only six cannons mounted and ready for action* in the many batteries of the Port when the Japanese torpedo boats stole in and delivered crushing blows to the equally unprepared fleet. Japanese diplomacy had in each instance, brought about a condition which made Japanese soldiers and sailors, numerically weak, stronger than the vast forces opposed to them. The Japanese when they do fight, fight with the head as well as with the hands, which explains much about them and theirs.

There is a Malayan proverb to this effect;—"When thou art ready to use the kreesse, let thy enemy believe that thou art willing to give him thy wife." Or, that you are so much his friend, that you stand prepared to furnish the strongest proof of regard; that is, according to the Malayan code. The kreesse is the national long dagger or sword of the Malayan Archipelago, used for a variety of purposes, including homicides. In a way, all Oriental diplomacy is shaped on the lines of this proverb. Its end and aim is the attacking of an enemy when the latter is least looking for it. I may add that in this respect, our Occidental diplomats are not altogether wanting but take advantage of the maxim that "Language is given us for the purpose of disguising our thoughts!" Yet their methods are clumsy as compared with those of their confrères of the East.

It is my sincere belief, based on a rather comprehensive knowledge of affairs in the Far East, and of the Japanese mentality and modes of thought, that the men at the head of affairs in the land of Nippon, are fully assured that a bloody conflict with the United States in the not so far distant future, is as inevitable as is their domination of the East. The Japanese, as I furthermore know, look upon the rising sun of their flag, as something more than a mere symbol. They believe that it is a prophecy—a prophecy of the times when they shall be practically the arbiters of the commerce and the policy of the Far East, undisturbed by the rivalries of the nations of Europe or of that of this country. Their sun, which is now just clearing the horizon, will then blaze in unchecked splendor over an East which shall be, in a commercial sense at least, for the Japanese, and they only. But they know that the times are not ripe for the bringing about the consummation of their wishes, that there are a whole lot of obstacles in the way of their so doing—financial, moral, diplomatic and so forth, and so, they are waiting—just waiting and preparing. And their current programme includes the pacification of the United States, with what success, let the large and pro-Jap portion of the press of this country, testify. How the Japanese must be chuckling to themselves over the manner in which they are hoodwinking us, the (alleged) shrewdest nation on earth!

Now I do not mean by what I have just said, that our Oriental friends will resort to arms until all other sources of compassing their desires have been exhausted. There will be treaties and more treaties and still more treaties and "understandings" and diplomatic notes and all the rest of it, which will keep the United States amused in the meanwhile. Likewise will the Japanese make apparent concessions and inflict so-called punishment on Japanese offenders against these same treaties, maybe, there will be indemnities paid to American citizens and saluting of the American flag by representatives of the Japanese Government and the exploitation of

other of the unsubstantial nothings which are used to mask the real intent of a tricky and clever nation. But in the interval, there will be a steady driving out of American trade interests out of the East and the replacing of these by Japanese interests. It is true that at the present, there is talk of much friction between Chinese merchants and corporations and the Japanese, such friction taking the form of a boycott of Japanese goods among the former, but this is to be expected. China dare not push the matter too far at this juncture. Japan has the armed power to check the boycott and insist upon her commercial wishes being respected. China has not, although she is now possessed of the nucleus of a first-rate and modern army. And let me say here, that those who judge China and the Chinese by the sorry specimens of the coolie class which are almost exclusively to be found in this country, are laboring under a great delusion regarding Chinese manhood. The coolies are physically, the most indifferent type of the Chinese. The further north you go, the higher becomes the physical standard however, and it is in these regions that you see some of the most perfect specimens of the genus *homo* that it is possible to imagine. In several of these northerly provinces, the average height of the men is six feet and they are well built in proportion. Their lung development is magnificent. And it is chiefly from these that the Chinese government is recruiting its new army.

But it will be many years before China will be in a position to run counter to the wishes of its comparatively small but innately powerful neighbor. Meantime, the Americans who seek to do business in those parts of China adjoining the present Japanese "sphere of influence" will be and are feeling the power of Japanese "wishes" as expressed to the Chinese government. My space will not permit me to give illustrations of this, but I am assured that there are dozens of my countrymen who could, if they so desired, give testimony on this point. Also, the United States Government trade reports of American firms in the East will speak eloquently of the first-

fruits of the recent Japanese victories and give promise of what we may expect in the future at the hands of the little brown men when we come into commercial conflict with them. Then, when it is somewhat late in the day, shall we begin to realize that while we have been listening to the pleasant speeches of suave Japanese Ambassadors and diplomats, and accepting visiting invitations for our fleet, and greedily swallowing the stuff dear to our national vanity as dished out to us by an inspired Japanese press, the Japanese merchants and traders have been busily at work getting a grip on the enormously rich markets of the newly opened East which it is impossible to loosen except at the cost of a long and not necessarily successful war. And will Japan herself shrink from the issue do you think? Hardly. I believe that *when she is ready*, she will welcome the conflict. Her future national life depends upon her getting stretching-room for her products and her population. Both of these will be possible if she can obtain the domination of the Eastern markets and—what is the same thing—obtain a free hand in certain parts of Manchuria and those portions of China which adjoin them. But this is not possible with the United States standing in the way. Hence,—and I repeat this with a solemnity based on conviction—she is prepared to fight for that which she believes, is alike her present and her future.

