

# 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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## Our Principles

(1) Entire marital continence except at times when preparation has been made for procreation and it is mutually desired. Marital intimacies apart from the reason given, are harmful and disastrous to the development and maintenance of that higher love upon which true happiness depends.

(2) Total abstinence from all drugs, stimulating foods or drinks. This includes all alcoholic liquors, tobacco and also meats of all kinds when it is possible to be properly nourished without their use.

(3) Regular use of the entire muscular system. This is absolutely essential to the highest development of the body and the acquirement of that condition of health necessary to the attainment of the highest desires of life. Special attention must be given to the development of the muscles surrounding the great vital organs!

(4) The full recognition of the value of pure air and avoidance of ill-ventilated rooms. One must insist upon an ample supply of air of equal purity to that found out-of-doors.

(5) A thorough realization of the fact that disease is Nature's method of eliminating the poisons from the body and that internal cleanliness, through proper habits of life, insures immunity from all diseases.

(6) Full recognition of the necessity for external cleanliness obtained by a daily dry friction bath, followed by cold sponge bath and a soap and hot water bath at least once or twice a week.

(7) The mastication of every morsel of food to a liquid before swallowing. This is an absolute essential to the highest state of health.

(8) Drinking at meals, except to satisfy actual thirst, is condemned.

(9) Free use of pure water between meals specially encouraged, though forcing oneself to drink when there is no thirst, is not commended.

(10) Sufficient clothing should be used to maintain warmth night or day, and no more. The use of garments next to the skin which will most quickly absorb impurities, such as linen.

(11) Eating without appetite or thorough enjoyment of food is a crime against the stomach. It is a normal appetite and the enjoyment which follows on satisfying it, that excites the flow of the digestive juices which are so necessary to the proper digestion and assimilation of that which you eat.

(12) If not hungry at meal-times, one is recommended to wait until there is a genuine appetite.

(13) Deep, full breathing, which is especially essential when in the open air; expansion always to begin at the waist line. The observance of this rule is essential to the enjoyment of vigorous health.

(14) Clothing that restricts the movement or interferes with the circulation of the blood or obstructs the functional processes of the body is most emphatically condemned.

## Editorial Department

### National Divorce Legislation

#### An Annual Fast

#### The Unwritten Law

#### The Criticisms of Our Serial Story

#### Peruna Declared to be a Beverage

It has been said that President Roosevelt favors a national divorce law. He is also most emphatically against race suicide. Now, there is a very close connection between race suicide and divorce. On one side, we have the clear, cold facts that come from scientific investigation, and on the other, we have precedent, prejudice and time-honored customs that have come down to us generation after generation. **WITHOUT**

#### NATIONAL DIVORCE LEGISLATION

**LOVE, THERE CAN BE NO REAL TRUE MARRIAGE.**

A loveless marriage is a crime against Nature and against God.

It is more, it is a crime against those who may be

brought into the world as a result of such a marriage. It is only the intense love of a man for a woman, and a woman for a man, that confers upon a couple the right to bring into the world a new human being. Any deviation from this means liability to mental and physical deficiencies in their offspring. The jails, insane asylums and the thousands upon thousands of human beings with distorted minds and weakened and abnormal bodies prove beyond all question that the crime of loveless parentage is quite commonplace at the present time. There is no aspect of race suicide more fearful to contemplate than the progeny of loveless marriages.

Everywhere it is position, money and influence that seem to hold a most devilish sway in the making of marriages. In the making of this national divorce law is love to play any part? Is it to be considered? Where a man and woman have ceased to love, are they to be compelled to live together? Are they to have this opportunity to add to the population of the jails and the insane asylums? Regardless of the laws of man, the laws of Nature—or the laws of God—recognize only intense love as the binding tie that creates marriage and gives the right to parentage. It is only then that marriage is truly divine.

When love is gone, and when in its stead there exists a mutual hatred, regardless of the laws of man, divorce has already intervened. Let us have a uniform national divorce law, but let it not clash with Nature's or God's law. Let it conform absolutely to those laws which must be recognized, if every child is to come into the world in full possession of that mental and physical power which should be its inalienable right.

It is love and love only that makes a marriage. It is love and love only that gives a man and a woman the right to bring a child into the world. Of course this should be sanctified by

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the laws that man has made, but under the name of marriage, millions upon millions of crimes have been committed against the future of the race. When marriage absolutely recognizes the necessity of love in its most intense degree, when the path that leads to race decay and race suicide is plainly discerned, then love will have its proper place in human life.

The tie of marriage must not be a feeder to race suicide. The tie of marriage must not be a curse to innocent progeny. When that divine attraction called love between man and woman has been destroyed, obliterated and actually murdered, divorce has already taken place. Out of the ashes of a dead love a spark of the old affection can rarely be found, and children that are brought into the world under such circumstances, are cursed before birth.



I WOULD like to make the month of June a period for an annual fast for all Physical Culturists. I intend to keep a register here, and would like to register the name and address of every reader who intends to fast during this month. Do not forget that a yearly fast of this kind will add from ten to fifty years to the length of your life. It will cleanse the

body absolutely of all impurities, and disease for a long time thereafter will be almost impossible, provided, of course, that you do not become a disciple of stuffing methods immediately afterwards. A fast, to be productive of the best results, must be complete, that is, no nourishment of any kind must be taken. Many, however, maintain that they feel more comfortable if they take two or three glasses of unfermented fruit juice each day. No serious objection could be made to this, though, of course, this would not be a complete fast.

Now do not forget to send me your name and address if you intend to fast during the month of June next. I want to place it on the register I have for the purpose, and of course, after the fast is over, would be pleased to have a few words from you about your experience.

It does not take a large amount of surplus flesh to enable one to fast thirty days, though I must admit that everyone will not be able to continue the fast this long. In fact, I might not be able to fast the thirty days myself. Phlegmatic persons can always fast longer than those who are inclined to be full of nervous energy. The more energy you consume, the greater the quantity of nourishment required, either in the form of food supplied the stomach or excess of tissues that may be stored in the body.



SOME of our feminine readers seem to think that the statements in reference to women made in our recent editorial, on "The Wonderful Influence of Women," were uncalled for and unjust. One reader asks why a woman should be condemned for one false step. I do not by any means class with bad women, every woman who is supposed to have made what

#### THE UNWRITTEN LAW

one might term a "false step." Where a woman is truly in love with one of the opposite sex, where she looks upon him as her future husband, the ideal of her home, and the father of her children, if she happens to momentarily deviate from the path of virtue, we have no reason thereby to term her a bad woman.

In referring to bad women, I mean those who cannot possibly be true to one man, who know no love nor guide but mere passion. Such women disgrace the sex to which they belong. Their type of perversion is often the result of pre-natal influence, as well as of perverted environments. One of my critics makes the following remarks:

"To the Editor:

"I noted your editorial regarding the 'Unwritten Law.' You have ever stood for like passions in man and woman. As a woman, I wish to say that temptation comes to both. A woman may be untrue who does not desire to be, as you say she does. A woman may be tempted beyond human control, and for a time forget God and her vows, and eternally loathe herself for her fall. You wrote a cruel, one-sided paragraph and I believe you are broad enough and generous enough to accept a woman's verdict on your words. You even dared to say that if anyone should be murdered, it should be the woman and not the man. I say, Mr. Macfadden, shame on a man who dare be so unjust.

"I am for truth, purity and justice.

\* \* \* \* \*

I do not think for one moment that I was unjust in my statements. Though I may agree with the writer that temptation can come to both man and woman. I do not agree that either he or she may be tempted beyond human control, if they are bound by the ties of real love for another. If one's ideas of honor allow him or her to go as near as possible to an "abys" without falling over, then I must admit that temptation, and the strongest kind of temptation, will come to them. But when truly influenced by a strong, and ideal love, it is impossible for either man or woman to be untrue. Not even the most commonplace intimacies in the expression of the eye or features, or the most meaningless caress of the hand, will be allowed under such circumstances. I do not think that my statements are one-sided or cruel. I believe that there should be one code for man and the same code for woman.

**ONE LOVE BARS OUT ABSOLUTELY ALL OTHER LOVES.** If it does not, the regard is nothing but the remnant of animal passion, which has no conception of the meaning of fidelity. It is rare indeed for a man to seek a woman without encouragement. When either man or woman has been tempted beyond control, it is usually because he or she has sought temptation. If your life is guided by an ideal love, even should you be momentarily influenced by what might be termed the animal instincts of your nature, you would flee from their promptings as you would from the Devil himself.



**T**HE serial story that we are now publishing, seems to have offended a few of our readers. I must admit that there is much "plain talk" in this story, but it would not have been published had I not been fully convinced that it filled an actual need. If it were not for the publicity given to the deplorable conditions at the Chicago stockyards, their evils would still be in existence. I know that nearly everyone is fully aware of the existence of terrible crimes against humanity that are being dwelt upon in this realistic tale, but I do not believe for one moment that the average individual has taken the time to carefully consider the horrible results of this phase of prudery. I believe that the publication of this story will awaken thousands of readers to the need of taking some action with the view of eliminating this most frightful influence, that nearly every boy and girl comes in contact with at some time in his or her life. I take pleasure in quoting from one of the letters of those who condemn the publication of the story:

"To the Editor:

"If all children could understand the story now running in your columns, and could see what your writer means them to see, all would be well. But just as sure as reading detailed accounts of murders, incites young boys to like deeds, just as surely will the reading of the details of this too pitifully true story lead boys of tender years to experiment, even to fully imitate its evils. I speak out of an experience of five years close personal touch with boys and girls, having been a public school teacher both in Canada and your country. I admire your firm stand against prudery and all the curses which follow it, but after sober thought I feel you are injuring the very cause you are trying to uphold by permitting such a serial, with its damning suggestions to erstwhile innocent (for, Mr. Macfadden, believe me, **SOME ARE** innocent and not ignorant) young boys and girls. In God's name why fill your columns with such revolting details of a boy's bestial errors, when there is so much **TRUTH** to tell? Why is it necessary to drag a child's mind through such a slough of shame and sin, in order to teach it purity? Why need you teach what they (many of them) **DON'T** know, in order to get at what they ought to know? Tell as tersely, as purely, as lovingly, as truthfully as you can the truths of this wonderful sex instinct, with all its marvellous wealth of beauty and joy, and then instead of smirching your noble name and paper by allowing such a story to drag its slimy details across the souls of our boys and girls, pray instead that the pure **TRUTHS** you teach may guard them from ever knowing the sin and horror of the other side.

\* \* \* \* \*

There is no doubt that the writer of this letter is firmly convinced of the justice of her contentions. But the closing words of her letter, "that the pure truths may guard them from ever knowing the sin and horror of the other side," clearly show that she holds the false impression that it is possible, even in this degenerate age, for boys and girls to grow up in absolute ignorance of the existence of these pitiful evils. If there were an atom of truth in this theory, I would consider that I had made a most grievous mistake in publishing this serial story.

This horrible degeneracy, however, exists everywhere. In schools—in colleges—in the association of the young—no matter where they come together. Why continue to believe in this damnably false theory that boys and girls can grow up in innocence? The evils that we dwell upon in this terrible tale are with us every day. They are dragging down to wreck and ruin thousands, yes, millions, of young men and women. Shall we hide this horrible perversion? Shall we so educate our boys and girls that they may blindly fall into this maelstrom of abnormalities? Should we not rather put up signboards everywhere, warning the unwary and ignorant of the evils that they must surely meet and conquer, or else certain moral and physical destruction awaits them?

I believe in warnings. I believe in the development of that strength which comes with knowledge. The evils with which one must surely come in contact, are destructive to a murderous degree. I do not believe in the recitation of the details of a horrible crime. Such a tale cannot be beneficial in any way, and unquestionably it has demoralizing influences, but when a young man or young woman lives in a contaminated world, they must be armed by the knowledge that comes only with repeated warning.

I would like to see the story that is now being published in this magazine, standing out from the sky in letters of fire. No one detests, more than I do, the criminal abnormalities that are indicated in this detestable tale, but there is only one way to annihilate this monstrous curse, and that is, by showing the public that the horrible influence of prudery must be blamed for the existence of this human quagmire.

The following letter shows another's view of the story:

"To the Editor:

"I feel that you are making a mistake in publishing the story 'Growing to Manhood.' It is on the wrong line. If we want to lift the youth of the land out of the slough of filth into which ignorance, prudery and Comstockery have plunged it, we must take into account the fact that we are dealing with diseased minds. If we could cover the billboards of every town with revelations of the present obscenity, it would not really disgust the prudes, nor arouse pure thought in the perverted minds of the boys and girls. It is a law of mind that the more we think of filth the filthier we become. The line of attack taken in this story is only another form of Comstockery; it will increase the very evil it seeks to check. This is an evil which cannot be fought by exposing it; indeed, it is very doubtful whether any evil can be successfully combated in that way. Instead of fighting evil it is better to bring forward the good. The man who invented the reaper did not have to fight those who used the old-fashioned cradle; he brought out his machine, and proved that it was far better. Make Physical Culture a billboard for the display of pure representations of the human body; make it a vehicle for conveying true knowledge of the sex relation and the procreative power; keep these things well to the front in it, and make no more reference to existing uncleanness than is actually necessary to make your points. We have had too much study of disease and morbid conditions and too little study of health. Medicine as a science of disease, and religion as a science of sin, have filled the world with filth and morbidity. The study of sin perpetuates sin; the study of disease increases disease; and the study of poverty multiplies the poor. When our preachers and reformers begin to study righteousness, our doctors to study health, and our sociologists to devise plans for equitably distributing the world's immense wealth, we shall not be far from the Kingdom of God.

"My deep interest in your magazine is the only apology I can offer for this criticism. I have read every number, from the first issue, and I feel that its work is a part of my own.

"W. D. W."

I admit that the points made by the writer of this letter seem sound. But he, too, has neglected to realize the truth of the statement previously made, and that is, that boys and girls must be warned. **THEY MUST KNOW THE TRUTH.** They must be guarded and strengthened by the truth. They must be made to realize the disgusting aspects of the conditions so plainly stated in this story. This is absolutely essential for their individual protection. If the perusal of this story induces one to experiment with the evils that we portray, his mind must already be perverted. Anyone with a clean, wholesome mind, would turn with nauseating disgust from the details herein presented, and when they appeal, and seem attractive to them, may God help them, because there is no other helping hand to go through the long process needed to bring about their reformation.

One of my subscribers writes that he will not allow his children to read the story; that he tears the story out of the magazine each month. I would like to ask this parent if his children, when they come in contact with the very evils that we portray, will have strength enough to resist them. If he is under the impression that he will be able to keep his children innocent,

he knows nothing of the world. No boy or girl can come in contact with the world as it is to-day, without learning of these evils. We are putting them before the public in their most horrible detail, and we are satisfied that the result will do a vast deal toward bringing about the reform that is so woefully needed at the present time.



**P**ERUNA is at last to assume its true character. In the Supreme Court of the State of New York, the State Excise Commissioner won a verdict, his charge being that Peruna is an alcoholic beverage, and not a medicine. It did not take so very long for the patent medicine venders to search for "cover." When I began to talk about patent medicines in the first few issues of this magazine, I had no idea of the mighty reform that would be accomplished from such a small beginning. It was the first publication that dared publish the truth regarding this evil. We have awakened the conscience, and perhaps the business sense also, of hundreds and thousands of other publishers.

**PATENT MEDICINES ARE DOOMED.** Their day is not for long. The fraud and deception upon which their entire business has been built, will in the near future, be a thing of the past. I do not by any means wish to take the sole credit for this, but I do maintain that I started the "ball to roll." We showed the publishers of the country that an editor could tell the truth, and still not be annihilated. Of course there will be patent medicines for sale for a long time to come, but their wonderful following is rapidly dwindling. As a class, the people are beginning to lose faith in their efficiency. The truth in reference to their fraudulent representations has appeared in so many publications that only the ignorant can still be victimized. When this fact is surely recognized, it will become the imperative duty of the government to protect the ignorant, and then good-bye to the patent medicine companies.

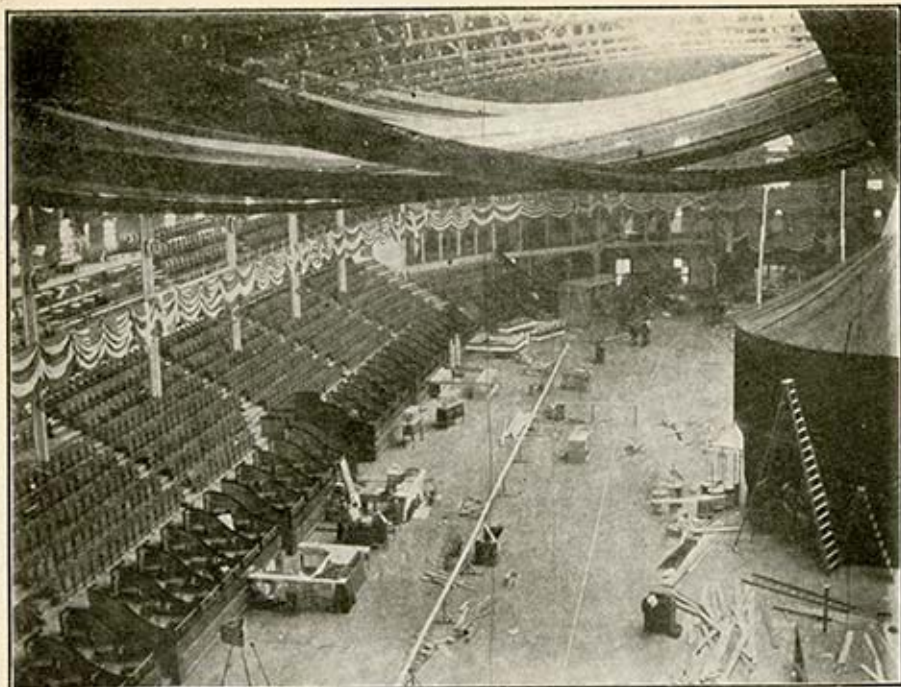
In the suit against the Peruna Company, several Peruna chemical experts and a small army of Excise experts were present. The jury's verdict stated that the preparation contained in five bottles of Peruna consisted of alcohol, water and certain drugs, and that it was not a proper remedy for acute catarrh or chronic catarrh; that it was not a proper remedy for diseases of the mucous membrane; that the quantity of alcohol, 26 to 27 per cent., was not necessary to hold the drugs actually put therein in solution, and that the quantity of drugs in one bottle of alcohol diluted with water, was not sufficient in amount, in tablespoonful doses three or four times a day, to produce any appreciable remedial effect. The case was a test won by the State. The Peruna people will take an appeal. It is also said that after the State began its crusade on the ground that Peruna could be used as a beverage, and should therefore come under the rules of the Excise Law regarding the sale of beverages, the manufacturers began to make the preparation by a new formula, which would prevent Peruna being classed as a beverage. In the trial, the State showed that in ales and beers there was three to four per cent. of alcohol; in heavier wines fourteen to fifteen per cent.; in Peruna, twenty-six to twenty-seven per cent., and in standard blended whiskey, forty-five to fifty per cent.

*Bernard Magadden*

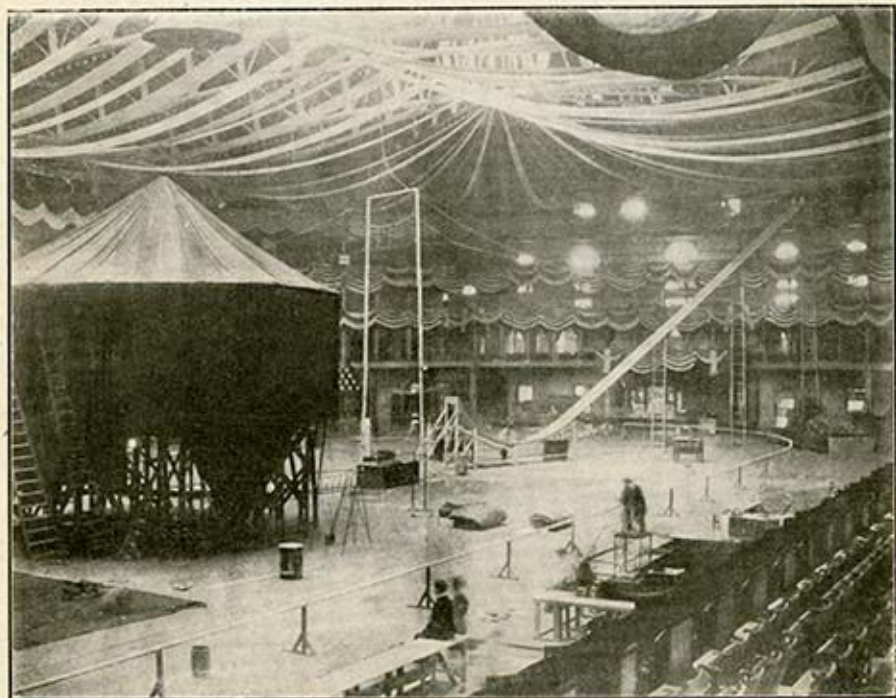
#### A COMMON ERROR IN DIET

A mistake to which those who are desirous of acquiring flesh are quite frequently prone, is that of overeating. Many who are desirous of increasing weight, try to stuff their stomachs, being under the impression that they

will thus be able to increase the deposit of fatty tissue. As a rule, however, the result of this action is simply a decrease of weight. Usually the functional processes are overtaxed, and the vitality depleted.



Two unpublished photographs of Madison Square Garden, New York City, in preparation for last Physical Culture Exhibition held there. Note the huge revolving cabinet, in process of erection, in which eighteen contestants could simultaneously appear, each on a pedestal. In spite of the immense seating capacity of the Garden, the doors were closed at 8.30 on the first night of this monster exhibition, and several thousand people were turned away.





## Developing a Powerful Chest

By BERNARR MACFADDEN

Some Simple Exercises that are of Great Value in the Development of the Muscles of the Chest and Shoulders.

**I**N previous issues of this magazine, I have frequently emphasized the value of a well-developed chest. Good lungs are of the utmost importance. Although great muscular development about the chest does not by any means indicate good lungs, still, if running or long walks form part of your exercises, or if you give special attention to breathing, you can be assured that your lungs are in as vigorous a condition as the external muscles. The development of the external muscles of the chest and shoulders of course requires movements of all kinds, and these naturally accelerate breathing, and are thus inclined to increase the development of the lungs.

Do not forget the necessity for abdominal breathing. As I have warned my readers on many occasions, do not acquire the impression that the proper position of the body is with the abdomen drawn in. Let the abdomen be free, relaxed, so that breathing can be normal. In all normal breathing, the abdomen is

slightly expanded as the breath is inhaled, and slightly drawn in when it is exhaled. As I have previously stated, this insures that the air will be inhaled down to the lowest part of the lungs, and every air cell is then brought into active use.



**Exercise No. 1.**—Assume position above illustrated, right arm down and left arm above the head, palms of the hands against the wall. Now, gradually step out away from the wall, as far as you can. A large part of the weight of the body will then rest on the hands. As you step back and forth, twist the body to the right, and then to the left. Continue the exercise until there is a decided feeling of fatigue, if desirous of securing a noticeable development of the muscles involved.

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The exercises that I am illustrating in this lesson can be taken against the wall of your room, though of course, it is necessary, to secure the most benefits possible, that you be certain that your room is properly ventilated. Open the windows as much as possible, and do not be afraid of fresh air. I will also repeat the statement I have frequently made, that the less clothing you

formed without the slightest danger or injury, provided one observes a fair amount of care. They cannot be taken with shoes on, as your feet are liable to slide on the floor or carpet. A carpeted floor is better adapted to the exercises, as the feet will adhere to it more securely than to the bare floor. These exercises can be taken in the morning just after rising, or before going to bed, whichever

you desire. The question is repeatedly asked of me as to what is the best time to exercise. I would advise one who could choose his own time—in other words, one who followed no special occupation that required his time during business hours—that the best time to exercise would be the middle of the forenoon or the middle of the afternoon, provided you follow the three-meal-a-day plan. Ordinarily the most appropriate time to exercise is at that period when you feel the most energetic—when exercise is the most pleasurable. The more you enjoy your



Exercise No. 2.—This exercise is very similar to the preceding, with the hands reversed. Step out as far as you can away from the wall, turning and twisting the body to the right and to the left as you step back and forth.

wear when you are exercising, the more will it be to your advantage. Though you may be cool when you start your exercises, a few active movements will thoroughly arouse the activities of the body, and you will soon feel warm and comfortable.

Some of these exercises may appear difficult, but they can be easily per-

formed without the slightest danger or injury, provided one observes a fair amount of care. They cannot be taken with shoes on, as your feet are liable to slide on the floor or carpet. A carpeted floor is better adapted to the exercises, as the feet will adhere to it more securely than to the bare floor. These exercises can be taken in the morning just after rising, or before going to bed, whichever you desire. The question is repeatedly asked of me as to what is the best time to exercise. I would advise one who could choose his own time—in other words, one who followed no special occupation that required his time during business hours—that the best time to exercise would be the middle of the forenoon or the middle of the afternoon, provided you follow the three-meal-a-day plan. Ordinarily the most appropriate time to exercise is at that period when you feel the most energetic—when exercise is the most pleasurable. The more you enjoy your exercise, the more advantageous it is. However, those who are actively occupied during business hours, can take their exercise either in the morning or evening, or they might adopt the method of taking a little exercise in the morning—just enough to accelerate the circulation and awaken the functional processes, and then take considerably

more exercise in the evening, before retiring, for the purpose of remedying defects, or bringing about a decided development. To develop the muscles, of course, one must take considerable exercise. Each exercise should be continued until the muscles used are slightly tired. This is absolutely essential if one is strongly desirous of bringing about a decided development of muscular power. It might be well, however, to note that exercises before retiring must not be too vigorous, if one is inclined to sleeplessness. Moderate exercise will always lessen the tendency to sleeplessness. It draws the blood from the brain, and brings the body into a more normal condition. But very vigorous or violent exercise will often make one wakeful for a considerable time. Therefore, if your exercises are taken in the evening just before going to bed, be careful not to make them so violent as to induce sleeplessness.

The exercises presented here should be of value to a far greater proportion of men than one might at first suppose. In fact, these movements, and any others which are designed to accomplish the same object—that of raising, expanding and strengthening the chest, are needed badly by perhaps nine out of ten men throughout the civilized world. The human form is, in most instances, so covered and hidden by clothing that outside of the ranks of enthusiastic physical culturists and artists, the average individual does not realize just

what constitutes a normal physique and a symmetrical, healthful development. He is, therefore, as a rule disinclined to take any interest in the cultivation of the possible beauties of his own thoroughly clothed and concealed body,



**Exercise No. 3.**—Step out slightly away from the wall, with the open palms against the wall, as shown in the above illustration. Quickly straighten arms, forcing the body out. Back to former position, continuing the motion as quickly as possible. When taking this exercise, frequently draw in a full, deep inhalation. This is excellent for the arms and general chest development.

and is seemingly satisfied with a bodily condition which will barely sustain existence, and any old shape into which the warping and disfiguring influences of his life and occupation mold him. Consequently, a beautiful chest, full,

high and round, is rarely met with, except among those who have devoted themselves to athletics and other forms of physical training.

Many occupations are inclined to narrow and cramp the chest, especially those sedentary pursuits which require constantly bending over a desk or table. Years of such work invariably result in a sunken chest. As a matter of fact, many children, after spending a large part of their years of growth over their desks at school, discover, as

in such occupations, especially, these movements are extremely useful to counteract such tendencies and develop a normal, healthy chest.

But even gymnasts and athletes frequently require special exercises of this character. For while it is true that athletic sports in general constitute a most commendable form of physical development, nevertheless it is often the case that certain specific parts of the body are somewhat neglected and require special attention. The best

evidence of this is the fact that athletes and gymnasts of marked ability are frequently round-shouldered and flat-chested. Anyone who has had experience with a large number of participants in athletic sports will recall that this is a very common condition. Of course they are not true physical culturists in the best sense, otherwise they would invariably be symmetrically formed.

A normal chest develop-

ment will probably be found lacking in a greater number of individuals than would at first be imagined, many overlooking its great importance. Those who are deficient in this respect, however, may rest assured that properly directed effort, and persistent, conscientious exercise to the end of improving their condition will soon result in marked evidence of improvement in this direction, as well as assisting greatly in the maintenance of general physical vigor.



Exercise No. 4.—Starting with the hands in position shown in Exercise No. 2 then step out away from the wall, and bring the right hand down as in position illustrated above. Continue exercise until a slight feeling of fatigue is noticed.

maturity approaches, that they are deformed by badly rounded shoulders and a hollow chest. In most such instances, these results could be largely avoided simply by maintaining proper bodily positions. But in the field of manual labor conditions are probably even worse, especially in those occupations where men work at benches, tables, or machinery which require them to bend forward and downward, and to draw their shoulders forward. This crowds the chest. For those engaged

# Greek Ideals and Physical Culture

By H. M. LOME

Classic types of Male and Female Beauty and Their Significance—Every Ideal of the old Masters Embodied the Pre-Eminence of a Certain Temperament or System—No one Standard of Measurement was Recognized by Praxiteles and his Colleagues—The Total Expression of Greek Art seems to be that the Ideal Womanly form is one best Suited to the needs of Motherhood, while in the case of the Masculine form, there is a Combination of Intellectuality and Physical Power.



THE writer believes that the editor of this magazine will vouch for the fact that many of the questions most frequently asked him by his readers are something to this effect: "What are the standards of measurement of the most perfect man or of the most perfect woman? On what do you base these standards, if indeed they exist? Are such standards of modern or ancient origin? Is there any great difference between the standards of various nations or between those of ancient and modern times?" The general interest manifested in the subject is such, so it is believed, as to warrant the writing of this article.

Current schools of sculpture there are, and the work that they turn out is in many instances magnificent as to conception and admirable in the matter of technique. But nevertheless the ancient Greeks are yet our artistic preceptors in the matter of reproductions of the human form and the artistic value of modern products are still tested by the standards set by Praxiteles, Apelles, and those other unknown masters of classic times, examples of whose work remain to us but whose names are lost to view in the mists of antiquity. Art and ancient Greece are synonymous terms and will probably remain so during the coming ages unless there is a revolutionary epoch of art in the future. In any event it is instructive and illuminating to ascertain whether

the artists of ancient Greece had fixed standards to which they attuned their



Mars (Musee delle Terme, Rome)

creations or certain methods by which they shaped the same.

During the judging of the female models by the committee appointed for that purpose at the Physical Culture Exhibition at Madison Square Garden in 1906, a member of that body protested somewhat emphatically in one instance, against the choice of his colleagues. He was a well known artist of French descent and evidently possessed of those ideals of female beauty which are shared by many members of the Latin races. Which is, that slenderness is an essential to true beauty.

"Bah!" said he "She worthy of a prize? Not at all! She's too rounded; she has too many curves; she is too well fed; she is a product of your so-called American civilization. Bah!"

Which went to show that his judgment was hampered by custom, for the object of his criticism was a remarkably well formed young woman who exhibited one of the three types of beauty which were recognized by the Greeks and were in turn crystallized by them into lasting forms of marble and loveliness. For while the Greeks knew that certain characteristics appertained to all beauty, yet some of such characteristics could be so united as to form distinctive types. What were the types in question?

According to authorities on the subject, the various members and organs of the body can be referred to three classes or systems, these being the locomotive, to which belong the muscles, bones, etc.; the nutritive, which includes the organs of digestion, assimilation, secretion, and in cases of women, conception, and the third, the nerves and brain tissues which constitute the mental class. Speaking in a general way, the locomotive system is better developed in the ideal man, and the nutritive system in the ideal woman. The emphasizing in a statue of the indications of any one of such systems brought a type into being.

The statues of Venus are nearly all perfect examples of a woman possessed of a highly developed nutritive system which, in the case of the female sex, means possibilities of perfect motherhood. Those of Apollo, show the ideal

locomotive system, while the massive head and general majesty of Minerva is symbolic of the mental system. But in addition to these three types, there are yet others that are either the outcome of a mingling of such systems, or a very high, almost abnormal, development of a given one of them. Thus Hercules is an extreme type of the locomotive system, and in Mercury, although an essentially masculine form, we see that lightness and grace which are elements of a well developed nutritive system. So that it is obvious that there is no single standard or physical perfection for man or woman on a Greek basis.

But for all that, the ancients worked with the aid of certain formulæ which are well recognized and more or less adopted by modern artists. These rules governed what may be called the artistic precision of the work. Over and above them, however, was the significance, the suggestiveness, and the spiritual quality that distinguishes the art of old from the art of the present, at least in the majority of instances. That some of our modern sculptors have snatched from the inextinguishable altar fires of Greek art a spark of true inspiration goes without saying. But these are the exceptions that prove the rule in regard to the imperishable genius of the classic masters.

"It is certain," says Winckelmann, one of the recognized authorities on classic art, "that Grecian artists had fixed and well-determined rules not only of the largest but even the very smallest proportions of their ideals, including the measure of the length appropriate to their age and to every kind of contour, and probably all these rules were learned by young persons from books that treated on symmetry."

Winckelmann's statement in general is borne out by the fruits of the labors of those who have studied Greek art in order to discover its principles. These include a general recognition of the rules by which the ancient artists worked, such being of three kinds, viz., numerical, geometrical, and harmonic. The exact formulæ of these rules have been lost to us, a fact which is to be much deplored. However, the numerical and geometrical methods are practiced to

some extent at the present day and the harmonic method can be more or less deduced from anatomical data.

The numerical method consisted in taking one part of the body as a standard of measurement, and using it as the multiple for other parts of the body. Vitruvius informs us that the Greek painters and sculptors made their figures' height, ten times that of the length of the face, or eight times as high as that of the head, and he instances different parts of the body which were measured according to this rule. It is interesting to note that Michael Angelo adopted this among other standards, as can be easily proven by anyone who has a drawing of one of his masterpieces and a foot-rule.

Authorities state that in a great many, if not the majority of cases, the foot served the Greeks as a standard for their largest dimensions, and that their sculptors regulated their proportions by it. "The foot" says one of the experts, "which among the ancients was used as the standard of measures of every magnitude (for a given measure of fruits is also called by this name) was very useful to sculptors in fixing the proportions of the body, and with reason, for the foot was a more determinate measure than that of the head or face of which modern sculptors make use. The ancient artists regulated the height of their statues by the length of the foot, making the former six times the length of the latter. Upon this principle, Pythagoras determined the height of Hercules by the length of the foot with which he measured the Olympic stadium at Elis. This proportion of six to one between the foot and the body is founded upon principles of nature even in slender figures. It is found to be used and to be correct in the Egyptian statues, and it will be discovered that in the greater part of the ancient statues where the feet are preserved that the proportion was observed."

The reader will probably ask right here, something about the tiny feet of women that modern civilized nations declare to be a mark of beauty. The reply can be made by Bossi, yet another authority on ancient art. He remarks:

"We must not omit mentioning erroneous opinions of those who esteem the feet of females beautiful in proportion to their smallness. The fact is, that beauty of feet consists in their proportion to the body, as well as in their handsomeness and neatness of shape, not in their being short or extremely small. Were it otherwise, the feet of the Chinese women would be beautiful and those of the Venus de Medici frightful." In other words, the really beautiful foot is that which is duly proportioned to the body.

The geometrical method can probably be best illustrated by the fact that if a man stands upright with his arms extended, he is, as Leonardo de Vinci has shown in his writings, enclosed in a square, so to speak, for the extreme points touched by his fingers are equal



Venus of Cnidus (after Praxiteles)

in length to his height. Other geometrical figures besides the square could be obtained by measurement of certain parts, such as what is known as Camper's ellipsis for measuring the relative size of the shoulders in the male and the pelvis in the female. Yet another example of this method is the measure from the centre of one breast to that of the other, which is equal to the distance from each to the pit over the breast bone, thus forming an equilateral triangle. It may be remarked that some of the "hack" work of modern studios is done with the assistance of a modified form of the geometrical method.

The harmonic system—the loss of which is most regretted by the modern artists—is somewhat hard to define, but it may be briefly stated as being based on what is known as "true proportion," that is, the proportion of every part of the individual in regard to himself, such proportions being necessarily different in all the individuals of the species. Leonardo da Vinci, who endeavored to shape his artistic work on the harmonic method, sought successfully in Vitruvius the proportions which the latter himself seems to have drawn from the Greeks. His writings on the subject go to show that while he did not possess the secret of the system in its entirety, yet that same system was "a harmony of parts which is suited to each individual and to the respective circumstances of sex, age, character, and the like." Other writers on the same subject seem to conclude that the finding of the formula of the Greek harmonic rule is impossible, and they also seem to intimate that much in this particular system lies rather within the artist than in rules or methods. It was written of Raphael that he had as many proportions as he made figures. Michael Angelo, in spite of using the numerical system, worked "from the eye," so to speak. Indeed it was his saying that, "He who has not the compass in his eye will never be able to supply the sufficiency by artificial means." Vincenzio Danti held to the same belief.

From all of which, it will be seen that while there are in a sense two mechanical standards of bodily perfection, these

being the numerical and geometrical, yet after all, the harmonic, modified by certain circumstances, is the true and most satisfying one, and that it is comparatively free from the tyranny of hard and fast rules and regulations. It is also that one which brings most perfectly into being, the conception of the artist.

As to the actual beauty of art as distinct from the methods or systems by which it is brought into existence, it may be remarked that there are two kinds of beauty, the individual and the ideal, the first being a combination of the beauties of the individual, and the latter, the selection of beautiful parts from several individuals combined into one painted or sculptured form. It is the generally accepted opinion of critics that the statues of female divinities that have come down to us from classic times were of an ideal sort, although in some verified instances, they are reproductions of one woman. Theodota, of whom Xenophon speaks, was famous as a model by reason of her perfect form. It is also asserted that the Venus of Cnidus, which was executed in white marble, and Venus of Cos, which was painted in colors, were modelled from Phryne of Athens, and that both productions were practically copies of the woman as she appeared coming out of the sea on the beach of Sciron in the Saronic Gulf between Athens and Eleusis where she was wont to bathe. These cases were probably exceptions. There seems to be little doubt but that the masterpieces of the ancients were the embodiment of the distinctive beauties of a number of models. It need hardly be added that this same method of securing ideal forms is practiced by modern artists. Even in such cases, however, the harmonic system obtains to a greater or lesser extent in that all the parts are proportionate to the main intention of the artist. The total proportions of Apollo are different from those of Hercules, the Antinous, or the Gladiator, while those of Venus have but little in common with Minerva, etc.

One of the most notable features of Greek art is the intellectuality of the head, this being brought about by the clever use of the facial angle. It may



be also pointed out that when the ancient artists, either from taste or from principle, gave a greater opening to the angle than eighty degrees, they believed that there was a corresponding increase in the intelligence in the face of the statue. Thus they impressed upon their figures the grandest of character, as can be seen by reference to the heads of Apollo, Venus, and others whose facial angle extended to or exceeded ninety degrees. That this was no mere dogma on their part is proven by the physiological fact that the increase of the angle *does* actually conform with the increase of the mental faculties.

Tranquility and repose were considered essentials by the Greeks. Apart from the art considerations of such, they held that among living individuals a hurried gait or undue emotion expressed on the features, were contrary to decent deportment, while, on the other hand, regulated motions of the body and repose of features were proofs of a great mind. Also that in the case of art, impassioned expression was destructive to grace. Thus we see that the Vatican Apollo retains a godlike quiet of demeanor just after he has slain the serpent Python. Where it was necessary, however, to depict anger, the expansion of the nostrils brought this about, while contempt was shown by the drawing up of the underlip. It has been said by a critic that the Greeks had the art of expressing much by a little, whereas in the case of the moderns little is expressed by much, and that the defect of artists of our days is that of too much expression.

It was perhaps through the medium of the female form, that Greek art ideals found their final and most exquisite expression. In the Venus de Medici we find combined those qualities and methods which make ancient Greece the unapproached preceptor of art in its finest development. The physical requirements and the manifestations of perfect womanhood are alike embodied in this masterpiece of sculpture. As Thomson says:

"So stands the statue that enchants the world,  
So bending tries to veil the matchless boast,  
The mingled beauties of exulting Greece."

To the layman, the contemplation of

this Venus is delight, to the artist it is happiness, and to the world at large it is a boon, in that it preserves for all time the powers and possibilities of the divinest manifestation of art that the world has ever seen.

A famous authority on art has this to say about the Venus: "In short, I know no antique figure that displays such profound knowledge, both physiological

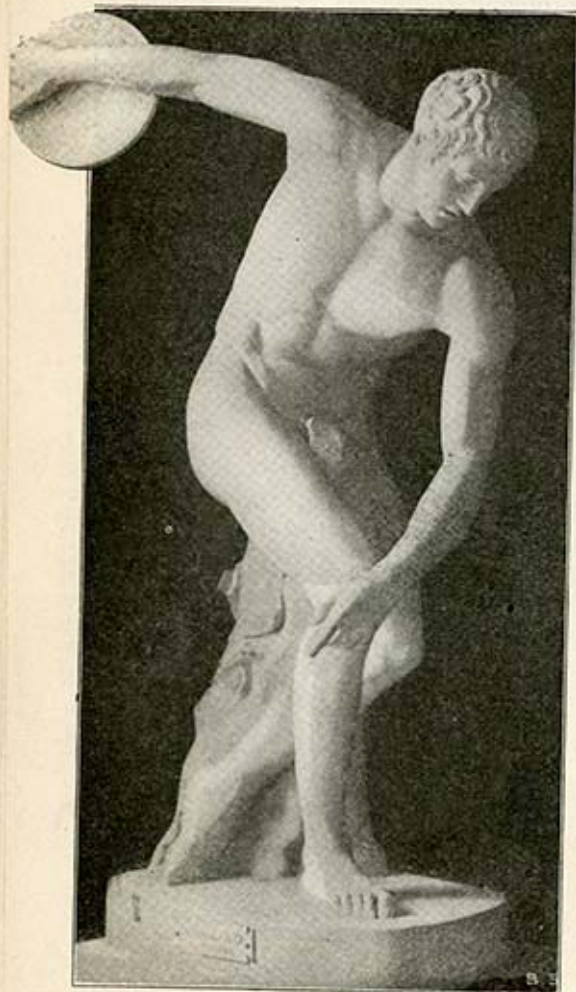


Venus de Milo (Louvre, Paris)

and physiognomical, even in the most minute details; and all who are capable of appreciating these things, may well smile at those who pretend to compare with this, any other head of Venus now known to us."

With regard to the rest of the figure, the admirable form of the mammæ, which, without being too large, occupy

the bosom, rise from it with various curves on every side, and all terminate in their apices leaving the inferior part in each precisely as pendent as gravity demands; the flexile waist gently tapering little farther than the middle of the trunk; the lower portion of it beginning gradually to swell out higher even than



Discobolus (Vatican Musee, Rome)

the umbilicus; the gradual expansion of the haunches, those expressive characteristics of the female, indicating at once her fitness for the office of generation and that of parturition \* \* \* \* \* all these admirable characteristics of female form, the mere existence of which in woman must, one

is tempted to imagine, be, even to herself, a source of ineffable pleasure—these constitute a being worthy as the personification of beauty of occupying the temples of Greece; present an object finer, alas! than nature seems even capable of producing; and offer to all nations and ages a theme of admiration and delight."

What is the conclusion of the whole matter? It is that the ancient Greeks, through the medium of their art, gave emphasis to all that modern physical culture teaches, which is, first, that the ideal womanly form as exemplified in the Venus de Medici, is one that bears upon it all the outward tokens of perfected womanhood and all the possibilities of fruitful motherhood, and that in the case of the male form, the Apollo exhibits those sex characteristics which physical culture is striving to bring into being. Such an ideal masculine form is one which partakes equally of the muscular strength of the Hercules, of the intellectual qualities of Apollo, and the activity of the Gladiator, the combination of such qualities being in evidence in the statue of the Apollo Belvidere.