Let me add one word. The nation who faces Japan in armed conflict, will have to deal with a factor or an element which so I think, is not to be found in the case of any other army in the world. I am not now speaking of the wonderful completeness of her army in the several matters of discipline, equipment, wealth and finish of detail, or general thoroughness of service, but of the absolute and unreasoning patriotism upon which the soldier and civilian spirit are alike founded. Only those who have lived among the Japanese, can even faintly understand the force of this element. In the field especially, it makes the Japanese fighter well nigh irresistible. It quite extinguishes the normal fear

of death and what is more extraordinary it seems to blot out the instinctive shrinking from suffering and danger. I shall not attempt to explain this phenomenon, but the fact remains. And when ordinary troops meet the Japanese why,—I prefer not to prophesy the outcome. In the meantime, "Let us have peace in our time, Oh Lord."

JAPAN'S ACTIVITY AND DEMOCRACY'S FEEBLE NAVAL PROGRAMME

(From the Chicago Examiner)

The naval programme of the Democracy is not only feeble, but under the present circumstances distinctly unpatriotic. The proposition to exclude Oriental labor is excellent, and one that has always been advocated by this paper, but the idea that Japanese can be excluded without any adequate navy to enforce our position is a short-sighted conception of which only the Democratic party, under its present leadership, is capable.

Before it became positively known that Japan was making colossal preparations for war, this newspaper directed attention to the growing Japanese hostility to America, and gave the reasons for it.

Since that time there has been no abatement in the enmity of Japan. On the contrary, President Roosevelt, acting on information coming from many sources, found that it was his duty to send a great fleet to the Pacific.

And no sooner had the arrival of that fleet in Pacific waters given a feeling of security to the people of the coast than Brazil's ordering of twenty-nine warships was exposed.

There was no question as to whom those warships were for. Brazil could neither use nor man them, much less pay for them. England and Germany could build warships of their own. Manifestly they were not for the United States. They were for Japan.

Today the Japanese situation, menacing at first, is acute.

Peace with Japan there will be, if we are prepared to enforce peace. War there must be, if we are not.

The remarkable activity of the Japanese war office is now known around the world.

Quietly, but rapidly, she is augmenting her army and her transport fleet. She is building as many warships as she can. She is ordering as many as she dares. And when the limit of discretion in that direction approaches she uses a South American republic as a dummy, and places an order for what to a peace-meaning power of her class would be a whole navy.

Congress must pass exclusion laws as soon as possible. But it must also provide a navy to back them up. A party so senseless as to advocate them without at the same time advocating a navy big enough to enforce them against a hostile and prepared nation is supremely unfit to govern this country.

War Sentiment Promoted by Knaves and Fools TO THE EDITOR:

I happened to buy one of your magazines for June, and was so well pleased with it that I decided to become a regular reader. There is one thing, however, against which I take very strong exception, and that is the exploiting of the war sentiment now being promoted by knaves and fools.

The people on this North American continent are fully protected by the two great oceans and the Arctic Zone, the heterogeneous South American republics can offer us no menace in this generation. Our chief and most pressing duty is to stay at home and mind our business; not try to ape the quarrels and vices of Old World Powers. We must first set our own house in order and let our good example influence the others if they need it. In the words of Henry Austin.

"There is no 'White Man's Burden' save to reform ourselves;

True good to seek for guerdon; not further power nor pelf.

And if my own dear nation's dances to England's (*read Europe's*) drum.

Her just annihilation can not too swiftly come."

The latest objection to Home Rule for the Philippines made by few American official parasites is that the Philipinos want equality. Ye Gods, what a crime! That they should even dare to aspire to equal consideration with us great—read little—Americans. What has become of our famed virtue of liberty, equality, opportunities, etc.? Surely our degeneracy needs regeneracy before we may take our place at a civilized round table.

Roxbury, Mass.

OTTO SULLIVAN.

It Is Our Duty to Be Prepared

TO THE EDITOR:

I desire to express my appreciation of your efforts to awaken the American people from their attitude of indifference when war with Japan is spoken of. This is more than a possibility, it is a probability, and one not to be lightly considered. Japan looks upon us as the barrier between her and supremacy of the Pacific. She also regards us as an interloper in far Eastern affairs. Americans in the Orient, by their unscrupulous methods of gaining advantage over the Asiatic races have led Japan to believe that we as a nation are bull headed, egotistically dishonest in commercial life and snobs in social life.