Physical Culture, if it stands for anything, stands for these things: that woman shall fulfil the chief office of womanhood, which is motherhood, and that man shall be at once a factor in the athletic field and a force in the intellectual domains of effort. Are there any indications that these two perfect beings are being evolved? The reply is in the affirmative. The college-bred man whose intellectual and athletic educations have been proportionately developed, is, we think, as nearly a type of the Apollo as the world has yet witnessed outside of Greek art. Those colleges too, which are devoted exclusively to women and which recognize in their curriculums, athletics as an educational factor, are also producing feminine types, not many degrees removed from that of Venus de Medici. Art, athletics, health, and happiness should go hand in hand in the work of furthering the future of the race, and eliminating those mental and physical evils which have for long stood in the way of the progress of humanity.

# My Lecture Tour through England

By BERNARR MACFADDEN



TRAVELLING furnishes a most valuable educational experience, provided one is not too narrow-minded to learn. It is a well-known fact that if you already "know it all," you cannot learn anything more. Travelling, to individuals of this type, naturally conveys no lessons of value. Though travelling about through your own country is of advantage, it takes a trip to an entirely foreign country, to strike a blow at your conservatism, and awaken you to the realization that there are other worlds beside your own.

I must admit that I do not like travelling. To me, there is but little pleasure in it. It is rather in the nature of a hardship. It interferes with my usual routine. I cannot get the food I usually eat. I can rarely get good, pure water to drink, and where one has been compelled to travel a great deal on business, it is rather hard to depict pleasure in connection with it.

It is now nearly ten years since my

first trip to foreign shores. Though I dislike travelling on land, I must admit that it is blissful, compared with the average ocean trip. I have never been able to thoroughly solve the problem presented by sea-sickness. I have often heard it stated that those possessed of a vivid imagination, are always more inclined to sea-sickness than others. I do not know whether this accounts for my inclination in this regard, but I must say that unless I am travelling on a very large steamer, with the ocean especially calm, I am almost continuously uncomfortable during an ocean voyage. As a rule, I fast from land to land, or at least until I come in sight of land, at the end of my journey.

I very distinctly remember my first experience on the ocean. My acquaintances informed me that I would certainly be seasick. At that time, it had been many years since I had known what it was to have a feeling of nausea, and naturally I laughed at the suggestion. The very idea of me being sea-

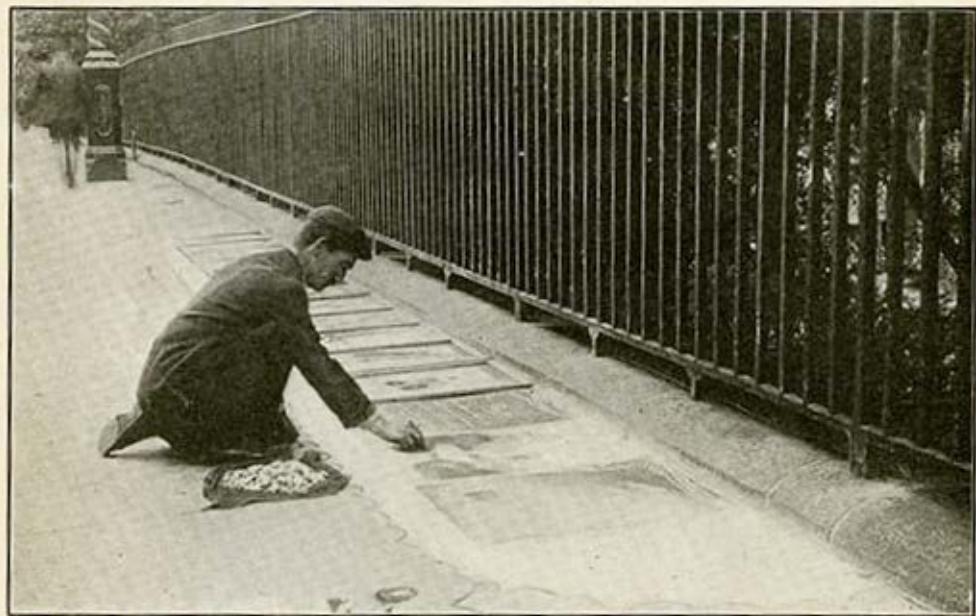


Royal Shooting Party at Windsor, King Edward the central figure in the first row

sick was exceedingly funny—I did not even give it a moment's consideration. But I had been on the ocean but a very few hours when I began to realize that there was something in the prediction. My first ocean journey was one of the most miserable experiences that I can recall during my entire existence. Of course, there are certain conditions that are inclined to lessen troubles of this nature. If one is very careful in his diet for a few days before going on board, there is less liability of seasickness. The cause of my severe suffering on my first trip, was a badly-ventilated

of travelling on the high seas which I have referred to. Of course, I did not visit the dining room. I never do. The steamship companies get the advantage of me from that standpoint. I do not get my money's worth, as far as food is concerned. I find it a very convenient time to fast.

The impression of England formed by the average American, and in fact, by all Americans, who have not visited that country is grossly distorted. When I first landed in England, many years ago, I was filled with the usual ideas of that nation, that one secures from our school

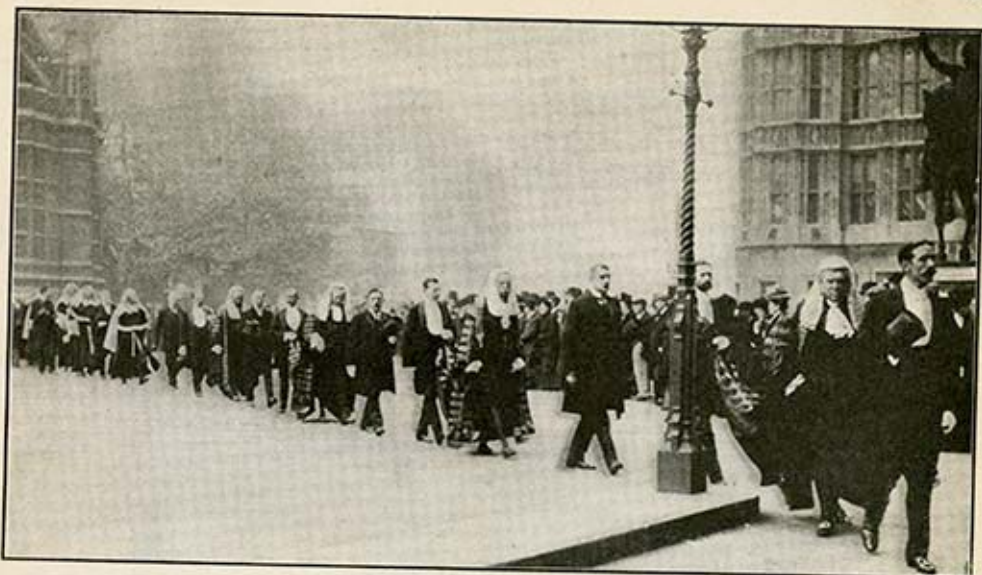


A Familiar London Street Scene—the Sidewalk Artist at Work

stateroom that I had secured. By confining my ocean trips to very large steamers, and being sure of open portholes as a means of continuous ventilation, my trips across the sea have been fairly comfortable. But no matter how much air I may have, if Father Neptune sportively compels the boat to go through various gymnastic turns and twists, I am always uncomfortable.

On my last trip to England, I managed to secure passage in a very large steamer, and the trip was fairly comfortable in spite of the disadvantages

books and yellow newspapers. I was hardly prepared for the surprises with which I came in almost continuous contact. To be sure, we are progressive over here. We are always inclined to boast of our achievements, but to me progress does not mean just what it does to the average individual. It seems to me that it should carry with it something more than mere financial achievements. Big, overcrowded cities, high buildings, huge factories, and all the environments that go to make up our civilization, have not, to my mind, accurately represented true progress.



The Lord Mayor's Parade. An annual function in London

We are in such a hurry to make money that we have forgotten how to be comfortable. We are too much rushed to secure any enjoyment out of life. We have no time to consider anything else but money-making. That represents the ideal average American citizen, who

has gotten beyond mediocrity, in these strenuous days.

They do not live so fast in England as they do here. They get more enjoyment out of life. To be sure, they are slower, and some might term them more phlegmatic but they "get there just



A Glimpse of "The Passing Show" in England's Metropolis

the same." They accomplish results. They live out their lives, and get more satisfaction and more happiness, by far, than does the average American. This was the first characteristic of the English people that was forcibly impressed upon me.

I must admit that either the climate or the environment are inclined to make one acquire these characteristics. After I had been in England awhile, I began to lose some of my intense desire to rush everything at the greatest possible speed. I, too, began to get a little

We did not have to discard many of the old forms. We had to create new conditions for ourselves, in the building of a new country. Yet I must admit that the solid, substantial comfort of England appeals to me. I like their people. I like their ways. I like the extreme politeness with which every one is treated. Every man does not seem to be in such a hurry that he has no time to be courteous to those with whom he comes in contact. Even the man who collects your fare in a London bus, will always say "thank you," and to the



New Building of London's Historic Criminal Court, the "Old Bailey"

more enjoyment out of life from the English standpoint, but I noticed when I got back on American soil, that the tendency toward the same nervous desire for haste, again appeared.

Perhaps I might not be called an exceedingly patriotic American, but I am inclined to think that there are a great number of things in England that we could copy to advantage on this side of the world. To be sure, there are many improvements on this side that would no doubt be of advantage to England. We represent the new idea.

average American travelling abroad this "extreme courtesy" is amazing. Then, too, there seems to be some consideration for the public in England. You are not allowed to stand in a bus. They will not allow any more passengers than they have seating capacity for. It is only in American street cars that you find human beings packed together like sardines in a box. I have often heard foreigners remark that in no other place but a free country, would the public "stand" for such evidence of greed on the part of corporations.

(To be Continued)

## Physical Culture Made Him a Successful Pugilist

By GEORGE R. REYNOLDS



ONE of the most promising and successful young pugilists now before the public, is a direct product of physical culture, and a striking example of its powers to produce strength, endurance and activity.

The young man is known to admirers of the fistic art as "Fred Welsh," but he was christened Fred Thomas, assuming the "Welsh" on the score of his nationality, he having been born at Pontypridd, Wales, in 1886. Although he has been in this country for nearly three years, his first fight here did not take place until December 21, 1905, when at Philadelphia, he scored a victory. Since then, he has never been defeated, although he has met among others, the following good men: Young Williams, Johnnie Kelly, Eddie Fay, Tommy Feltz, Tommy Love, Kid Stinger, Eddie Lenny, Johnnie Dohen, Billy Maharg, Frank Carsey (twice) Jimmie Devine, Mattie Baldwin, Billy Willis, Tim Callahan, Jack Reardon, Kid Gleason, Mike Laughlin, Billy Glover, Young Erne, Hock Keyes, Jimmie Dunn (twice), Willie Moody and others. Welsh is also the legitimate light-weight champion of Australia, having won the title from the undisputed champion, Hock Keyes, in 17 rounds at a club near Cincinnati in July, 1906.

"Welsh," or Thomas, comes of a well-known family of the picturesque Welsh village named. At an early age, he was sent to a boarding-school, where he first learned the principles of the art of self-defense. Later at a Bristol, (England,) school, he developed into an all-round athlete, but his favorite sport was boxing, nevertheless. On completing his education, he was apprenticed to a mechanical engineer, but the confinement in the workshop and office proved so distasteful that he determined, lad as he was, to give up the business and come to America. After sundry

experiences in Canada and this country, he returned to England only to come back here in July, 1904. He then proceeded to see the country, mostly with the assistance of a pair of stout legs. After traversing the greater portion of the East and West, he returned to New York. It should have been stated that



Fred Welsh, of England, who is winning fame as a boxer because of his clean and careful physical culture life.

for many years, the boy had been a consistent follower of physical culture methods and principles, and he asserts that it was because of this, that he underwent hardships in the wilder portions

of this country which would have knocked out an ordinary individual, but which were absolutely without effect upon him.

Subsequent to his return to the metropolis, he obtained a position as instructor at Dr. Knipe's gymnasium,



Fred Welsh in a characteristic boxing attitude

and later, became boxing instructor at the Bernarr Macfadden Institute, then located on West 18th Street. While holding this position, he gave physical culture principles closer study than before and asserts that it was his so doing that brought him to the pitch of physical perfection which he now enjoys. He furthermore declares that in boxing, as in everything else, mental agility and endurance is of the utmost value, and that these qualities too, were developed at the Institute.

After leaving the Institute, he began to pay more attention to boxing and was so successful in his various bouts that pressure was brought upon him to become a professional; this he did, and his first fight was with Young Williams at Philadelphia, who weighed 20 pounds more than the Welshman. Williams, however, was knocked out in the third round. From that time on, his professional record, as intimated, has been that of an unbroken series of successes.

So it comes about that he does not use tobacco or intoxicants, pays strict attention to his diet, thoroughly masticates his food, runs four or five miles every morning, is a lover of cold water, taken internally and externally, sleeps in rooms in which the windows are open all the year round, is an ardent believer in air and sun baths, wears but light clothing both winter and summer, exercises in a systematic manner with special work for hardening those muscles and parts of the body which are most liable to injury when in the ring, and in other ways, obeys the demands of a physical culture creed.

His success as a fighter apart from his physical culture beliefs is said to be due to his scientific knowledge of the game, his aggressive and defensive tactics, his clever foot work and his hard hitting ability.

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## "Jim" O'Rourke, a Physical Wonder

By S. R. EGOT

It is only natural that we should admire people who are strong, healthy and well developed; but how much more gratifying it is to see a man of mature years who is as athletic and as frisky as a youth less than half his age!

Jim O'Rourke comes under this latter class. Just how old he is it is difficult to learn. Whenever I have suggested the subject of age to him he always has changed the subject. But the reader can make an intelligent estimate of his years when I say that back in 1873, O'Rourke joined the Boston baseball club, as catcher, and long before that, he had been playing with smaller clubs.

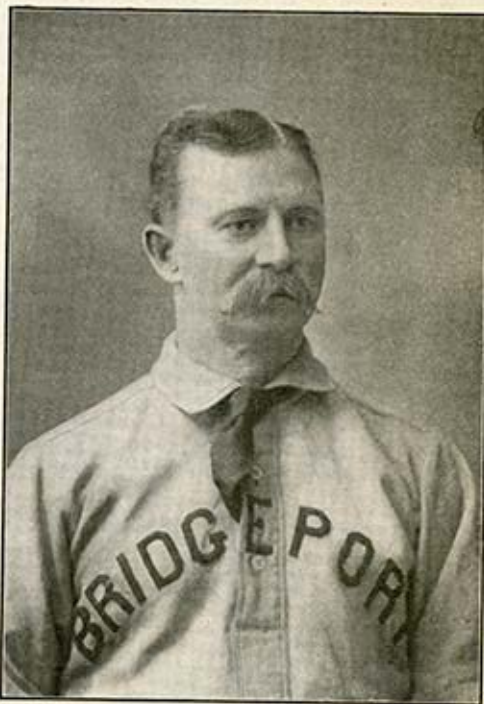
The present generation who follow baseball can remember when Jim O'Rourke caught for the New York's back in the 80's at the time that John M. Ward, "Buck" Ewing, Roger Connor, "Mickey" Welsh and other famous players were on the team.

What has become of these old timers? Many of them have been called "ou." by that Supreme Umpire, from whose decisions there is no appeal, and most of those who survive are old men both physically and from the standpoint of age. But Jim O'Rourke is not of this class. Oh no! He is pretty well, thank you, and is still playing professional baseball. He owns, captains, manages and does most of the catching for the Bridgeport team of the Connecticut League. Also, he owns the grounds on which the games are played. And just to fill in time, he practices law, for he is a graduate of Yale law school, as is also his son, "Jim," junior, who plays on his father's club. A few years ago, when the young man was in Yale, the college team played a game with the Bridgeports. The young man played short-stop for the college club and O'Rourke, Senior caught for his team, which beat the collegians.

Jim O'Rourke is of a medium height

and weighs about 175 pounds, although he is so solid that he looks to be much lighter. A casual observer would set his age at about 45 although he must be at least—but this is a delicate subject. He does not use intoxicants or tobacco in any form nor does he take gymnasium exercise. Said he:

"I am not a prohibition crank, but I would advise all young people to leave



James H. O'Rourke, who has been a prominent figure in base ball for thirty-five years

liquor and tobacco alone. To me, drink always suggested so much nauseous medicine. I was never much impressed with the value of indoor exercise. About all the exercise I take, is in the open air, and usually in the form of walking. No matter whether one is in

the city or the country he can walk. Even the clerk on a small salary can enjoy healthful exercise in this manner by walking from his home to his office and *vice versa*. In walking, the chest should be thrown out and plenty of fresh air constantly inhaled and exhaled. A good swinging stride, with the feet planted firmly on the ground, is of advantage."

When O'Rourke first began to catch, and for a long time after, he used no gloves, mask, pad or other protection; the pitcher's box was nearer the plate than it is now, and six balls and four strikes was the rule, instead of four balls and three strikes, as at present. This naturally resulted in many more balls being pitched in a game than now, and made it much harder for the catcher. After O'Rourke left the Bostons, he played with the Philadelphias, which he managed, and other clubs in the big league. Over ten years ago, he retired from baseball, but he could no more remain retired than a tarry old salt could forget the smell of salt water. So he organized what is now known as the Connecticut League, although one or two teams in Massachusetts are members of it. It is not unusual for him to catch two games in an afternoon, and he always stands near the head of the list in batting. Although O'Rourke is old enough to be the father of most of his players, he can line the ball out as often and get down to first as quick as any of them.

Only a small proportion of O'Rourke's former contemporaries are alive, and

most of them who are living are incapacitated from playing baseball. Many of these old-timers are forgotten by base ball cranks generally. There was Joe Start, the first baseman, Sam Wise, who played second for Boston and afterward went to Buffalo, Paul Radford, Buffington, of Philadelphia, who was one of the first pitchers to use the drop ball, Bennett, of Detroit, who lost both legs by being run over by a train, Mike Kelly, the "\$10,000 Beauty" and scores and scores of others. Ball-playing is a hard calling and most of the players last only a short time, especially the pitchers and catchers. Even if they do not succumb to the temptations of dissipation, much travelling, glass arms, broken fingers and other ills, prevent them from staying in the game many years, unless they have an unusual constitution and take very good care of themselves.

When I asked Jim O'Rourke how long he expected to continue playing ball, he smiled and said:

"Judging by the way I feel now, I do not see why I shouldn't continue to play for an indefinite period."

This remarkable man suggests a paraphrase on Tennyson's, *The Brook*:

"Men may come, and men may go,  
But I play on forever."

It would please me to see Jim O'Rourke round out a half century of professional ball playing—and he will not have to play so very many years longer to do this, either.

### WHEN GREEK MET GREEK

Dr. Abernethy, the famous Scotch surgeon, was a man of few words, but he once met his match—in a woman. She called at his office in Edinburgh one day and showed a hand, badly inflamed and swollen, when the following dialogue, opened by the doctor, took place between the twain, who, as the story goes were well matched.

"Burn?"  
"Bruise."  
"Poultice."

The next day the woman called again, and the dialogue was as follows:

"Better?"  
"Worse."  
"More poultice."

Two days later, the woman made another call, and this conversation occurred:

"Better?"  
"Well. Fee?"

"Nothing," exclaimed the doctor. "Most sensible woman I ever met."

## Comment, Counsel and Criticism by Our Readers

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

### Physical Culture for Public Speakers ]

TO THE EDITOR:

I thank you for giving us those letters on this subject in the September issue. I hope that many singers and speakers will favor us with their experiences. Perhaps the words of one who has been a public speaker for twenty-three years, may have a passing interest.

The average preacher or speaker has generally many prejudices to overcome. In college or training-school he hears but little about physical culture as a means to effective platform work. He does hear about the eminent throat specialists of the day, and perhaps about some "faddist" who "actually goes from his bath to his pulpit." Yet, even students, be it humbly said, are sometimes mistaken. Even they may learn by experience.

My own trouble was with hoarseness; sometimes as the result of colds, more frequently from the over-use, or rather, unequal use, of my voice. This hoarseness generally troubled me when it was impossible to rest. Certain duties had to be performed. The result was an extension of the trouble, irritation and relaxation of the lining membrane, and then an ulcerated throat, or, to speak as do the books, pharyngitis.

That has long been a thing of the past with me. Perhaps my "treatment" may help another. It is cheaper and, as I believe, more effective than many patent remedies now on the market.

First of all, I gradually adopted physical culture methods of living. I say "gradually," for, as one of your correspondents points out, there were my own long-cherished prejudices, and the banter of others to be overcome. The morning cold rub, the various muscular exercises, and the reform in diet, have each added their quota to my mental and physical alertness as a public speaker.

One of the best of my "methods" has been the application of cold water to the throat every morning. You just lave the vocal chords thoroughly, and rub well with your wet hand. Do that, not 364, but 365 morn-

ings a year, and also use cold water as a gargle. In this way you will tonic, stimulate, and strengthen the larynx, and contract your tonsils.

If, in the very early stages of your reform, you should still be troubled, let me urge upon you to use a simple throat compress. A piece of linen wrung out of cold water, put right round the throat will do. If you wish to be more elaborate, put over that a piece of rubber or oiled-silk to keep in the moisture, and over that, a piece of flannel. Go to bed with your throat thus enveloped, and you must benefit. Don't be afraid, such a compress *never* relaxes the throat, however often you repeat it. When in the morning you take the compress off, bathe your throat and chest with cold water; use a good rough towel, and use some snap as well.

Take all the breathing exercises you know of. "Breathe deep, and forge ahead" may well be your motto. Breathe through your nostrils, of course. Inhale a fairly good breath; now stop, take in yet more, swell your chest, get your shoulders back and down, and take in some more. Now, is that all, really all, you can possibly inhale? Well, hold it a while; and now, as slowly, and with as much self-control, exhale. No, no, not too fast. Now get near an open window, or right out into God's fresh air, and breathe like that five or six times. Do it occasionally when you are out walking. Sometimes get up from that interesting book, or from your desk, and just breathe. Do it as a part of your morning toilet. Don't neglect it, any more than you would neglect to wash your mouth and teeth. Your whole nerve force will be improved thereby, for you will, in this way, be drawing life-force to your nerve centres. Your lungs mean everything to you as a public speaker. Exercise them, fill them.

Use your voice regularly. Far too many speakers, especially clergymen, put a big strain on their voices, just twice or three times in the week; after that is over, the vocal chords are unused. This irregular use of the voice is admittedly one of the causes of

"clergyman's sore throat." Who can wonder at it? Treat some other set of muscles in the same way, and see if you are not sore. There was wisdom as well as wit in Spurgeon's reply to a "victim"—"The best cure for your pharyngitis" said he, "is to preach three times on the Sunday, and every night in the week, for a month." It is the unequal use of the vocal chords that we should dread. The singer will "practice," the public speaker should read, that is read aloud, for some part of every day. I speak here more especially of the benefit which will thus accrue to his throat. But there are other benefits which should induce every speaker to begin at once.

If you will read aloud, you will, with care, correct the very common fault of indistinct enunciation. Not low-speaking, but indistinct speaking, is the trouble with many public men. If you read aloud, you can correct this. Yes, and another benefit. Good prose has been aptly defined as "proper words in proper places;" poetry as "the best words in the best places." To read the best words, and to read them aloud, is the only way to appreciate them. There is a witchery of words, an adjustment of sound to sense, which appeals more to the ear than to the eye; therefore read aloud. Your throat, your lungs, your thoughts, and your public expression of those thoughts will thus be benefitted. Tennyson said that "for a hundred people who can sing a song, there are not ten who can read a poem. They do not understand the music of words." \* \* \*

To sum up, I would say to all speakers and singers: adopt physical culture methods; use cold water and plenty of it, out and in; use your voice regularly, read aloud every day; breathe deep; don't muffle up your throat; avoid "lozenges;" give drugs a wide berth; treat patent medicines as you would the plague.

S. J. BAKER.

Muskegon, Mich.

#### Supreme Court of Arkansas Declares Peruna Intoxicating

TO THE EDITOR:

In the last number, May 30, 1906, of the outcoming ninety-second volume of the Southwestern Report, page 531, giving the decisions of the Supreme Court of Arkansas, it was there held by that court that it was "established by the testimony and the record, beyond dispute, that Peruna is intoxicating. That it was used as a beverage and that appellant sold it without having previously obtained a license" (to sell intoxicating liquors) "This is sufficient to warrant a conviction."

So the decision of that Court sustained what the articles in the PHYSICAL CULTURE Magazine have asserted as to the intoxicating character of this so-called medicine.

N. C. ROGERS.

Cleveland, Ohio.

#### Walking and Early Rising

TO THE EDITOR:

In renewing my subscription for PHYSICAL CULTURE, permit me to say, that while I am

in my sixty-sixth year, I am enjoying better health and more strength, than I have for the past twenty-five years. I consider it pays to rise about five o'clock a. m., take physical culture exercises, and a walk of about two miles before breakfast, then other walks of the same distances again in the forenoon and before retiring.

I do not know how many have inquired of me what I do to acquire such nimbleness at my age. When I tell them, they usually say "No cold water baths for me," to which I reply, "If you are too lazy to do that which will give you health and strength, you deserve to suffer; for my part, I prefer to do anything which will make this world a pleasant place to live in—it is the way you feel that makes life pleasant or gloomy." I walk whether it rains, snows or blows, hot or zero.

Dresden, Ohio.

JOHN W. P. REID.

#### A Warning to Boys

TO THE EDITOR:

I would like to testify that all you say in regard to self-abuse is truth (awful truth) and that I am one who knows from experience. Why parents, who are church goers and prayerful people, and who would like their children to be such, are silent in regard to sexual matters as far as their children are concerned I cannot understand. As for me they could have chosen no better way to shut out religion from my life, than by being thus silent. For six long years, I have practiced a dreadful vice. During two of these years I was ignorant of its evil results. I am still struggling, struggling, but apparently to no avail. Oh boys, who read this, young men who are happy and care free, if you want to taste a real hell, where you have no will power, no judgment, no hope, no love, practice this horror, but if you want to remain happy, follow the advice of Mr. Macfadden and don't once think of it, don't let it enter your head, and if you are just starting, stop it, for the love of God who made you in his image.

Evart, Mich.

A SUFFERER.

#### How Sand is Eaten

TO THE EDITOR:

In the "General Question Department" of your magazine, in answer to a question about eating sand for dyspepsia, you seemed to discourage the practice. The idea is not that sand is good for the body from a food standpoint, nor is it to assist in the digestion of the food. It is used, rather to scour out the inside of the stomach, opening the pores that the gastric juice might come out the better and assist the digestion. It is like putting sand in a bottle and shaking it to scour the bottle out. Furthermore the sand is not taken in sufficient quantities to cause serious complaint, being taken in capsules. It is also thoroughly cleansed and purified before it is put up in capsules. I have faith in this "cure" and hope you will print this letter that your readers may know of it.

JAMES WOODARD.

Rock Falls, Ills.

# General Question Department

By BERNARR MACFADDEN

The subscription department has organized, in connection with it, 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 there will be no charge for our services.

## The Exclusive Milk Diet

Q. Is milk costive? I have been trying the exclusive milk diet for a week, carefully following all directions, but have suffered from constipation, biliousness, and sometimes a dull headache. Is it a satisfactory plan to eat other foods for one meal, and use milk only for the rest of the day? Do you advise absolute rest and daily hot baths?

A. Ordinarily I should not consider milk costive, except when boiled. It is a perfectly natural food, and under normal conditions will agree with one when taken as an exclusive diet, especially when one is in a run-down condition, and his assimilative organs are weak and he has difficulty with other foods. It is true there seem to be cases where milk appears to be constipating, though I think that in such instances, this is the result of previous conditions, such as the long established practice of taking cathartics or other injurious influences. A teaspoonful of olive oil three times a day, or more often if necessary, will doubtless remedy the constipation. The occasional use of mixed orange and lemon juice, or clear lemon juice, the latter preferred, will overcome the bilious tendencies of the milk, and probably relieve you of the headaches referred to. It may also be true that you are one of those exceptional persons to whom the milk diet is not suitable, and that you could secure better results by the use of fruits and nuts and other natural and wholesome foods. Absolute rest and hot baths in connection with the "milk cure," may be of benefit in certain cases, but cold water baths and an appropriate amount of exercise are usually productive of much more benefit as a part of the treatment. It has been so in my experience. It is best to eliminate absolutely all other foods except perhaps lemon juice, when taking the milk diet.

## Treatment of Adenoids

Q. What can be done in the way of natural treatment for adenoids in the nasal passages of a child? Physicians advise cutting them out.

A. Removal by surgery of the obstructions

in question should not be necessary. They will usually be affected by a better circulation, an improved condition of the blood, and general constitutional treatment. Massage and gentle kneading of the nose, together with the application of external cold packs, should be persisted in by way of local treatment. Pure drinking water should be used freely. The diet should be as light as possible, containing no rich or stimulating dishes. Milk should be used only in moderate quantities, and even then it might be better to dilute it. Fresh fruits can be eaten freely. The nasal passages should be kept clean, for which purpose spraying with warm salted water may be suggested.

## Exercise for Convalescents

Q. After recovering from consumption and a case of very bad heart trouble, do you think it advisable to play a strenuous game like hockey?

A. The exercise that you can take safely and with benefit under the circumstances, will depend entirely upon your condition and the strength you have regained. You should be able to judge this yourself, but in doing so, keep to the safe side. Certainly you are not in a condition to indulge in any violent pastime, and I should think hockey out of the question at present, unless you are stronger than you have led me to believe. A moderate amount of skating, however, I would consider advisable. Remember that some exercise is absolutely necessary for the convalescent, though it must not be overdone. If the patient is not strong enough for exercise, massage can be substituted with good results. Walking is one of the best exercises for your purpose. But walks and any other exercise should be very gradually increased as the individual feels himself growing stronger. Also insist on pure air at all times.

## Syphilis

Q. I am a young man, recently afflicted with syphilis, though persistent treatment with mercury has removed all outward traces of it. Should I exercise in my condition? How long should I wait before getting married? Is there any danger of members of the

family at home contracting this disease from me by using the same towel or drinking cup?

A. For the love of humanity, do not think of marrying as long as you have the faintest trace of this taint in your blood. It is doubtful if your present mode of treatment will cleanse your system of the poison as it ought to be purified. There is in truth, only one hope for you, and that is through the absolute renovation of the system and thorough purification of the blood, which can only be accomplished by the most rigid adherence to physical culture principles of living. Certainly you should take exercise, and it should be active in nature. The natural treatment also includes fasting, an abstemious, vegetarian diet, when not fasting, and a great deal of hydropathic treatment. But for treatment in detail you should secure my book, "*Diseases of Men*." The mercury too often only suppresses the outward indications of the disease, giving one a feeling of false security. There is a most decided danger of other members of the household being infected with the poison through use of the same towel or drinking cup, that is, if you have any syphilitic sores on your mouth or other parts of your person. Otherwise you need not worry. But the trouble is that unless eradicated, the disease has a tendency to manifest itself in an unlooked for manner in the shape of eruptions, etc. Finally, don't believe in those who tell you that syphilis is incurable.

#### Blisters

Q. Kindly inform me if blisters should be pricked open?

A. All blisters are best let alone. The water which gathers in the blister serves as a cushion to protect the tissues underneath. Opening the blister removes this protection. The same is true of the so-called blood blister.

#### Cold Baths and Rheumatism

Q. Would cold baths ever cause rheumatism? I am very fond of cold dips, but in spite of their use and dry friction baths, I suffer severely from rheumatism in the shoulders and sometimes in other parts of my body.

A. Your rheumatism must be due to other causes, for cold bathing should help you to get rid of such a complaint. You must, of course, realize that your cold baths should not be of such a severe nature as to cause any tax upon the vital powers. It is absolutely necessary that you recuperate with a sensation of warmth and thorough comfort. Cold bathing will improve the circulation of the blood, which will help to cure rheumatism in every case. Of course if one does not recuperate properly, but feels chilled after the bath, it will not do him any good, but will rather deaden the circulation and so weaken him. You will find the real cause of your ailment in dietetic errors, inactivity, bad air,

and other unhygienic conditions. A cure will depend upon those natural methods which will purify the blood and induce a better circulation.

#### Card Tearing

Q. I read the recent card tearing article, and found that I could tear a pack of "Steamboat, 999" brand cards with apparent ease. Now is this really a feat of strength?

A. It is true that the particular brand of cards which you mention is perhaps the easiest of all to tear, not being made of very tough card-board. However, if you did it with ease, it signifies a very good degree of strength. You would find that the average person is not able to do it at all. As for yourself, I suggest that you attempt a pack and a half at one time, or two packs, then two and a quarter, or even more. It is not a joke, but a decided feat of strength, though as explained, much depends upon the quality and the number of the cards.

#### Running for Middle Aged Man

Q. Do you consider a half mile run, done in three minutes, too strenuous for a man past fifty-two years of age? There are no bad effects noticeable. Pulse rate is, of course, greatly increased, but after ten minutes rest, is perfectly normal again.

A. I feel quite satisfied that the run referred to is not too severe for you. Without doubt there are some at your age who would not be equal to it, but any really healthy person should be capable of it at an age even exceeding yours. In your case, it is to be strongly recommended. The accelerated action of the heart when running is to be expected and will be experienced by young persons just as much as by yourself. In every case, the after results will determine for each individual just what is enough or too much exercise. Most people of advanced age, and even of middle age, make the mistake of settling down to a more or less inactive life. They do not get enough exercise. They should not expect health with an inactive circulation.

#### Use of Cream

Q. Do you think one-half pint of cream too much to use each day?

A. Cream may be of value, taken in a quantity such as you mention, in certain special cases, as for instance, one who is below normal weight, whose appetite calls for it and who can enjoy and assimilate it. But it is really too rich for extensive use, and will make your diet much too one-sided. The plain fresh milk, unskimmed, can hardly be improved upon, for general purposes. Cream, if used at all, should be mixed or served with other foods of such a character that the final combination will be wholesome one, and not too rich in character.



## THE VIRTUES OF OUR METHODS PROVEN

### Internal Vibration

TO THE EDITOR:

I might say a few words about my experiences with physical culture. In two years time I have improved the condition of my body at least fifty per cent. over what it was before, and I was not a weakling then. I have devoted my attention mainly to the trunk, as I considered that the fountain head of vitality (excepting, of course, the brain) and if it be in good working order the limbs will be supplied with vitality also, whenever they call for it.

I do not care much for a given set of movements and I use any that I prefer at the time of exercise. I am forty years old and am more capable of doing hard and heavy work than ever before.

The exercise for internal vibration, I think very good, and have practised it and found that I can get a more pronounced vibrational effect by holding the nostrils. This method is especially good for the region of the ear, nasal passages and the head.

I have noticed also that by emitting a tone of a certain pitch a given part of the ear region will be more noticeable than by another tone. This is doubtless "sympathetic vibration."

With best wishes I am yours,  
FRANK TASKER.

Wyoming, Ia.

### Cold Water Cured Asthma

TO THE EDITOR:

I spent much money on doctors and patent medicines for the cure of asthma, which I later cured by my own efforts through the means of cold baths. The doctors were unable to do anything except accept fees.

C. E.

Hallandale, Fla.

### A Change in Diet

TO THE EDITOR:

In April, 1905, I read Fletcher's "New Glutton or Epicure," and immediately began to "chew," as I had never done before. Headaches that had disabled me at times, vanished and with one or two exceptions I have been free from them for over a year. The exceptions could all be traced to temporary carelessness. As Mr. Fletcher said

would happen, I found an increased enjoyment from eating a much smaller quantity of food. In fact, I did not desire so much. My appetite for meat gradually vanished, not all at once, but gradually. Now I eat no meat. I also found I felt better without the usual morning meal, and now eat a light lunch at noon, and as much as I need at 6.30 p. m. After experimenting awhile, I came across uncooked food advertisements and determined to try it. Then I found that while I felt weary and languid after eating a lunch of cooked food, no such thing occurred after an uncooked meal. Of course I then abandoned the cooked diet for lunch entirely and am gradually adopting an uncooked diet for my other meal. If I exercised or kept moving after a meal of cooked food, no weariness resulted, but working in an office and feeling tired all the afternoon was a great trial, which the above named change immediately corrected.

I have tried fasting for one or two days at a time, especially if I have felt that I have overeaten to any extent previously and, of course, it is beneficial.

My weight fell off about five pounds after adopting the new methods, and am only regaining it very slowly, but my general health is far better than ever before, and it is easy to bear "hunger" now. Abnormal sexual feelings disappeared, and I firmly believe that in diet lies the salvation under God, of the whole human race. "Fletcherism" is surely "the beginning of wisdom" from a dietetic standpoint, and following it up in an intelligent manner in my case has been productive of nothing but good. Of course I have come in for a great deal of criticism, but that doesn't hurt.

L. J. WILLIAMS.

Brooklyn, N. Y.

### Diet and Mental Power

TO THE EDITOR:

Reading one of your books containing chapter on "Diet in Virility Building," I at once determined to test the vegetarian theory. I have been in physical training for a number of years, but have always been under the impression that meat constituted a necessary part of a man's diet. I am now of an entirely different mind, thanks to the knowledge gained from your works.

On reflection it does indeed appear ridiculous that the foods which can nourish and

sustain such muscular animals as the "Orang-outang" baboon, horse, ox, etc., cannot sufficiently nourish a human being.

Let me briefly enumerate the changes in my diet and the results obtained:

In place of eating meat two or three times a day, I now have a fruit breakfast at 8 a. m., physical culture uncooked lunch at 12.30 p. m., physical culture cooked dinner at 6.30 p. m. I find myself better able to study, am less irritable and of a more amiable disposition; my digestive organs appear to act better, due probably to lack of greasy substance, complexion remarkably clearer, and physical endurance greatly improved.

I take this opportunity of thanking you, Mr. Editor, for personal benefits received by close application to the valuable suggestions, contained in your writings.

W. A. SOLAINI.

81 W. 50th St., New York City.

### Physical Culture at Three Score Years

TO THE EDITOR:

Some eight months ago I began to subscribe for your magazine, with an "Elastic Massage Exerciser" as premium. I also got one of your books on the "Cure of Rupture," with the help of which, together with my improvement on trusses, as advised in this book, I am happy to say I have cured my rupture, which was quite severe.

It may also be interesting for you and some of your readers to know how I have been transformed from a dyspeptic and sufferer from catarrh, varicose veins, varicocele, etc. to one of the healthiest and most robust "critters."

Ten years ago (I am now fifty-nine years of age) I was given from two to four years to live by eminent doctors. After failing to get any relief I began earnestly to investigate, and with the advice and help of an occasional PHYSICAL CULTURE, as well as literature on the subject, I came to the conclusion that a "return to Nature" would be my only chance and am most happy to be able to say that I am now healthy, robust and strong and am enjoying life, and am good for another sixty years. I enjoy my exercise out-doors, even when nude and in freezing weather. For three years I have not had socks on my feet, nor worn any kind of underwear. At home I am barefooted as a rule and always bare-headed and do not even wear a shirt—only a very light coat and very light and loose pants, most of the time pants only, and when circumstances permit am nude. Am now sitting in my private room, up stairs, absolutely nude, with two windows and door partly open, and enjoy the situation. When I have visitors or when I go out I wear a very light shirt and a pair of sandals or low shoes to keep up appearance. I can now be out rain or shine and even in the mid-day sun for hours, and not suffer, and without danger of getting sun-burnt. At night I am *always* nude. In summer I sleep out-doors on gallery or porch most of the time, in winter in a large room with four large windows and door to

gallery, which are open or partly open all the time, night and day. My bed is between two of the windows and I enjoy the draught except on extra cold and windy nights, when I close one of the windows. I take plenty of physical exercise daily most of which I combine with useful work. Twice daily I take exercise in accordance with your teachings. I used to never consider a meal complete without meat. Now I have but two meals a day consisting of fruits, vegetables, nuts, cereals etc., mostly uncooked. All this I enjoy hugely and never suffer pains, as formerly, after meals. At home I use no fine, white flour, never drink with my meals, nor within an hour after same. I masticate all the food thoroughly.

Of course people will laugh at me and ridicule my way of doing, but who cares, as long as I have attained my object. I have not succeeded in finding one of my age who is not complaining of some ailment or other. I trust that this narration will open the eyes of some sufferers and will help to contribute to the improvement of health and consequent welfare of suffering humanity.

I beg to differ with you, Mr. Macfadden, on what you say in your book on rupture, about animals never being ruptured; I have seen some eight or ten hogs ruptured and two horses, and have heard of a number of other cases.

H. H. HAYSEN, V. D.

Chunchula, Ala.

### Quick Cure of Piles

TO THE EDITOR:

For the last two years I was much troubled with piles, which gave me great inconvenience. Eventually I consulted a doctor, who said that the only satisfactory cure was to have them removed by operation, which I agreed to undergo as soon as I could settle some business matters. Meantime I decided to eat less food and at once began to feel so improved that I concluded to have the operation put off and see what careful dieting would do. Well, I gradually had less constipation but still the piles remained. At this time I first read several splendid articles in PHYSICAL CULTURE on diet, exercise and thorough mastication. I saw where I had been making serious mistakes in my habits, such as wrong diet, lack of exercise and other unhealthy practices.

So I gave up eating meat, bread and cheese and began to live entirely on nuts, fruits and vegetables. I also got out of bed earlier every morning and spent half an hour in physical exercises. Then I paid special attention to my skin with water and air baths. After only six weeks trial the result has been truly marvellous. My bowels have become quite regular, the piles have entirely gone, and I am indeed on the sure road to health again.

Undoubtedly the nearer we live to Nature the better will we feel.

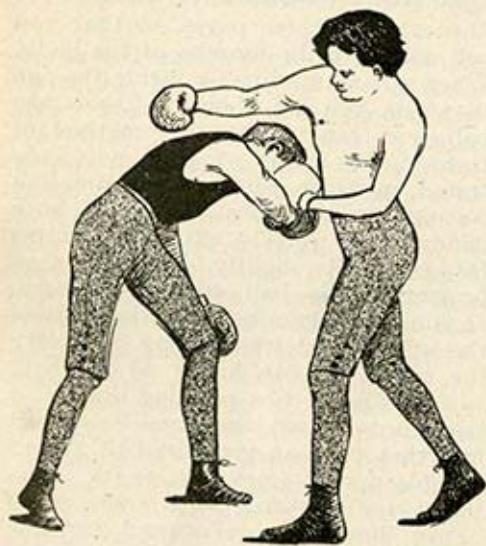
GEO. A. GRAY.

Vancouver, B. C.

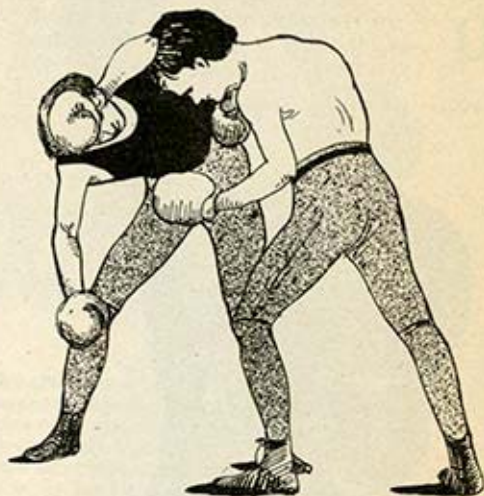


## Boxing Lessons for Boys

**T**HIS month we are illustrating methods of avoiding blows, especially swings, by ducking. When you see a very hard swing coming, and are uncertain as to your ability to block it effectually, this is usually a sure and easy way to escape it. However, I would advise you not to rely upon this means of escape too much, but rather to stand up to your opponent and block or parry his blows, for in the erect position you are better able to strike back in any manner you choose. You can also keep your opponent in sight and box more intelligently, but when continually ducking you are hardly able to see and know what you are about.



**Illustration No. 23.**—Ducking a right swing. The boy on the right has just failed to deliver a left lead, it being blocked, and he attempts a right swing for the head. His opponent sees the swing start, and ducks in the manner shown, so that the blow goes over his head. The boy who has ducked is then in a position to land a quick left hook to the other's body. When ducking in this manner, you should make it a practice to protect your face against possible uppercuts by holding your hand—with the palm outward—in front of it.



**Illustration No. 24.**—This shows a left swing. The boy on the left has just attempted to land a left swing on his opponent's head, but it is ducked in very much the same manner as the right swing in the preceding illustration. In his effort to deliver a hard swing he has turned himself around too far, which gives his opponent a good opportunity to land a quick, hard blow to the body with his right, as illustrated. You will also note that the boy on the right has his left ready and is in a good position to land a left uppercut. Much of the success of a good boxer is due to such readiness to deliver blows quickly at every such opportunity.