Japan also sees in us a nation that is ruthlessly determined to not only gain a foothold in the commercial life of Asia, but to also exploit all that portion of the world exploitable for the benefit of our pocketbooks and our bank accounts and to the everlasting detriment of the dwellers in the exploited regions. Our manufactured products are being thrown into competition with the products of the Japanese mills and manufactories and as a national existence of any nation depends upon a healthy commercial and industrial activity what more natural that

Nippon should resent these encroaching policies. We have unconcernedly tread on Japan's toes and, possessing a human desire for revenge, she is patiently awaiting the opportunity to be revenged.

In view of this attitude what are we doing? Nothing. We should strengthen the points where the blow will first fall—the Pacific coast fortifications. We should build up a larger and better force of fighting men in both army and navy. We need more ships on sea and big guns on land. But in spite of our obvious weaknesses we are going our way unconcernedly and will only realize the national folly when it is too late.

Speaking from two years observation of some of the Pacific Coast Artillery Posts I know many of them have but half the required number of guns and, note this, but *half the required number of men to man the guns now mounted*. I believe that many of these posts are not only under-manned but poorly officered as well. Many of the officers are not soldiers—they are uniformed social-butterflies who seem to think their sole duty performed when they add to the gaiety of the society in their neighborhood. This does not apply to all officers, many of them are energetic, conscientious workers earning far more than the niggardly allowance doled out by our generous government.

At least 80% of the privates and a majority of the officers are addicted to the cigarette habit. The use of these blunts the finer qualities of manhood and the users are not able to do a man's work in a man's way. The surroundings of our Army Posts are as horrible as imagination can conceive. The W. C. T. U. and other temperance organizations have left their work uncompleted. In fact they had much better have left it alone than to leave it as they have. They abolished liquors from the canteen—they are criminally negligent in not abolishing the hell-holes surrounding each post. In stopping the sale in the canteen they have made it possible for the places out side to make a "good thing" out of their trade. These places sell rotten decoctions they are pleased to call "fine wines and liquors." Women of the lowest type foul with loathsome disease and devilishly evil-minded frequent these places, tempting with their shameless arts and wiles the liquor crazed passions of those soldiers who may be so unfortunate as to come to these places, and ruining them physically, morally, and financially. Yet these same so-called temperance organizations showing so much interest in our army and our navy are the last ones to make an effort to put these vile dens out of business, and the men running them thank their lucky stars that the W. C. T. U. saw fit to make business possible for them. Meanwhile our soldiers are being rendered unfit for a soldier's duty.

The army food, while in most cases pure, is ruined in the cooking. During my time in the army whenever a cook was needed a man was picked out at random for that duty

and if he complained that he did not know how to cook he was told to "learn how and obey orders." I have seen stuff set on the table that was enough to make the stoutest stomach go on strike. Half cooked beef, heavy, soggy bread; raw potatoes; pudding in the center of which was raw dough; coffee strong as lye and from a pot cleansed possibly once each week. My stomach was ruined and the Post Surgeon treated me for heart disease for six months, I then bought my discharge and was cured by the drugless treatment.

The army system of physical culture is all wrong. At the majority of Posts no means for gymnastic work is provided. They have outdoor calisthenics that are as far from being beneficial as right is from wrong.

These are a few of the things we will have to overcome to have a perfect army, one that will be able to bear the stars and the stripes to victory. Change the present methods of training our army and navy men, and the result will be past comprehension. Give a good general force of 50,000 perfect men backed by and equally good navy and he could conquer the world. As it is now our present standing army should be doubled and by physical culture methods its efficiency trebled.

The searching, analytical minds, the leaders in every day affairs realize as never before that we must do something and do it now. Maybe we won't have war and maybe we will but let's be ready for the "maybe's."

Burlington, Iowa. DR. H. W. HARMER.

War is Un-American

TO THE EDITOR:

As a new subscriber, I wish to say that both letters on page 424, June PHYSICAL CULTURE should be copied by every newspaper that advocates reform, physical, moral and mental. Instead of fostering a brutal, degrading craving for the blood of our fellow men, it would be more in the line of PHYSICAL CULTURE to study the methods by which the little brown men attain their endurance and agility. Enthusiasm for an offensive war is a thoroughly un-American trait; the disgraceful slaughter of Philipinos was hardly less of a blot upon American history than the kidnapping of Seminole squaws and children at \$300 a head, ordered by the Federal authorities in 1859, throughout the State of Florida. Nothing is more un-American than the forcible imposition of American laws and American office holders upon Asiatic races that do not want either. If later on the Philipinos and the Japs choose to come to blows, it is no concern of ours until we assume the rôle of a cosmopolitan policeman. War between civilized nations is not a whit more commendable than encounters on our streets between rival gangs of physical culturists bent on smashing one another's skulls with missiles and clubs. There is about as much sense in one case as in the other.

Bryn Mawr, Pa.

JAS. L. NUGENT.