The swing is a very effective blow, provided you do not use it too often. There are some boxers who use swings and hooks entirely, and do not seem to know how to hit a straight blow. Such an opponent should be easy to get the best of, because his methods of attack are so limited. If you use a number of different kinds of blows—straight leads, swings, hooks and uppercuts—your opponent will never know where the next one is coming from, and you can often perplex and surprise him. After several straight leads, for instance, a sudden swing or hook will be unexpected and may catch him off his guard.

## Passing the Medicine Ball

ONE of the advantages of the medicine ball as a mean of providing both exercise and fun, is the fact that it is adapted to the use of



Photo No. 6.—Our illustration shows still another position from which one can throw the medicine ball. This movement is splendid for expanding and developing the chest, and for strengthening the muscles of the upper chest and upper sides, as well as those of the arms. If you catch the ball high and to one side, you can throw it from this position, using both hands, without the loss of an instant of time. This is useful when playing a game in which someone, on one side of you, tries to seize the ball or prevent your throwing it, as you can in this way throw it from the other side. Practice this on both sides, throwing it first from over the left shoulder, then from over the right shoulder.

almost any number of people at one time. That is to say, two persons are sufficient to play with it, if there are no more at hand, but three or four or any number can partake of the sport just as conveniently. In this it differs from most games which require a definite even number of players, usually a certain number on each of two opposing teams.

When there are only two players, the game consists of simply throwing the ball back and forth between the two, each attempting to catch it. Remember that the farther apart you are, the harder it will be to throw the ball, and the more exercise it will require. And you should try to throw the ball in a number of different ways, as we have illustrated in these pages, so that you will use all of the muscles of the body. When you stand directly facing the one to whom you are about to throw the ball, you can use another method of throwing it, which we have not illustrated, in which you first hold the ball resting on the chest, between both hands, then quickly extend the arms forward and slightly upward, thus projecting the ball straight forward. If you raise the elbows to the level of the upper chest when doing this, with the palms of both hands on the ball, with the finger tips pointing inward or backward toward the chest, you will find that you can give the ball a very forcible spring from the wrists. You might try this first with some small object, until you understand just the movement referred to.

When three take part in the exercise, they take positions so as to form a triangle. When four participate, they form the corners of an imaginary square. When more than this are engaged they form in a circle. In all such cases the ball is passed usually from right to left continuously around the circle, occasionally varying the movement by passing from left to right. After the

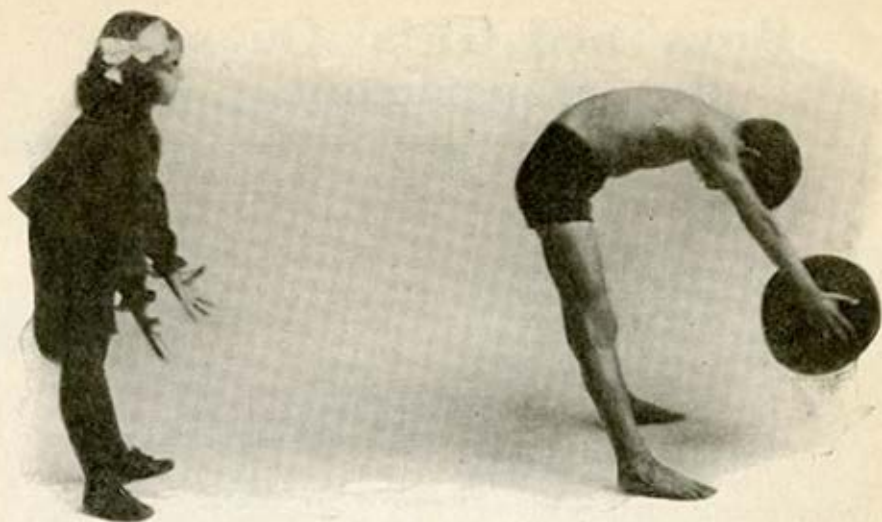


Photo No. 7.—This is another backward throw which involves splendid exercise, though it may require considerable practice before you can throw straight in this way. Especially good for the muscles of the back, stomach and abdomen. You can often surprise the other players by suddenly throwing the ball to them in this way, when they are expecting you to throw it elsewhere or by some different method. This will help to make the play more interesting.

play is well started it can be made more interesting by spreading out a little farther apart, and also by passing the ball faster. This is inclined to make each one quick and accurate in his movements, for no one enjoys a failure to catch the ball when it comes to him or her. If there is a large number of players together in one circle, it would make matters more interesting to pass around two medicine balls, if they can be had, starting them at different sides of the circle, and then waiting to see which will catch the other in its way around. This resembles a race, and keeps each one just twice as busy.

A very enlivening game is played by choosing one member of the group to take a position inside of the ring, while those forming the ring pass the ball to each other, and the one in the center rushes about trying to catch the ball as it is passed from hand to hand. One who is in the circle may under these circumstances pass the ball in either direction, left or right—either to his first neighbor or the individual beyond him, or even throw it high across the ring, but under no circumstances must the player in the center be allowed to

touch it. This keeps every one on the alert, for no one knows at what instant the ball may be tossed to him. As soon as the player inside the ring is able to touch the ball, that gives him his freedom and he takes his place among the players who form the circle, while the person who failed to keep the ball out of his reach must be "It," and take his position inside the ring. It is an exceedingly active and interesting game.

When there is an even number, the players may choose sides, and form into two opposing teams. Whereupon the player of one team, first securing the ball, pass it back and forth to each other—always making it a point to keep it out of the hands of the members of the other team, and constantly moving about and shifting their positions so as to elude their opponents. Then, as soon as those of the other team can secure the ball, they in turn endeavor to keep it to themselves in the same way.

The medicine ball is as suitable for girls as for boys. In order to properly enjoy this form of exercise, however, as, in fact, all active play, bloomers are far better for girls to wear than skirts.

## Boys' and Girls' Question Department

Q. Kindly give a cure for warts. What is the cause of them?

A. The exact cause of these peculiar growths is not known. They are not harmful in any way, merely ugly. Without any doubt they will all disappear before you grow up, but you can drive them away sooner by touching them daily with the wet end of a cork from a bottle of carbolic acid. Be careful to avoid touching the adjacent skin, for the acid burns terribly. But it will not hurt if it only touches the head of the wart.

Q. I am fourteen years old, four feet ten inches in height and only weigh seventy-nine pounds. Is there any way in which I can improve myself?

A. All that you can do is to try and grow up under proper and healthful conditions. You still have a number of years in which to grow, and if you live a physical culture life there is no doubt that you will improve as

much as you require. Be out of doors as much as you can, play active games, practice the exercises illustrated here from month to month, avoid all stimulants and bad habits, and sleep with your windows wide open at all times of the year. If you do these things and persevere in them, you will surely be a strong, healthy, vigorous man.

Q. I am a newspaper carrier. Every morning, except Sunday, I get up at four-thirty and walk a mile and a half. Under the circumstances, what time should I go to bed to get a proper amount of sleep?

A. It is necessary that you should secure at least eight hours of sleep, and even a little more, if convenient. You should, therefore, have an early supper and retire at eight or half-past. Sunday morning you might arrange to get ten hours of sleep. Your evening meal should be of the lightest.

### ANOTHER EASY HAND BALANCE

**T**HIS is another hand-balancing feat which is comparatively easy, and which will furnish very good exercise. It will be found good training to give you the ability to do the regular hand-stand. Take position as shown herewith, with the elbows extending outward and bent nearly at right angles and with the knees resting against and upon the arms, just above the elbows. In this respect, the boy in the photo failed to get the exactly correct position, for it is much harder to do it as shown than it would be if his knees were above his elbows and resting upon them. It may require some little practice in balancing before you can do it easily.

Don't be afraid to try it, for even if you lose your balance you cannot possibly fall far, as you will see. A good gymnast or acrobat should be



able to take this position and then gradually raise his feet high above him, straightening up until he has reached the position of the hand-stand, which is a very interesting feat, but would be very difficult for a boy to accomplish.

## "Beauty and Health" to be Re-Issued Next Month



WE wish to explain the omission, from this issue, of the usual articles and departments devoted to the special interests of women. This is due to our intention, announced in an editorial in our last issue, to resume the publication of "Beauty and Health" commencing with April, next. Consequently, articles of this character will no longer appear in *PHYSICAL CULTURE*. The third article of the series, "Health and Beauty in Dancing," of which two instalments have appeared in this magazine, will be found in the April number of "Beauty and Health." The "Women's Question Column," seasonable and suggestive menus, together with an appropriate variety of helpful and interesting articles and departments will also be found in the new publication. Very careful attention will be given to the editing and general make up of "Beauty and Health," and we believe that those who were pleased with this magazine before we discontinued it, over a year ago, will be even better satisfied with it in the future.

This change will naturally give us more space in *PHYSICAL CULTURE* available for articles of general interest. As intimated last month, it is the Editor's intention to improve the quality of the material entering into the pages of this magazine, and we will spare no pains to make "Beauty and Health" as instructive and at the same time as entertaining as possible. After receiving letters from a great many of our readers, we are led to the conclusion that many women would prefer a magazine of their own, as some of the material that goes in the pages of this magazine does not interest them, appealing chiefly to the masculine tastes.

However, let it not be inferred from this that we propose to make *PHYSICAL CULTURE* merely a magazine for men, nothing being further from our intentions, though naturally some of its pages will appeal more to the masculine mind than to the feminine. *PHYSICAL CULTURE* is intended, first of all, to be a general magazine, and we believe should continue to be of interest to every one, old and young, men and women, boys and girls—perhaps the latter most of all. All useful information appertaining to the care of the body and the culture of health, strength and vital energy, should be of primary concern to everyone. There is no reason in the world why women should not continue to read and to be interested in *PHYSICAL CULTURE* as well as "Beauty and Health." But there is so much of a special nature in this line, relating to the needs of women alone, that a publication especially devoted to them is necessary.

It will be the purpose of "Beauty and Health" to deal with subjects of the most vital importance. We propose to give information that can be secured through no other channel. The success of our magazines from the very beginning has depended upon the fact that we have given attention to matters of supreme importance which have been avoided by all other publications. This will continue to be our policy. We are filling many gaps that previously had been overlooked, though they affect the very foundations of all human life and progress.

# A Strong Man's Diet Made to Fit a Poor Man's Purse

By BERNARR MACFADDEN



THE ignorance displayed everywhere on the subject of diet is pitiful. Thousands upon thousands are actually starving to death because of their lack of knowledge of this highly important subject, particularly of the nourishing qualities of foods. The average individual would be astonished if he knew how small the amount of money it would take to perfectly nourish his body, if he were compelled to select a diet from the standpoint of economy and efficiency. Several years ago, I carried on an experiment with the view of determining how cheaply I could live and perfectly nourish my body. The cost of my food for a period of two weeks, during this experiment, averaged five cents (2½d) per day, and during this time, my weight had slightly increased, and my strength was just about as usual. I am satisfied that I could easily live on a diet of this nature for an indefinite period, if it became necessary, and it is well to also remember, that my experiment on this occasion was with cooked foods. At that time, I had not experimented to any great extent with uncooked foods, and furthermore, I was desirous of selecting a diet which the ordinary individual could use without too great a change from his usual habits. The foods I selected on this occasion, were beans, peas, oat-meal and a very small quantity of fruit. As it will undoubtedly be of interest to my readers, I herewith quote description of my experiment published in the magazine, at that time:

"Five cents per day for food seems a small amount to live on, and in order to exist under such circumstances one must certainly be abstemious to an extreme degree. For some time, how-

ever, I have held the opinion that one could live on very nearly this amount and still thoroughly satisfy his appetite with foods that perfectly nourish the body. In order to prove this to my own and the satisfaction of my readers I concluded to make a personal experiment to determine the influence of such a restricted diet upon health and strength.

"The result of this experiment has been to a certain extent satisfactory. It has taught me that the average person can live on less per week than the average man spends per day, without loss of weight or strength.

"I began my experiment with a fast of two days, though taking my first meal on the night of the second day. This was necessary in order to develop an appetite for a diet of this rugged nature, and I can assure the reader that my first meal was heartily enjoyed. It consisted of red kidney beans and rice, no butter or other seasoning than salt being used. I concluded that butter and sugar were too expensive for one limited to five cents a day with which to buy food. I ate two meals a day right along, and varied my diet as much as I could under the circumstances. In case I was not hungry at one meal I would always fast until the next meal, and usually a hearty appetite was thus produced. My usual meal consisted of about six ounces of peas or beans and about two ounces of rice cooked separately and then mixed and eaten together. This when cooked of course increased greatly in bulk and weight.

"The experiment was continued up to the fifteenth day without any noticeable change in weight or strength. My weight, I believe, was one or two pounds heavier at this time than when I began the diet. One result I very clearly noticed which may interest young lady

readers was that my skin became much clearer and smoother.

"The total amount of food bought and eaten during a period of fifteen days was as follows:

1 lb. crushed oats,	\$0.03
Water cress,	.05
3 lbs. white beans,	.15
2 lbs. red kidney beans,	.10
3 lbs. rice,	.19
3 lbs. dried peas,	.12
2 lbs. corn meal,	.05
10 apples,	.10
6 turnips,	.05

Total, \$0.84

"This, as the reader will readily see, exceeded by only a fraction of a cent the five-cent-a-day limit and did not allow much variety."

Now it would perhaps amaze some of my readers to know that by following a raw food dietary, one can fully nourish the body on much less than was required even in this experiment. Naturally, heat costs something in preparing foods in the manner described, but with uncooked foods, there is no cost for heat, and these foods nourish the body just as well and perhaps better than those subjected to cooking. Variety in diet makes your food more appetizing, and foods possessing this advantage are probably inclined to more satisfactorily nourish the body. This is the general impression. The assimilative organs, however, possess wonderful adaptability. They can usually select from whatever nourishment is used, the elements needed at that particular time to most completely nourish the general system. In fact, your appetite is a good guide in this way. A normal appetite will crave more strongly those particular articles of food which are most needed at the time to satisfy the needs of the body.

About the cheapest and most nourishing foods are furnished by cereals. Wheat is considered to be the most perfect food, though I am very much inclined to think that oats are of equal value, especially in cold countries. Oats contain a large quantity of fattening and energy-producing elements, and they are also rich in muscle-making materials.

I am presenting herewith a day's diet for one person, which is composed, principally, of rolled oats. I recommend that they be eaten without cooking. That is, just as they are ordinarily sold in the grocery store. Of course, oats prepared by this flaking process, are steam cooked. That is, they are cooked, and still they have not been subjected to very much heat. They are simply steamed until the grain swells, and then the process of cooking is discontinued. Following this they are flaked, as they appear as sold by the ordinary grocer. There are, of course, various brands, and some brands are better than others. However, it might be well to note that the less they are cooked, the better they will taste, and when the cooking process has been carried beyond the ordinary steaming, the oats do not taste nearly so well.

You can supply variety to the diet suggested herewith, by the addition of beans or peas if you desire, or the addition of acid fruits and nuts, but I am merely mentioning foods that are essential to perfectly nourish the body. I am not catering to the usual desire for variety. The food herein suggested will nourish the ordinary man for an indefinite period, and one can do the hardest kind of mental or physical work with no other nourishment, although, when one is accustomed to eating cooked foods, it might take him a little while to adapt himself to the change. They can, of course, be cooked if desired, but they are much more delicious when eaten as described, after one becomes accustomed to the uncooked taste. However, if one must have cooked food the oats may be put on the stove in cold milk or water, as desired, and served just at the moment the liquid comes to a boil. If cooked beyond this point, they become mushy, and are not nearly so delicious to the taste. Menus for three meals for one person follow:

#### Breakfast

From one-half to one full cup of rolled oats, mixed with one or two ounces of raisins. Stir in one or two teaspoonfuls of olive oil or melted butter.

One apple.

One or two cups of oated-milk.

Oated-milk can be made by soaking over night a half teacupful of rolled oats in three teacupfuls of water. In the morning heat on the stove till a little below the boiling point and then stir thoroughly. Then add milk and sugar to taste. Most persons like it better if the mixture is about one-quarter milk. This makes a very delicious hot drink.

#### Dinner

From one-half to full cup of rolled oats, mixed with two or three ounces of pitted Persian dates. Pour over the mixture cream or milk to the quantity desired.

Two or three bananas.

One or two cups of oated-milk.

#### Supper

From one-half to one full cup of rolled oats.

One ounce of cheese, grated or cut fine.

One ounce of dates.

Some acid fruit.

One or two cups of oated-milk.

It will be noted that I have added a hot drink at each meal. This is not especially necessary if one is not accustomed to a drink of this nature. It is much easier, however, to become accustomed to an uncooked diet if a meal is followed with a hot drink of the character mentioned. A drink of this kind, is, of course, rich in nourishing elements, and at the same time, it draws a greater quantity of blood to the stomach, and enables it to more efficiently digest the uncooked foods.

Of course, it must be remembered that I am mentioning bare necessities. Though the amount of food may seem slight to the average individual, yet three meals a day consisting of the full quantities mentioned should thoroughly nourish the largest and most active man. It is well to remember the necessity for the policy of never eating more than you thoroughly enjoy. In other words, when the keenness of your appetite is dulled it is time to stop.

## My Special Recipe

By BERNARR MACFADDEN

Under this heading frequently hereafter, I intend giving my readers a recipe for a cooked dish that I can especially recommend, not only as a wholesome article of food, but which I can guarantee, will be delicious. I was always fond of experimenting with cooking, and never confined my diet to the recipes furnished by others. As a result, I have originated a large number of combinations, or special methods of preparing foods, that I think will be of great value to my readers. Of course, the experimentations which have enabled me to originate the dishes that I will present from month to month, are still being carried on and when the stock I have on hand is exhausted, I will, no doubt, have others ready. The dish that I will present this month, is made with a combination of onions and potatoes.—Bernarr Macfadden.

### ONIONED POTATOES

Slice a quantity of raw, carefully peeled potatoes, making each slice as thin as possible. Chop up an equal quantity of onions, stir together, and place in a baking pan, with a large lump of butter or sufficient olive oil to come in contact with every part of the onions and potatoes. Grate (or cut fine) enough cheese to make a thin layer over the mixture. Cover and place in a

moderately hot oven, till the potatoes are of a proper consistency. Thoroughly stir two or three times while cooking.

The same combination can be cooked in an ordinary frying pan, though they have to be stirred every few minutes to avoid the possibility of burning. Considerable salt must be added to this dish, to make it palatable to those in the habit of eating salted food.



## Growing to Manhood in Civilized (?) Society

An Average Experience that Brands our Miserable So-Called Civilization as a Pitiful Perversion—The Murderous Results of Prurient Prudery Clearly Portrayed

### THE PERSONAL CONFESSIONS OF THE VICTIM

Edited by ROBT. H. WELFORD, M. D.

In the "Weird and Wonderful Story," the remarkable serial which we published last year, the author described what he apparently thought were perfect conditions of life in general. It furnished a strange contrast to the conditions which exist in our own world. It is very appropriate therefore that we present to our readers a story that represents our civilization as it actually is. Many may think this story over-drawn. They may have an idea that the author has distorted and misrepresented actual conditions. But to those who have made a study of the various environments with which the average youth comes in contact in his growth to manhood, will admit that nothing new is being presented. If anything, it will be acknowledged that the author has failed to state the whole truth. In fact, the Editor of the story maintains that if he were to tell the truth as he has seen it, the authorities would not allow the story to be published. I am satisfied that the installments will be followed with intense interest by every reader, and they will show the need of striking sledge-hammer blows at the distorted prudery which is the real fundamental cause of the miserable degeneracy that is so clearly pictured in this realistic tale —Bernarr Macfadden.

#### CHAPTER XII.

**E**VEN in that moment of shame and horror, Nellie's ingrained fear of her mother controlled her. She sobbed for a few seconds, her curly head on my breast, her eyes refusing to look up at me, and then she pushed herself away from me, panting:

"I must go, I must go."

"But I must see you soon again, Nellie," I said, taking her little hand.

"Yes, yes."

"As soon as they have gone."

"Yes, yes."

"You promise me, Nellie?"

"Yes."

She tore herself away and fairly ran through the library and down the stairs to the kitchen. I stole out of the library and up to my own room, from the window of which I could see who left the place.

In a sense I did not care at all that Schuyler and his mother had betrayed their estimate of me; though, perhaps I hated them both a little more. And yet, I don't know that I hated either of them at all. I think maybe I was

animated more by a desire to "get even" with them than by any other feeling.

I looked at my trunk to see if it was unlocked, but found it was not; nor could I remember that I had ever left it so. Indeed one of my traits was a sort of old-maidish orderliness, which must have come to me by nature, for I had had no training in it. This made me doubt that I had left it unlocked for Schuyler to explore; and it led me to the conclusion that Schuyler had a duplicate key.

For a moment I was pretty nearly shocked at this thought; then I chuckled, remembering how often I had left Schuyler alone in my room at school, while I was away.

The reason for the chuckle was that Schuyler had always professed great indifference to my erotic literature, and could never be persuaded to take any of my books to read. But I always kept the books in that trunk; and I could recall how many times I had returned to find that Schuyler, instead of being through with the work he had been going to do for me, had most of it yet to do, and was too languid and

heavy to do it. He had read the books while hypocritically pretending even to me, not to care for them.

I took out one of these books now and sat down by the window to watch, hiding behind the lace curtains so that I should not be seen if my window were looked at.

Presently I saw Mrs. Felton and Schuyler go down the driveway together, and separate at the entrance, she going on into the high road while he, with an occasional, furtive glance up at my window, returned to the house.

I felt very sure that he was contemplating a visit to me, no doubt with a well-rehearsed part to play. Being in a position to see behind the scenes as well as on the stage I anticipated considerable enjoyment from the interview.

To pay him off a little for his treachery in going into my trunk for the surreptitious enjoyment of my books, I kept the book in my hand when he came to the door and asked to come in.

When he entered he looked askance at my book and pretended not to notice its character, though such books are as marked by the extreme plainness of their exterior as by the extreme vileness of their interior.

"Like it to read, Schuyler?" I asked mockingly.

"What is it? Oh! No thank you, old man. Can't afford it, you know."

"Oh come!" said I, with a sneer that would have been insulting to any but one of his kind, "you needn't pretend you don't read these books. I'll bet you have read as many as I have."

"Have it your way, Regy," he answered, flushing up around the cheek bones in an odd way he had of doing when he was controlling himself.

"Will you take your oath you've never read any of them?" I asked jeeringly.

"Don't you know I haven't?" he demanded with a deprecating smile. He knew he dared not quarrel with me then, even if he had had the greatest provocation.

"How should I know?" I demanded. "All I know is that I have often left you in my room with my trunk where the books always were."

He flushed not only on his cheek

bones but all over his face and eyed me with something like fright in his expression.

"Your trunk was always locked," he cried.

"You see!" I exclaimed triumphantly; "you knew that."

"I'd—I'd seen you lock it often enough," he said, his face growing pale now.

"Pshaw!" I sneered, "a master key is easily had."

I fancy detected thieves have the expression in their eyes that he had in his at that moment—a mingling of hate and fear and doubt.

"You don't mean to say," he stammered, "that you think I'd do that."

I didn't want to push him too far, so I laughed and shrugged my shoulders, saying in a careless tone:

"If I did would I be such a fool as to tell you so?" Then to change the subject and also to help him to say what he had come to say, I exclaimed: "So this is my last day here. Well, I've had a better time than you have any notion of, old man."

Of course he could not suspect the innuendo in that speech, but it pleased me greatly to think that with all his cleverness and fancied superiority over me, I had been able to make love to his sister right under his very eyes, so to speak.

"Glad you have, old man," he said with genial heartiness. "I don't know about being able to go with you, though."

"What?" I cried.

"Well," he said, sinking into a chair and shaking his head sadly, "I don't feel as if I could leave mother just now."

It certainly was a very prettily acted bit of comedy, and I was able to admire it without reserve. In fact I saw no reason why I should not take my cue and enter on the stage myself.

"No!" I cried, pretending surprise. "She isn't sick, Schuyler. Why she seemed all right at breakfast."

"It isn't sickness," he answered, shaking his head slowly. "It isn't that. I can't tell you what it is, old man, but mother—" There he almost broke down but did not, I think, because he was afraid he could not carry it off with

proper effect—"mother has had some bad news."

"You don't say so! And I can't help any, I suppose?" I queried.

"No—that is—I'll tell mother what you say when she comes back." He did not make very good work of that because my ready biting must have taken him by surprise. No doubt he was afraid he might not get another chance so good.

"I thought I saw her going out just now," I said. "I thought you were with her."

"I went to the gate with her. I told her I wanted to come see you. I knew you would sympathize with us."

"Yes, indeed. You've been very hospitable to me, and your mother has been so kind I'd be a funny sort if I didn't sympathize when she was in trouble. I only wish I could do something more than sympathize."

"I'm afraid that's all you can do, Regy," he cried gratefully; "but that will be a great deal. Mother has taken such a fancy to you that she has the greatest difficulty in not treating you like her own son. I know she'll be glad to tell you all about it. You're such a clever beggar about business matters that you may think of some way out that we don't see."

"I clever about business!" I exclaimed. "Oh, come Schuy! that is rubbing it in. Why I don't know a thing about business, and don't want to. My money will be given to me well invested, and I shall know how to take care of it. I know I must seem a terrible spendthrift to you, but I can tell you I am never without money."

Even though he needed no such confirmation of the knowledge he had gained by an inspection of my check book, his eyes sparkled.

"And isn't that clever?" he demanded warmly. "How many fellows in your position can say that?"

"The bigger fools they if they can't." I answered with a shrug. "You see we rich fellows are a natural prey to the impecunious ones."

He winced at that perfectly open insult, but he dared not take any notice of it under the circumstances; and I felt as if I were getting even with him for his

slurring remarks about me down in the library.

"Oh, you're fly," he said in a fulsome tone of flattery.

"Oh, I don't know," I answered: "but I guess I know how to protect myself. I can be worked up to a certain point, if it suits my purpose."

"Oh come!" said he uneasily, for the conversation was not turning the way he had intended; "you know you are liberal because you are generous by nature. I don't believe anybody ever tried to work you. Why, the fellow that tried it would be too big a fool to succeed."

"I hope I can be generous if it comes to that," I said carelessly. "I was only speaking about those who think they are clever enough to work me. I'll tell you something, Schuy!, there are people who think they are working me, when really they are only getting the price I think they are worth to me. I may overestimate them, but that's the way it is."

It was funny to see his face while I was saying these bitter things to him; for he didn't know what I meant, or how much might refer to him; and being sensitive in his anxiety for the success of his present scheme to cajole a lot of money out of me, he was put to exquisite pain and, glib as he was usually, had no word to say for a full minute.

"Well," he said at last, with a grimace he meant for an expression of easy confidence, "I'm glad I never tried to work you, old man."

Feeling that I was even with him for his boast to his mother, and not wishing to go so far with him as to spoil the success of my own scheme, I laughed good-naturedly.

"You!" I cried. "I should say not, Schuy!. You and I are quits all right. If you have benefited by my greater means, haven't I had the advantage of your brains and industry? Yes indeed, old man! And I'll guarantee to keep even with you to the end."

"Right you are, Regy!" he exclaimed, with a look of relief that was positively comical to me, who could, so to speak, watch the processes of his disturbed mind. "If I wanted to work you I know I'd have to get up pretty early in the morning to do it."

"In the meantime," said I, "we have wandered a long way from this trouble that has come to your mother. I am not going to ask what it is, Schuyler, and don't care what it is if only I can do anything for your mother. Will you tell her that I am grateful to her for her kind feeling for me and for all I have got out of this visit to her?"

"You may be sure I will, Regy, old man."

"And tell her that if she sees any way by which I can help her, I shall take it as a kindness if she will let me know. I'm not clever at business as your affection for me made you say, Schuyler, but I've lived long enough to know that money will do wonders."

"It's awfully good of you to make such an offer," he said, cunningly enough.

I could see, of course, that he was trying to make me commit myself definitely, so that the ground would be well broken for his mother's final treatment; but I was as willing as he was eager, so I answered with an appearance of the utmost innocence:

"I don't know that you can call it exactly an offer, Schuyler, but I'll say this: I haven't much money, but I'll not stop to count it if it can be of any service to your mother."

"By Jove, old man!" he cried, suppressing the real joy he felt, "that's what I call kind. I'll tell mother as soon as she comes home; and now if you don't mind, I'll go do some things for her that she asked me to."

With that he made his way out of the room as quickly as possible. I am sure he was afraid to stay longer for fear I would repent or perhaps add something of a qualifying sort.

I watched at my window to see him go down the driveway and out to meet his mother; but there was no sign of him there, and I did not like to go downstairs until I was sure he was out of the house; so after waiting until I was restless I put my book in my trunk and began to pace the floor.

Presently a low knock came at my door, and when I called out "come in," thinking it might be Schuyler, the door slowly opened and I saw Nellie standing there.

"I thought it was Schuyler," I cried out joyously. "Where is he?"

"Gone out," she answered in a low tone.

"Then—then—" I hesitated to ask her to do so unconventional a thing—"won't you come in?"

"Do you really want me to?" she asked, humbly.

The poor child still fancied that I would include her in the anger she was sure I would feel toward her mother and brother.

"Why, Nellie," I said tenderly, "do you think my love is of such poor quality as that?"

I went toward her, holding my arms out, and she ran into them, flinging herself on my breast with a convulsive sob.

"I—I was afraid," she breathed.

### CHAPTER XIII.

"Suppose Schuyler should return and find you here?" I said to Nellie as she clung to me.

"He has gone to meet mama. It may be half an hour or more before he comes back," she answered. "I couldn't wait for you to come down, Regy. Don't you despise us all?"

"Why should I despise you, Nellie?" I demanded. "What have you done?"

"I am her child, his sister?"

"But," I said, "that would be a poor reason for hating you, though it might be a very good one for feeling kindly toward them."

"Oh Regy!" she cried in a tone of adoration, "not even you could be so good as that."

"Would that be such a fine thing to do, dear? Come sit on my lap over here by the window and we will watch for their coming. Are you sure Schuyler went to meet your mother?"

"He told me he was going to."

I led her to the seat by the window and took her on my lap. We could now see anyone coming up the driveway to the house.

"I watched to see Schuyler go out," I said, "and I am sure he did not go down the drive."

"He went by the back way. Oh Regy!" she murmured piteously, "how

could they say such things about you when you have been so kind to them! Schuyler, too, who owes you so much! And you are not even angry."

"They are in trouble, dear," I said kindly. "Schuyler has just been telling me about it."

"He has just been telling you?" she gasped; for her pure heart could not conceive the hypocrisy of such a nature as Schuyler's.

"He did not tell me what we heard in the library," I laughed, "but he told me your mother was in trouble—needed money."

"Hinting to you!" she said. "Yes he said he would do that. Oh, how base he is! I don't care if he is my brother, he is base and contemptible. And you did not fly out at him? Oh, I know you did not, for he came through the kitchen with his face all joyous."

"Why should I have flown out at him, dearest?" I asked, enjoying to the full the sensation of appearing to the ingenuous girl as a great-hearted benefactor.

And the really strange feature of the affair was that I really did enjoy playing the part; I seemed to enter into the character I only simulated. If only I had thought then to try to be in reality what that pure-minded, noble girl believed me! But I lost that chance as I lost every other chance to be my best instead of my worst self.

"No wonder I love you, Regy!" she said in a low tone. "I never heard of such goodness."

"It was not goodness," I answered with a pretense of deprecating her praise of me; "it was because I loved you and could not bear to see any harm come to your mother."

"You are going to help them?" she asked.

"Yes, dear."

She was silent for some time, her firm, smooth, round cheek pressed against mine, her full bosom heaving tumultuously. Then, suddenly she broke out:

"Oh, I shall despise them as much as I honor you. I would not have believed they could be so contemptible. To vilify you as they did and then fawn upon you for your help. Oh, Regy, Regy!"

"Don't be too harsh, Nellie dear," I begged her. "Don't forget that your mother is in danger of losing her home."

"But why should she say such things about you? Why could she not recognize your beautiful nature?"

"Ah, Nellie!" I murmured modestly, "no one but you recognizes that."

I wonder if all natures are like mine? I hope not, for the credit of humanity. But let each one study himself honestly before he answers. At that time although I knew I was playing a part, yet I could not always be sure that the thing I was pretending to be was not in truth the thing I was. All the while I had a consciousness of playing hide and seek with my real self.

I loved Nellie; my God, I loved her! I felt all the tenderness I expressed. That was no lie; and yet I was not sure it was not. I knew I meant her wrong, and so I distrusted the very words of love I uttered. Why! I, even in my secret heart, was rejoiced to be helping Schuyler and his mother. The anger their perfidy created was dissipated in doing them a service. And yet that very contemplated service was conceived with the intention of profiting by it to Nellie's injury.

Is society made up of such as I? Are we all liars, cheats and hypocrites? Is life just a game of pretense?

"Regy," Nellie exclaimed suddenly, "are you sure you will not some day believe me as false and hypocritical as mother and Schuyler?"

"Never, Nellie! it would be impossible."

"If I thought you would, I think I would rather die than meet that day."

"I shall never believe you anything but pure and good and true," I cried vehemently. And yet before the hour was out I was wondering if she might not be, herself, pretending to a greater modesty than was hers.

And this was because in the closeness and intimacy consequent on our common discovery of her mother's hypocrisy, she permitted me to take liberties with her which I had never before ventured on.

I could not understand that in her perfect trust and faith in me, that in her implicit confidence in my goodness,

that in her exalted notion of the nobility of my nature she had mistrusted her own misgivings and had accepted my caresses because they were mine, and she could associate no impropriety with me.

I was no more able to comprehend the utter simplicity of that pure soul, than she was able to comprehend the turgid muddiness of mine. And yet, but for the foul stream into which I had been thrown at the behest of immemorial custom, my soul might have been as white as hers.

For you cannot touch pitch and not be defiled; nor does it matter whether you go into the pitch of your own volition or are cast there by the wickedness, or the indifference, or the innocent ignorance of others. And that was a truth that gentle, tender, white-souled Nellie was to learn.

We had an hour alone together before we saw Mrs. Felton come along the driveway. Schuyler was not with her, but I was not surprised at that, nor was Nellie.

"Another deceit," she said bitterly. "He has left her to come that way alone while he enters by the back way. But I must go, Regy dear."

"You will meet me whenever and wherever I arrange?" I demanded.

"You have only to tell me dear," she answered.

"Then after I have seen your mother, I shall know what I am going to do, and will think of some way of having a long, quiet talk with you; for we must plan for the future, sweetheart."

"I am in your hands, dear," she answered trustingly.

With that she ran away, leaving me very well content with the state of things; for I was as sure as one well could be that I had overcome all the main difficulties that had stood between me and full possession of Nellie Felton.

It is not to be supposed that this was all a cold-blooded calculation on my part, for it was far otherwise. I was in a state of excitement only to be understood by one who knows how sex passion can become a fearful disease.

And the horror of that was that it kept me from comprehending that Nellie had no suspicion of what my

state was, so that I believed she knew and shared my disease.

Yes, I call it a disease, though men mostly are proud of their morbid condition, having no notion whatever that it is not normal. And why should it be otherwise with them, when from their earliest boyhood the hideous training begins which ends in making them believe that abnormal sex manifestation is a proof of virility.

#### CHAPTER XIV.

To make it easier for my exploiters, I went down to the library, where I was presently found by Mrs. Felton.

Happily it is not material to this story to tell just how Mrs. Felton played the part she had set herself of cajoling out of me the money I was quite willing to give. It will be enough to say that she played her part with great skill, and that I made out my check to her for the sum of one thousand dollars.

I have not the least doubt that any gratitude she might otherwise have felt for my assistance, was quite lost in the hatred that was generated by having to play so contemptible a part with me.

I did not care, however, whether I had her gratitude or not; all I cared for was to have another good opportunity to be alone with Nellie; and it had developed in the course of the conversation that this would happen in the natural course of events.

Schuyler was going with his mother to the county town, where it seemed such matters as mortgages were recorded and cancelled. I knew that it was expected that I would go home first and let Schuyler follow me; but I did not make any excuse for doing so, but merely announced that I would wait for Schuyler; and they dared not say a word to intimate that they would be glad of my departure.

I caught Nellie alone soon after dinner and told her briefly what had happened; and you may be sure she was overwhelmed by the generosity of my conduct. A thousand dollars seemed a monstrous sum to her.

"So you see," said I, holding her close to me, "we shall have all to-morrow to ourselves. Aren't you glad?"

"Very glad, Regy."

"You don't seem to be."

"Oh, Regy! how can you say that!"

"Because you don't seem to be. You look as if you had lost your last friend."

She looked still more sober at that; and in a moment her soft brown eyes were filled with tears.

"Regy," she said, with a little catch in her voice, "I feel as if I had lost my last friend. I feel as if I had only you left in the world. How can I ever think the same of mama after she has treated you, her kind benefactor, with such hypocrisy and untruth?"

"Oh, don't be too hard on her," I laughed; "it is the way of the world. And I don't mind, dear," I went on seriously. "It is worth a thousand dollars to have to-morrow alone with you. Please arrange matters so that you won't have much to do."

"That is all arranged, dear," she answered; "there will be little for me to do but mending, and that I can do while I am with you."

I saw very little more of her that evening, but Mrs. Felton and Schuyler made an early start the next day—before I was up, in fact; for I had sat up in my room reading some of those erotic books, of which I had several new ones. It was my preparation for the day alone with Nellie.

Such a preparation as it was! I awoke in the morning languid and weary and irritable; and it was not until I had had a cup of strong coffee and had smoked several cigarettes that I felt as if I cared to see even Nellie. Though, of course, I had to see her, for it was she who served me my breakfast.

She was very silent and distraught herself, however, and seemed not to notice the state I was in. Afterward I learned that she could not overcome her depression over the thought of her mother's hypocrisy.

She was such a tender, sensitive creature that it required very little to affect her spirits; though for the most part she was bright and cheery, and was never downhearted about anything that concerned herself. Indeed she was the least selfish person I ever knew.

When she joined me later, in the library, she was still very sober and I

rallied her on her lack of spirits at a time when she should have been full of happiness.

"Don't think I'm not glad to have this day alone with you, Regy," she said, "but I feel so alone. You see I have been willing to work hard so that Schuyler might go to school and become able to take his place in the world; for he is clever, you know."

"Very clever," I answered with a shrug.

"You see, you are bitter, yourself," she said sadly.

"No, I am not bitter at all," I replied. "He thinks he is cleverer than I am, and that seems funny to me. Some day he will discover that he was being used when he thought he was making use of me."

"I don't know what you mean, but it doesn't matter. I know that you are noble and true while he, my own brother, is false and contemptible. Don't suppose that I haven't understood that I was being used by mama for his benefit; but it made no difference to me. They were all I had to love, and I was glad to work for them even without recognition."

"They shall not exploit you much longer, Nellie darling," I said. "Some day you are going with me to share in my wealth and luxury."

"I don't care for the wealth and luxury," she answered simply. "It is love I want; your love. Now that I have had to give them up, I feel as if I could not live if it were not for you, dear."

"But," said I, unwilling to have her put aside the things I could give her, "you must care for fine clothes and jewels and horses and travel."

"I care for whatever I shall share with you. If I were sure that you had to work for your daily bread, and knew that you would take me to but one little room, I would not care. Indeed it would be happiness to work for you. I know how to work and am used to it, so that it means nothing to me. I shall have to learn to be a rich man's wife."

I didn't like to hear her talk so, for the more she exalted love for its own sake, and belittled riches, the harder

It became for me to approach her on a lower level.

"Ah," said I, using an argument I had read in one of my books, "you cannot really mean that you think love alone is enough."

"If you were as starved for love as I have been all my life," she said, "you would find it sufficient, too."

"But I have been," I answered; "and I do find love sufficient. I am only doubting if you understand what you are saying. But," I exclaimed, "this is no place for us to sit and talk. Why not come up to my room, where it is so much cosier? No one can disturb us and we shall feel almost as if we were married."

I watched her closely as I made this proposition, for to me it was crucial. A girl does not go to a fellow's bed-room without understanding that she is running into danger; and we were all alone in the house. I looked to see the tell-tale color rise to her cheeks.

I was disappointed in that, however, for she rose without a sign of comprehension, as ready to go to my room as to the kitchen. She had no thought in her pure heart but of perfect trust in me. I wondered if she was absolutely ignorant.

It was incredible to me that she was not the least afraid of me. None of the girls I had previously known but would have understood and been shy. It was quite a different thing from her coming in the day before, for then, unconventional an act as it had been for her to come into my room, at least we were expecting her mother and brother at any time.

But marvelous to say, Nellie was absolutely unsophisticated. She had been so little with other girls, had had no intercourse whatever with ignorant servants and had been so constantly with her mother that she knew absolutely nothing of the niceties of convention.

All alone in that house as we were, unprotected by any knowledge of the danger that might lurk in the impure heart of a vilely-taught boy, she went with me to my room and sat upon my lap.

I cannot recount the thoughts that

crowded my brain in the few minutes it took us to go from the library to my room. I remember that among other things I was intent on some scheme for arousing passion in her so that she would fall an easier prey.

One of the plans that went through my brain was to put one of my erotic books in some place so that she would be sure to see it. I was sure that if she would but read one of them she would be eager to emulate the conduct of some of the unspeakable heroines therein depicted.

I believed, as every boy I ever knew, believed, that girls like boys are filled with a mad lust that only hesitates at satisfaction for fear of the consequences.

But I did not know how to make such a plan work and I, therefore, abandoned it regretfully. I could think of nothing better to do than to debauch her mind with some of the specious arguments I had stored up in my diseased mind, while at the same time stupefying her senses by arousing all the passion I could.

So I took her on my lap and kissed and fondled her while I pursued the interrupted argument I had started in the library.

"Do you really mean you would find love sufficient?" I asked.

"You surely cannot doubt it, Regy," she answered in tones almost of reproach.

"It is not a matter of doubting it," I answered; "I am questioning if you understand what you are saying."

"That love is enough?" she queried with a tender smile. "Oh, Regy if you had not one cent, if I really had to work to help you live, I would rather be your wife than the wife of the richest and handsomest man in the world."

"But," said I a little timorously, indeed, for a wicked seducer, "if love were sufficient you would not care whether you were a wife or not; you would give yourself without."

"And do I not give myself freely without?" she asked with a laugh and at the same time pressing a kiss upon my lips.

I gasped with amazement. The girl actually did not understand me. She was ignorant beyond imagination. She



was impossibly innocent. She sat there with her round arms encircling my neck, her warm lips pressing mine exactly as a little child of three might have done.

For a few moments I had the feeling that I could no more pursue my purpose than I could attempt to fly. It was like thinking of assaulting an impregnable fortress. I found myself wishing her a little less innocent.

I read a story once, I have forgotten the name, of a burglar who at infinite pains had broken into a house for the purpose of stealing, and who was met, as he entered the window, by the gentleman who owned the house and who greeted him courteously and begged to have the pleasure of showing him just where the most valuable things were. The story related that the burglar, in a dazed state, followed the gentleman about, loaded himself up with jewels and money and silver, drank some wine with the gentleman and then finally, at the door, emptied his pockets and his bag of plunder and declared with an oath that he'd never forgive himself if he took it.

Well, there I was in the very case of that burglar. I had prepared myself for resistance, for anything in fact; but the pure, snowy simplicity with which my advances were met.

There was Nellie, now avowedly alone in the world and depending on me

(To be Continued.)

for all her happiness, ready to put herself into my keeping for guidance. I saw that I had but to say what she should do, and such were her trust and confidence in me that she would do my bidding without a protest.

There was no need to debauch her mind to win her; any specious falsehood would serve me. I said to her wonderingly.

"Do you mean, Nellie, that you do not care whether you are married or not? I do not understand you."

"Oh yes," she answered, opening her eyes wide, "I want above all things to be your wife; for I want a home and children, a place where you shall be king; I want to make you happy all your life. It seems to me, Regy, as if you had been sent to me by heaven to give me the opportunity to love. And I am so grateful that I want to make you very, very happy."

I heard her words, I understood them with my brain, but that was all; I did not and could not enter into the spirit of them; I was not large enough to see the picture of beauty and joy that her simple words painted. I felt her lips on mine, I felt her arms about my neck; the beast in me controlled me.

"But you give yourself to me now?" I cried brokenly.

"Oh yes, Regy, for you are all I have in the world."

## ONE EFFECT OF THE PACKINGTOWN EXPOSURES

That the public still have *The Jungle* and its revelations in mind, together with the reports of the committee appointed by President Roosevelt to investigate the charges made in the book, was made evident by the fact that Representative Wadsworth, who posed as the active defender of the packers, was soundly and roundly defeated during the recent election. It will be remembered that Wadsworth not only brazenly gave the lie to the President's committee, but that he was rebuked personally by the President because of his

attitude in the matter. Furthermore, he it was, who was responsible for the mutilation of the Bill, and it was through him, that one of the most necessary clauses in the original measure was eliminated, this being that which provided for the cans containing meat products being stamped with the date on which they were filled and sealed.

Honest men will rejoice over Wadsworth's defeat, and it is to be hoped that other of his kidney will in due course be made to feel that the public still has a memory and a ballot box,

## Killing the Patent Medicine Pest in the Old World

By WALTER V. WOHLKE

THE present crusade against the wholesale poisoning of the public by means of patent medicines and adulterated foods has proven conclusively that the only possible way in which the manufacturers of the same can palm off their wares on gullible buyers is by circulating in print, untrue and fraudulent statements regarding the contents and effects of their products. The press, is practically the only medium by which the masses can be reached effectually. Close that medium to the patent medicine men and their trade of poisoning the people at once collapses.

In consequence of the campaign now in progress, the self-respecting, high-class monthly and weekly magazines have eliminated from their columns any and all advertisements that cannot stand a close investigation, while the daily and weekly newspapers, with few exceptions, continue to aid and abet the abominable murder and poison business.

Will these papers, of their own free will, free themselves of the shackles of this unholy alliance and discontinue to be parties to the crimes committed daily against the sick, the ignorant and the helpless? Will they follow the example set by the decent magazines and refuse in the future to share in the blood money extorted from their readers by unscrupulous advertisers? Or, if they will not follow voluntarily the dictates of common honesty and decency, what are the measures by which they can be forced to give their readers a square deal?

The first question must be answered in the negative. The daily and weekly papers will continue to publish the questionable advertisements, not because they desire to assist the perpetrators of the frauds, but at the behest of the business manager, the autocrat of the newspaper world, whose task it is to establish the necessary balance between the ever-growing expenses of the modern

newspaper and its income, which is derived almost exclusively from the advertising receipts.

Any one acquainted with the business side of journalism knows that the number of really successful, money making dailies is not large; that a much greater number, wobbling along the edge of the yawning abyss "deficit," in many cases depending upon political and other sources to stave off the plunge into bankruptcy are forced to accept any and every advertisement offered in order to keep up the pace set by fierce competition. Advertisements bring the money, and the number of readers determines the value of the advertising space and the size of the advertisement. But the favor of the public is fickle, and the gaining of this favor—together with the rewards thereof—involves heavy expenditures. The public demands the news, all the news; it demands interesting features, good illustrations, colored supplements, and all these things cost money. The business manager is the field marshal on whom the editor depends for his supply of ammunition, and so the business manager cannot be scrupulous when the expenses have to be covered.

But those strong, powerful papers that do not need the money derived from questionable advertisements? This class of the daily press usually pays large dividends, and it is extremely rare that stockholders and proprietors welcome a decrease in the size of the quarterly stipend, no matter how laudable the motive that causes the decrease.

If a majority of the newspapers will remain silent in the fight against fraudulent advertising, if this majority cannot or will not break the unholy alliance with the enemies of the public, where is the remedy to come from? The answer to this question is to be found in the restrictions placed upon fraudulent and

misleading advertisements by the countries of continental Europe, at the request of the business men and their commercial organizations.

More than a decade ago, a wave of reform, a tide of protest against the unscrupulous advertising and business methods of firms and individuals, swept through Germany. The Chambers of Commerce, the individual merchants and the public took up the fight, with the result that, on May 26, 1893, the Reichstag passed a law entitled "An Act for the Protection of Commerce against Dishonest Competition." Under the broad provisions of this act fraudulent and misleading advertisements, the mainstay of the proprietary medicine and get-rich-quick concerns, have practically disappeared from the columns of the German press, and with their disappearance the concerns thriving on the credulity and cupidity of the ignorant public, collapsed at once.

The German law, which has been imitated in France, Austria, Hungary, Switzerland and other European countries, has given entire satisfaction during the twelve years of its existence, and has been altered or modified only in unimportant details. The law prohibits absolutely the publication of any false, fraudulent or misleading advertisement or statement; it makes the advertiser and the newspaper liable for damages, and it imposes a maximum fine of 1500 marks (\$350) for the violation of its provisions. For repeated violations imprisonment up to six months is added to the fine.

No loophole in the definition of "fraudulent and misleading advertisements or statements" is left by the framers of the act. The law forbids false statements in regard to the quality and contents of the article advertised. All the published representations concerning the method of production, the source of supply, the relation of the advertised price to intrinsic value, the possession of diplomas, awards or testimonials, must be based on facts. No false statement must be made that is liable to create the impression of an especially favorable offer. Misleading or fraudulent representations about the effect or performance or the article offered also lead to

the imposition of the penalties provided by the law. Even the newspaper may be held responsible, provided it knew the falsity of the statements before publication.

The effect of these stringent provisions applied to the conditions obtaining in a large part of the American press, would be magical. Not one of the prominent nostrums could continue its advertising campaigns under these restrictions. Neither would the fake "medical institutes" be able to lure new victims into their vile dens, and the prison population would be increased by the addition of the persistent promoters of wild-cat gold mines, salted oil wells and imaginary coffee and banana plantations. Even the oracles of the superstitious, the fortune-tellers and clairvoyants, would have their wings clipped; instead of the fulminant proclamations they would have to be satisfied with announcing simply, as they do in the German press, that "Madame X. will be at her apartments, No. 115 Blank Street, from 9 A. M. to 10 P. M."

When the thorough and conscientious Teuton attempts the solution of a problem, he stops at no half-way or compromise measures. In this instance, even the ancient "bargain sale," the surest bait for the female shopper, came in for reform. All the provisions of the act against dishonest competition are applicable to the announcements of "bargain sales." The enterprising department store proprietor in Germany must not proclaim a "Great Alteration Sale," when he puts in a new window pane or door. Neither may he announce a "Stupendous Slaughter in Prices" unless the "slaughter" actually takes place.

In Austria, the restrictions placed upon the progressive merchant are still more drastic. If he advertises a "bargain sale" of a certain specified amount of goods, and if, during the life of the "sale," fresh goods are added in excess of the specified amount, the authorities have a right to confiscate the entire lot for the benefit of the poor, besides imposing the prescribed fine upon the merchant.

In spite of their vigilance the German authorities unaided would be unable to discover all the cases of fraudulent ad-

vertising. To overcome this obstacle in the enforcement of its provisions the law grants the right of filing information and complaint against violators to all competitors or persons in the same line of business. By virtue of this provision the German medical societies and physicians were enabled to proceed against all fake proprietary medicines and to prevent the quack doctors from advertising their magical cures. Under this provision every merchant exercises a strict censorship over the trade announcements of his competitors, and all of them are watched critically by committees of the commercial organizations. These committees pay periodical visits to the stores, buying goods and analyzing them carefully in order to determine whether or not they come up to the claims made for them. The case of a barber in Northern Germany shows the necessity for this eternal vigilance. Within the last year he received a prison sentence of six months, as he persisted, even after repeated fines, in advertising the wonderful virtues of an "infallible hair-restorer" that consisted almost wholly of innocent tallow.

France has long since enacted similar legislation, with identical results. Switzerland, the little model republic with the most progressive and most

democratic form of government, omitted the imprisonment clause from its law against dishonest advertising, but raised the maximum of the fine to 10,000 francs (\$2,000). Other European nations have proceeded along the same lines and invariably the most pleasing and beneficial results have followed in every instance.

Eventually the United States will follow the lead of the Old World. The Federal Constitution may prove a stumbling block in the path of reform, but in the control of the Post Office regulations a powerful weapon will be found. Use of the mails may in the future be denied, not only to palpable, open frauds, but also to papers and periodicals containing fraudulent and misleading advertisements. This would be a step in the right direction, but only a step. The evil in its entire extent will not be suppressed before the common, every-day morality prevailing in the American home, is carried into the business and political methods of the country, and not left, like a pair of rubber shoes, outside the office door. Then, and only then, will the influence of the honest and fair business man become strong enough to prevent his unscrupulous competitor from obtaining money under false pretenses.

## THE CHEMISTRY OF SOUR MILK

### TO THE EDITOR:

I have been following up your recent discussion on the sour milk question, and there seems to be much variation of opinion on the part of your readers. The article in your recent issue entitled: "The sour milk question," by a farmer, proves that the average farmer evidently does not know the value of sour milk as a food for both men and animals. Sour milk is more nourishing and easier assimilated because it is predigested by the lactic acid that forms in it. "Farmer," says that the souring of milk marks the first stage of its decay. It may seem that way in his opinion but it is not a fact, because in the process of decomposition the proteids are changed by germ action into nitrogen, etc. and are held by the soil or set free as ammonia. But the composition of sour milk shows that it contains the usual amount of solids not fat, as skim milk does. While sour milk may contain a somewhat smaller proportion of food elements than sweet milk, the feeding of it to human beings, and animals will

generally give better results than is obtained by using sweet milk. The cause of this is the stimulating effects of sour milk on the appetite, and its power of increasing the stomach juices thereby aiding digestion. There is no reaction in sour milk. Speaking of the effects of sour milk on the human system, Mr. Metchnikoff, who is the head of the Pasteur Institute in Paris, and an authority on the subject, says that he regards such milk as a natural stimulant. In regard to what the farmer says about sour milk awakening a craze for drink in a reformed drinker. I can oppose this statement by personal observation. "Farmer" further states that beer tastes better than sour milk. This may be true on the majority of American farms, where milk cans are seldom washed and billions of millions of germs swarm in them. If these cans were properly washed you would get the true souring to the milk, and I think Mr. Farmer would experience an unwonted delight.

HENRY GIMRY.  
Madison, Wis.

## The Medical Profession of To-day from a Medical Viewpoint

An Illuminating Discourse by an Authority on the Blundering Methods and Disastrous Errors of the Majority of "Up-to-date" Doctors—A Confession of Incompetency that the Layman will do well to Ponder on—Practically all of the Theories of Disease that are now in Vogue are Admitted to be of Experimental Nature if not Worse

ONE of the assets of a doctor is the confidence which he can induce his patient to place in him. For this reason, the layman is carefully educated by the members of the medical profession to believe that the latter are as nearly infallible as human beings can be. This explains the blind and unreasoning belief in "our doctor" that exists in many households, and explains also, a goodly proportion of the settled accounts in the books of the undertakers. For if "our doctor" tells us to pursue a course of action in regard to the treatment of our sick, we, prompted by our blind belief in him, follow his directions, no matter how opposed they may be to the dictates of common sense, or how totally at variance with the suggestions or demands of Nature.

Now while the doctors encourage the public in this belief in their all-wisdom, yet, when they get together in a professional way, they are like unto the Augurs of ancient Rome, whom as you remember, after prophesying to the people, did not dare look into each others' faces lest they should be caught smiling. So then, no "regular" would ever dare to claim infallibility in the presence of another "regular." On the contrary and on those occasions when they do mingle in a journalistic or colloquial sense, confessions of fallibility, of ignorance, of obsolete methods, of blunders that are only marked by a gravestone and much more of the like, are not infrequent.

A case in point is furnished by an article which recently appeared in that important medical publication *The American Journal of Clinical Medicine*.

This article is a confession of so frank a nature and of so instructive a type, that no excuses are offered for quoting it at length as follows:

"However much we may boast of the progress of modern science it must be confessed that, though improving, it is still far from perfect. The whole structure rests upon a mass of hypotheses, and hypotheses too which are constantly changing. To-day we boast that we have the Truth; to-morrow we are chasing a will-o'-the-wisp. Five years ago, nothing seemed more certain than the atomic theory. And yet even this has now been modified to make it accord with the new facts concerning electrons, ions, x-rays, beta-rays, radium and helium. The atom is no longer regarded as the ultimate of the divisibility of matter, nor the elements as unchangeable.

"It is a natural thing to desire to make facts fit into our theories. And it is a creditable thing to desire to unify our knowledge, to make one fact fit in and dovetail with another; human knowledge is largely built upon hypotheses, and so long as they explain the facts better than anything else, they subserve a useful purpose. The danger is, that the men who build these theories, and the men who accept them, come to look upon them as infallible—which they are not.

"In medicine this is peculiarly true. Look over medical history and see how medical practice has been molded by theory. From Galen down into the middle ages the 'humoral pathology' prevailed. The physician purged, bled and vomited to get rid of certain 'hu-

cut a long story short, the thirty years of their married life was turned into thirty years of immorality, not the ordinary immorality but the equally condemnable misunderstanding of the duties and limitations of a husband's relation to his wife.

"In the course of time, three children were born and grew to puberty with a fair enjoyment of health. Now comes the tragic part of the story. One day on returning from a business trip in the country Bilton found a letter lying upon his table. He opened it in a casual manner but gave a cry of alarm as his eyes perused the contents. It was from his youngest daughter, aged 19, telling in a few brief words of her departure that morning for Rochester with a dissolute fellow who had been ordered from the house some weeks before. She confessed her love for him and asked pardon for the rashness of the act. From that day to this she has never been heard of except in a way that cast shame upon her own and her parent's name.

"Six months afterward, the newspaper account told the fate of the eldest girl. Her health had fallen to pieces. A species of insanity had taken possession of her and under the influence of a temporary melancholy the waters of the river closed over her. You begin to see why I referred to her case in opening this conversation. Then the third daughter—well, her fate has been perhaps the worst of all. About three years ago she evidenced a decided turning to absent-mindedness that finally turned her into an idiot. She works for various families about the city in the capacity of nurse-girl but will soon be placed in an asylum. The parents are beginning to feel in a physical way the horrible results of their earlier sin. Paralysis

has set in and it must be left to the imagination what the real end of this tragedy will be. Don't you think that Nature has taken her reckoning in a fairly liberal way when it has demanded the death of one girl, the insanity of a second and the abandonment of the youngest. Was ever a greater truth spoken than that the sins of the father shall be visited upon the children."

As I finished speaking I looked into my friend's face. I was about to ask him for his revised opinion on the matter which had called forth my story, but at the moment the bell in the city hall tower clanged forth its discordant tones that told us all too plainly the lateness of the hour. It seemed to waken him from his reverie. He turned in the direction of his home and walked a few steps from me. Then as though moved by some sudden feeling he returned to my side, and looked at me as though asking my pardon. "Dear old chap" he said, "I'm going to turn over a new leaf" and with that he hurried down the avenue until his form was lost to my sight. By his parting words he had told me that his life story was not unlike that of poor Bilton.

We have statistics on every matter that has to do with our daily life. But the statistics which record the shattered constitutions, the wrecked mentalities, the depraved minds, the deformed bodies, and the hosts of ills that arise from marriages of the Bilton type are only known to the Recording Angel. When the great day of reckoning comes, I think that those who will be held responsible for all these evils will be the prudes who do their utmost to prevent light being thrown upon the sexual relation, especially as it obtains in the case of married people.

### A HINT TO CHICAGO PACKING HOUSES

A dim consciousness of the intimate connection between regimen and religion seems to have dawned upon the intellectual horizon of those savage tribes who eat the missionaries which a misguided philanthropy has sent to save their souls from perdition. A wiser charity would avail itself of the

suggestions of modern science, and forward potted apostles, dessicated saints, and canned evangelists directly to the scene of their labors among the hungry heathens. Some clerical Liebig has here an opportunity for immediate distinction.

—Senator Ingalls.

## A Tardy Recognition of the Need of Race-Breeding

Under the Auspices of the United States Department of Agriculture, a Committee is Taking the Preliminary Steps to Test the Practicability of the new Science of Eugenics—While the Ancient Nations did Their Best to Breed Men and Women of a Superior Type, Modern "Civilization" Has Totally Disregarded the Subject—It is apparently of More Importance Nowadays to Breed Prize Pigs and Peerless Poultry, than Strong Men and Healthy Women.

By ALBERT C. DUFF

WHATEVER maybe the outcome of the work of the committee appointed by the United States Department of Agriculture to study Eugenics, it is certain that its proposed work marks a recognition of the fact that "the proper study of mankind is man." Eugenics—a word of more or less recent formation—means, in a broad sense, that study of hereditary tendencies in mankind through the medium of which a perfect race may be evolved. The fact that "Eugenics" is not to be found in the average dictionary emphasizes the tardiness of action of those allegedly entrusted with the furtherance of the well-being of mankind.

Not so long since, there appeared in *PHYSICAL CULTURE* an article which had to do with the inception and prospects of the new science, which apparently has its birth in English scientific circles. The article in question advanced propositions which from the first issue of *PHYSICAL CULTURE* have been consistently advocated by its editor. Bernarr Macfadden has been a consistent preacher of the gospel whose text is that the chiefest duty of man is to bring about the physical, moral and intellectual progress of his fellows, and that, compared with it, all other duties or obligations are comparatively insignificant. He has also laid stress, on the paradoxical attitude of the authorities in that while some millions are spent annually on the im-

provement of the various breeds of domestic animals, and of those forms of plant life with which the agriculturist has to do, yet the infinitely more important matter of the improvement of the *genus homo*, or mankind, has been absolutely ignored. The inference is, that, from the official point of view, the perfecting of a Berkshire pig, a South-down sheep, or an Alderney cow, is of infinitely more importance than the development of a child, man, or woman, on those lines which Nature intended and which civilization so-called, unhappily prevents.

What is the reason of this indifference to the claims and needs of humanity? What is the meaning of this supineness of official minds in connection with the evolution of healthy bodies and wholesome minds? On the other hand, why this enthusiasm over the unsavory pig? Why the thought and care lavished on mutton in the raw? Why the enthusiastic hunt for a new cereal, an eyeless potato, or a frost-proof alfalfa? Can it be that "there is more in it" in a political grafter's sense in the case of the pig than in that of people? The inference may seem to be uncharitable, but is it altogether unwarranted in view of certain recent happenings in both the Senate and the House of Representatives, all of which were illustrative of the fact that in the presence of "practical politics" the interests of the people have about as

much chance as has the fat worm that happens in the neighborhood of a hungry robin. The reference is more particularly to the fight that was made by Senator Beveridge to protect the "common people" against the loathsome and politically backed methods of the Chicago packing-houses, and the bitter opposition which was brought to bear on the Heyburn Pure Food Bill, which as PHYSICAL CULTURE has told, resulted in the mutilation and emasculation of that measure. When PHYSICAL CULTURE states point-blank that graft, and big graft at that, was at the bottom of the opposition to the two measures in question, it believes that it is voicing, not only the opinion of a goodly proportion of the independent press, but of the citizens of this country in general. And it is furthermore of the belief, that the sizzling enthusiasm on the part of certain officials at Washington for improvement in pigs, poultry, plums, and poodle dogs, is also the outcome of the fact that, to use the well-worn but pertinent catch-phrase of Colonel Sellers, "there's millions in it." On the other hand, and in view of the limited scope of and comparatively little expenditure connected with, experiments having to do with the improvement of the race, there is not that financial charm about it which in the case of certain elements in Washington, are so manifest in the instance of the pigs, etc.

A few months ago, Assistant Secretary Hays of the Department of Agriculture, in connection with the appointment of the committee alluded to, was heralded as the originator of a plan for the creating of a virile and high type of American men and women, the methods to be followed, being based on those outlined by the British Society of Eugenics. The newspapers also intimated that Mr. Hays, or rather his committee, would improve on the British method, and would bear in mind the theories and to a certain extent put into practice, the principles which have enabled Luther Burbank, the wizard of plant life, to work miracles among things that spring from the soil. It would seem, however, that in the first flush of enthusiasm which followed on the offi-

cial recognition of the value of Eugenics by the Department, that Mr. Hays was either carried away by the apparent promises of the new science, or was misquoted. Anyhow, and subsequently he made the following statement, which is in some respects curiously like to certain articles dealing with the subject which have appeared in PHYSICAL CULTURE from time to time, during the past half dozen years.

"I have been misquoted as indicating that a committee on Eugenics was being formed to 'breed' men. The committee is not designed to do more than make a broad study of heredity in man—in relation to racial improvement. I said that such subjects as lessening the number of weak and criminal people, would naturally be considered, also that there might be found ways of encouraging the increase of people of strong and vigorous blood. Statements of methods of studying this most difficult subject would be entirely premature, because about all that has been done is to authorize the formation of the committee.

"This committee is not in any way official, but is part of a society devoted for the most part to study heredity in plants and animals. Study of the heredity of deafness, of blindness, of a tendency to yield to certain diseases, and like investigations, are now quite common among medical men. It is hoped that these investigations may be centered in the reports of this committee on Eugenics. No one has any new or radical theory to exploit in this committee, which should be of conservative investigators.

"It may be that the extensive studies of heredity of plants, in which progress has been made in the past decade, will throw some light on heredity in man, as it is aiding in a better knowledge of heredity in animals.

"Improvement in species of plants has proven relatively easy. Racial improvement in man by any new methods seems a long call, and education and religion in the home, in the school and in the church and daily contact with others, must ever be the great elevators of the races. The world is rapidly accumulating the means, and devising the methods necessary to insure



good food, clothing and shelter to all who will do their part. Education modified so as to have more of industrial and specific preparation to fit for practical life, will better assure to all the power to make a living.

"Under modern conditions, where not much more than half the people are required in outdoor occupations, where there is much more highly organized industrial, transportation, merchandising, political and social affairs, and where a large number of the people are highly trained in specialties by long attendance at schools, the race is under a new environment.

"No careful study has been made as to whether the race is wisely adapting itself to this new environment, which gives fierce competition in some lines,

allowing only the fittest to survive, and removes competition along other lines, sometimes permitting the weaker part of the race to develop.

"For education and religion to have their largest influence, the leaders in the schools and churches need to know the radical tendencies. Man needs to be studied with as much care as corn or cotton or wheat. If the heredity of corn and other plants can be educated, possibly the heredity of races of men can be trained. Some of the laws of heredity seem to be the same in all living things. But there are differences in the heredity in each species. We may learn from studies of heredity in plants how better to study man; but to study heredity in man we must study man."

### THE DUTY OF THE CLERGY

TO THE EDITOR:

The meddlesome minister who considers it his duty to tell young people the exact percentage of their income which they are to expend for rent and divers household expenses, and who himself wastes money on his personal self for beer, whiskey, tobacco and fancy foods, may seem an utter impossibility, yet we have him with us and know him. (At least I know him, and there must be others who know him.)

Standing as he does, so close to both the youth and maiden who would have him make them one for life, it is surprising that the minister delves no deeper into their affairs than their purse. Is he not the guardian of their souls? And what better and more Christian opportunity for safe-guarding the souls to come from their union? Is it none of his business?

The trouble with most ministers seems to be, that they themselves mistake their ignorance for bliss, their prudery for piety and the size of families the sole true sign of God's favor. As for the quality of the offspring, they declare it all depends upon God. No wonder that we find any number of couples having children less than a year apart, born not of reciprocal and true love, but as the result of the man's insistence that "the woman was made for the man," as says St. Paul in the Corinthians. Yet St. Paul does not say that alone; he also says that woman is the weaker vessel and bespeaks for her the consideration due her from this fact.

It is too bad that ministers themselves interpret the "obedience" clause, in the marriage vows, as applying most strongly if not exclusively to the marital relation, both in their own family and when quelling quarrels arising from a woman's repugnance to submit to the will of the man.

Let us hope that these are exceptional cases, but it appears to be about time that ministers turn to their true vocation of preaching the law of God from the pulpit instead of complacently allowing Nature to have its way.

To men who declare that they must gratify their passion at intervals depending upon their exuberance of spirit and imagination aroused by contemplation of these holy matters, regardless whether they must literally force their wives to submission, even in case of advanced pregnancy, (save the mark!) to their bestial content, a true word should be spoken in private, and from the pulpit nothing newer than the laws of God as thundered into the ears of the Jews for centuries.

Our so-called Christian ministers say that most of the Jewish laws have been abrogated, are null and void, because Christ came to fulfill those laws for them. The words "for you" do not appear in the Bible; simply Christ came to "fulfill the law" and not to abolish it. Who gives the ministers the right to select whichever laws they see fit to be observed? Is not the Hebrew nation the living proof that God rewards them that keep His commandments, unto thousands; not merely the decalogue as a feat of memory, but also the marriage laws.

I think your excellent magazine is a truer preacher of the laws of God than many a pulpit orator who turns our attention to all other things and affairs except those concerning our physical selves. The promise given to the children of the covenant is "that thou mayest live long in the earth." After that man may pass to higher rewards about which there is so much premature speculation.

WILLIAM F. PLAGENZ.

Cleveland, Ohio.

# Timely Health Hints

By BERNARR MACFADDEN

## The Coming Spring

The exhilarating influence of the biting cold air will soon be but a remembrance. Spring will be upon us now almost before we are aware of it. It is the time of year when all Nature smiles—when out-of-doors is the most inviting. It is the time, also, of vital depression. We miss the stimulation of the cold weather. We miss its tonic effect. Our appetites, as a rule, increase under the influence of the Winter, and as Spring comes upon us, we usually continue to take the same amount of food, and frequently but little or no changes are made in its character. There is a vast difference in the physical requirements of man during Winter and during the warm days of Spring. This is illustrated very emphatically by the appetite of the Esquimo and the appetite of the average individual residing in temperate climates. About the most satisfying dainty to the Esquimo youngster, is a tallow candle, but the children of the Temperate Zone would hardly find it appetizing. If the conditions were changed, however—if the Esquimo moved South and our children moved North, in the course of time the appetites would probably change also. As Spring approaches, you will have to remember the necessity for lessening the quantity of your food. It is more especially important at this time of the year, that you avoid stuffing the stomach. Eat all you need, but do not eat all you can. If this advice is not heeded, a serious illness is liable to result. There is usually a very heavy demand for Spring medicines. All sorts of blood purifiers do a rushing business at this time of the year.

## Blood Purifiers

Do not be "taken in" by these so-called blood purifiers. Try and absorb a few physiological facts, and you will quickly understand how impossible it

is for a noxious liquid to purify your blood. The blood-making organs make good or bad blood, in accordance with the quality and quantity of the material that is assimilated. So, during the Spring, if you take the right kind of food, your body is sure to be furnished with pure blood, providing always, you do not eat too much of this food. The most wholesome article of food will be turned into rank poison if the stomach is continuously overloaded. The finest blood purifier in the world is either a very spare diet, or else no diet at all. If your blood is impure, take a short fast. That will do more in the purifying process than all the so-called "blood purifiers" in the world. Of course, certain articles of food are of value in cleansing the alimentary canal. They assist to a certain extent, in eliminating the effects of overeating. Green vegetables, and onions are especially advised. Acid fruits are always good. The free drinking of water can be recommended. In fact, a book might be written with suggestions on this particular subject. Those especially interested, should consider what I have said here, merely as superficial hints.

## Our Two Characters

The story of Dr. Jekyll and Mr. Hyde portrays the extremes of different characteristics, possessed by practically every man. These two extremes, as far as they affect the physical welfare of man, might be termed *reason* and *appetite*. Of course, a normal appetite will usually crave that which is beneficial. The entire satisfaction of its cravings is rarely otherwise than healthful, but because of the unnatural foods that many of us are in the habit of eating, but few of us possess what might be termed a normal appetite. Therefore, in the life of most every individual who is desirous of possessing the highest degree of health, there is a continuous contest between appetite and reason.

Reason may tell you that certain articles of food are good for you. It may tell you on some occasions, that you have taken sufficient; that you should stop right then and there, and the contest between these two mental forces, accurately indicates the character of the man. Will reason or will appetite have the upper hand? A man who is controlled by appetite, can hardly be said to possess indomitable will. Reason must always be in control. Between your two selves there will be a continuous battle, if you are striving for the highest physical rewards. In your own life, dear reader, which is the controlling power, reason or appetite? The answer to this question will determine whether you are master of yourself, or whether you are mastered by the dictates of an abnormal appetite.

#### Underwear

As the warm days begin to put in their appearance, those of my readers who believe in heavy underwear will begin to yearn for lighter garments, and this yearning indicates in practically every case the need of a change. Most of us bundle up entirely too much during winter. Heavy underwear of any kind is an abomination. Heavy woolen underwear is especially bad. When the warm days come upon you, and you feel like shaking off your winter overcoat, do not be "scared to death" by the possibility of a cold. To be sure, if you are in a bad condition, your vitality is low, your blood is full of impurities from too hearty eating or little exercise, and general lack of care, there may be a possibility of a cold when a change of this kind is made. But then, a cold is only a step towards internal cleanliness. The phlegm, the mucus that is eliminated by a cold, is certainly better outside of the body than inside of it, though of course, I would much prefer to see these impurities eliminated through the normal channels, if possible. When you begin to think of changing your underwear, see that your blood is in a good condition. Be sure that you are vigorous. Be careful that you have not eaten too much or too fast. Be especially careful that the exterior surface of your body

has been kept clean by frequent bathing. Under such circumstances, there is no need of taking a cold, or any other uncomfortable or serious results from the change of underwear.

#### Open Windows

Those who have been afraid to try the fresh air cure during the winter months, ought to be encouraged to give it a trial, now that the warmer weather is approaching. If you are in the habit of pulling your window down an inch or two at the top, or up an inch or two at the bottom, gradually enlarge this opening each evening on retiring. Open the windows a little bit wider, and in two or three weeks, the opening should be as large as the window will allow. Of all the gross superstitions that have handicapped the physical welfare of mankind, the fear of draughts and fresh air, is perhaps among the worst. You cannot live in the truest sense of the word without breathing good, wholesome pure air. You go through life merely existing under any other circumstances. Those who might still have some fear of breathing the outside atmosphere, should take a lesson from the remarkable results of the outdoor cure in the treatment of consumption. If outdoor air, whether damp or cold, or whatever it may be, is of actual benefit to weak and even diseased lungs, why should any one fear it, who is in possession of ordinary good lungs?

You cannot breathe too much pure air. If you want to enjoy life in every sense of the word, become a fresh-air crank. Do not be satisfied with foul inside air, under any circumstances.

#### Light Overcoats

It is about time for light overcoats, that is, if you want to be in style, and many say that you had better be out of the world, than out of style. Human beings are very closely tied to the sheep habit. One follows the other, to the end of time. There is the right style of being born, and throughout your entire existence there is a right way and a wrong way in doing everything, in accordance with the views of the conventional human being. There is even a right and wrong way to die, and

these iron-bound rules of style will follow you to your grave, though at this period there is but little need of being further annoyed by the style habit. The spring overcoat is all right if needed to maintain warmth. I do not believe in being uncomfortable. No one gains anything by nearly freezing to death. Discomfort is always a sign that there is something wrong, but as a rule, there is no need of a long outercoat, if one is capable of walking briskly or indulging in an occasional short run. The bodily warmth can always be maintained by increasing the physical efforts. To illustrate this statement, you will find athletes who are in the habit of wearing heavy overcoats and heavy underwear during the winter, going on long runs in the coldest weather, with nothing on but a pair of spiked shoes, thin running drawers and a thin athletic shirt. As a rule, they are more than warm under such circumstances. In fact, you usually find them dripping with perspiration. Discard your spring overcoat—gain internal heat by increased activity.

### A Non-Meat Diet

This is a good time to begin to experiment with the non-meat diet. There is usually more craving for meat in the winter than in the warmer months. Lessen the quantity of meat, and you will find that you will feel better. Meat is always inclined to fill the blood with impurities. It is harder to keep the body internally clean when following a meat diet, than when this character of food is avoided. As Spring approaches, there will be less need for Spring remedies, blood purifiers, etc., if you will cut down the quantity of meat than you eat. It might also be well to note that fish and the meat of chicken is much more wholesome than the red meat, such as beef and mutton. Red meats contain more impurities and are more inclined to cause disorders. If you are in the habit of eating meat two or three times a day, try eating it only once a day. If you supply yourself with a satisfactory variety of food, you will be surprised at the decrease in your desire for this animal food.

### COMSTOCKERY IN NEW ZEALAND



Cartoon published recently in "The Auckland Weekly News." Several obscenity test cases in New Zealand Courts have equalled, in absurdity, similar cases in this country

## Recovery of Our "Incurable" Consumptive

By BERNARR MACFADDEN



ANY of our readers were doubtless greatly interested in the photo. (published in the December issue) of Mr. Arthur G. Michaud, of Salem, Massachusetts, an incurable consumptive whose case we accepted for free treatment, and of whom we

herewith reproduce two photographs, showing his condition before and after eight weeks of treatment. We can say that our success in this case has been all that we could have hoped for. The reader will, of course, realize that eight weeks is a very brief space of time in which to attempt to cure a case of consumption, and that it will be necessary



Mr. Arthur Michaud, "Incurable" Consumptive, as he appeared before taking treatment with us.



Mr. Michaud after eight weeks of our treatment

for Mr. Michaud to continue for some time the regime in which he was instructed while in our care in order to build himself up more perfectly and regain his full weight. But even in the very short time that he remained with us, we accomplished a complete cure as far as his disease is concerned, and his condition promised a further gain in weight when he left us. Certainly none of the physicians who formerly gave him up as a hopeless case, would now consider him incurable.

The reader must also bear in mind that a photograph, while very expressive in many respects, cannot accurately indicate the full extent of a sick man's improvement, just as the photo taken before beginning treatment in this case did not indicate clearly just how bad, indeed, how hopeless, was Mr. Michaud's condition when he arrived here. The photographs merely show a gain of five pounds in weight, which in this case means an increase of muscle over the entire body, averaging a gain of one inch in most of his measurements. But the added strength, the increased vital energy, the improved state of his lungs and of all of the tissues of his body, the purified and enriched condition of his blood, the active circulation, all these cannot be expressed by the camera. The following letter from Mr. Michaud, mailed to us immediately on his return to his home, is very eloquent:

Mr. Bernarr Macfadden,  
Editor, PHYSICAL CULTURE.

Dear, Kind Sir:

It is great pleasure for me to further the cause of physical culture by testifying to its effectiveness in curing all ailments and giving to life a more joyful and sane conception.

Two months ago I came under your care, a hopeless and despondent sufferer from tuberculosis of the lungs. I was weak and downcast by many failures to regain my health and oft-repeated assertions that my case was hopeless.

To-day, after eight weeks of your treatment, I am another man, physically and morally. My weight is increased, my strength is doubled and my general condition is one hundred per cent. better. I am no more an incurable,

far from it. Life ahead seems inviting, for my confidence of shortly being perfectly well is based upon my wonderful improvement in these few weeks. Hope, unwavering hope, is my greatest and most appreciated acquisition while under your attentive care. My good digestion, my good humor and increasing strength encourage me to keep on the right road and benefit all who care by spreading the knowledge of physical culture.

Praying you to believe in my eternal gratitude and ever increasing faith in your ideas and ultimate success, I remain, Mr. Macfadden,

Your enthusiastic and zealous follower.

ARTHUR G. MICHAUD.

Salem, Mass.

About two weeks later we received word from Mr. Michaud that he continued to improve and that he had gained five pounds more in weight, thus making a gain of ten pounds in the course of approximately ten weeks. As every one knows, a loss or gain in weight in a case of consumption, is a very sure test of the patient's condition, and a continuous gain inevitably means a complete and positive cure, after which all that is necessary is to observe such habits of life as will enable him to maintain health.

The change and improvement in the facial expression should be noted, as it is very significant. Mr. Michaud's case was considerably worse than the average, inasmuch as his right lung had been badly lacerated by an injury received in a football game, leaving a bad cavity. He came to us with a violent cough, accompanied with frequent expectoration of blood and vomiting. Though treated by many of the best physicians, his condition had continually grown worse. And before he came to us he had even enjoyed the advantage of a change of climate, together with out-of-door sleeping, though without benefit, for the other features of our treatment were not then supplied him. From which it appears that the mere out-of-door life, unaided by other physical culture methods of treatment, is not sufficient to cure consumption.

# The Athletic World

By ARTHUR DUFFEY



THE indoor season of athletic sports is now at its height, and it is interesting to note the unusual success that has been attendant upon the many indoor meets, the basketball tournaments, and the race for the college hockey championship.

In basketball, the games have been confined more or less to the colleges and to the clubs who are members of the Protective Basketball Association, the latter association having gradually gained the allegiance of many of the A. A. U. clubs.

The indoor meets of the I. A. A. C., the Boston Athletic Association, and the N. Y. A. C., proved of their usual interest, but produced no new world-beating athletes. So popular have the

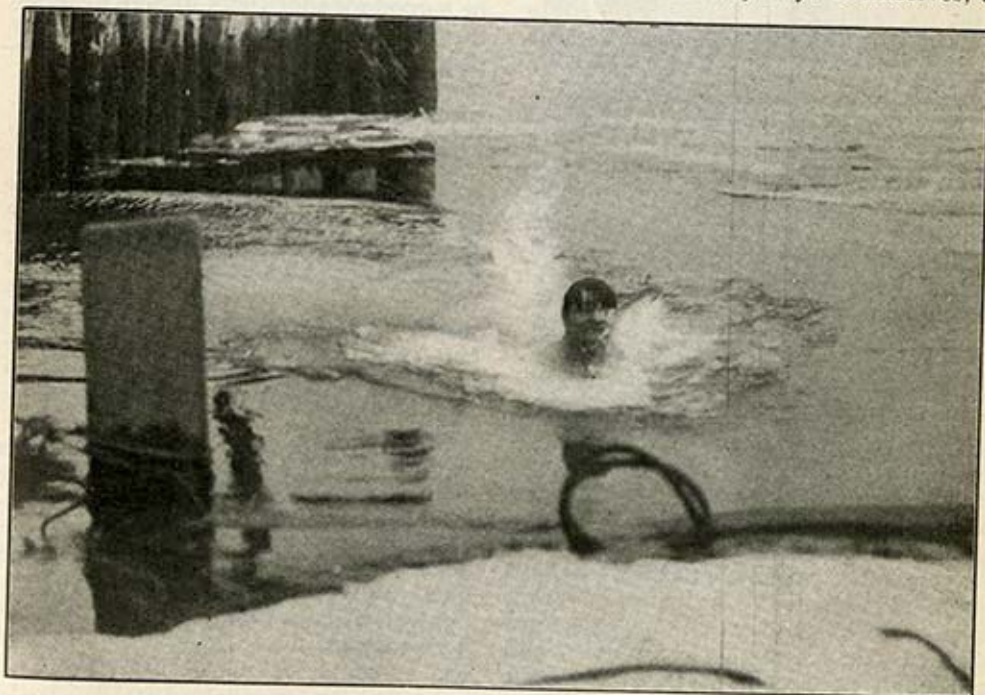
indoor contests become that outdoor competitions are waning in importance.

In the world of hockey devotees, the introduction of the game among our New England colleges, Amherst, Tufts and Dartmouth, proved a most popular move and, already, these colleges are following the sport as keenly as the larger colleges.

Dartmouth's showing against Princeton, Harvard, and Yale, upset many calculations as to the strength of the Hanover college, and in a few seasons I look to see Dartmouth a prominent factor for the championship.

It will be a source of great relief and satisfaction to the officials of the New York Public Schools' Athletic League, as well as to the many boys themselves, to

## School-Boys in the Armories



"Young Corbett" training at Stratford, Conn., in winter. He took a daily plunge in the icy waters of the Housatonic River

learn that the armory commissioners have decided to rescind their action refusing the schoolboys the use of the New York State National Guard armories for athletic purposes. Already gigantic preparations had been made by the boys for the forthcoming championships, and now that there is clear sailing, it is perfectly evident that there will be a greater boom than ever in interscholastic contests. As yet the athletic organizations that chiefly compose the militia have received no word as to permitting their contests, but from present indications it looks as if the commissioners will show the military athletes as much consideration as the schoolboys.

From England comes the report that gigantic preparations are under way to make the Olympic Games of 1908, to be held in London, the greatest in the history of this classic event. Also comes the report that the English Associations are going to take steps to look up the records of all our prominent athletes, and if the least flaw can be found against their amateur status, they will be debarred from competing in the contests.

I have been looking forward to just such action on the part of the British committee, for when our oarsmen were debarred at Henley by the Henley Committee, and when steps were broached concerning our tennis players, it only seemed a matter of time before our track men would be subjected to the same inspection.

But now it has come at last, and whether or not the British Association will be enabled to prove any specific charges against our star athletes, it remains to be seen if they will consider the allowing of expenses by our Association to its athletes grounds enough for debarment. On the subject of expenses the two countries have always been at variance. In many instances the British Association have always looked askance at our champions, and although no specific charges could be preferred against them, still to those "in the know," it looks as if the British Committee will use this as a cloak to prevent the Americans from competing.

There can be no doubt but that the British Amateur Association consider the American Association and the French Association breeders of corrupt amateurism. In the case of the Amateur Athletic Union, the Britishers have had so many startling examples of bogus amateurism placed before their eyes, in rowing and other branches of sport, that they are wont to view track athletics in the same light.

Personally, I must confess that the American amateur organization, in spite of the fact that the public have been lauding to the skies the Spalding Union, in many ways has been a breeder of corrupt amateurism. But while we have had many cases of bogus amateurism in this country, in England especially they have had just as many glaring examples. In fact, as soon as a British athlete won the English championship, it seemed to be only a question of time before he would be suspended by the Association. So while England might kick at the way the Americans are winning their amateur sports, it would be a good idea for them to look at home first before they severely criticize their neighbors. Taking everything into consideration, it looks as if the forthcoming Olympic Games will cause considerable trouble between the American Union and the British Association.

While England and America have a diversity of opinion about the coming Games, at home it looks as if there will be trouble

in store for the Central Association of the A. A. U. and the Metropolitan Association of the same organization. I might say that there always has been jealousy between these two organizations, especially because the Eastern athletes generally succeeded in defeating their Western competitors in the championships. This time Jim Sullivan and Walter Liginger are at swords' points over Sullivan's undue criticism of the Central Association. It will not be necessary for me to go into detail about the personal jealousy that has always existed between these two A. A. U. leaders, suffice it to say that Mr. Liginger has always been one of the foremost enthusiasts of amateur sport in the West



and has been the means of placing it on such a substantial basis in that section. To those followers of sport who have followed the methods of both men, it will be seen that Sullivan's unjust comments were totally uncalled for. The Amateur Association is not on the firm foundation that many believe it to be, and with two such political leaders as Sullivan and Liginger opposing each other, it would not be a surprise to see the whole organization wiped off the map.

While the A. A. U. factions are at war, the Protective Basketball Association is going on in its peaceful harmonious way and is accomplishing untold benefits for sport, and continuing to enroll many of the A. A. U. clubs in its fold. What the Protective Association has done for the basketball players, the much-talked-of Protective Association for Athletes promises to soon accomplish for general athletic sports on the same lines. At present there are over 700 athletes enrolled in the Basketball Union, and as soon as the track athletes make their initial bow, I expect to see its development just as rapid as that of the Protective Association.

It looks as if Maurice Wood, the

**Skating** Amateur Skating Champion, had got himself into trouble with the Amateur Skating Association. It seems that Peter Sinnirud, the professional champion, declares that Wood is not an amateur in the strict sense of the word, owing to appearance money which Sinnirud can prove that Wood took. The professional champion will have his troubles to prove such assertions, and I look to see Wood cleared of all charges. As matters stand to-day in the amateur world, if an athlete should take the expense money, so-called, that was tendered him by the management, the grounds are so well covered up that it is impossible to detect any digression of the rule. Hence if any rules are in vogue for the good of sport in general, and such rules tend to deception, it would be better policy to frame rules on a more logical and practical basis.

Up in Canada I notice that the two leading associations whose duty it is to control skating have had their same old

trouble over permitting amateurs and professionals to compete in the same contest and I am pleased to see that the Canadian Amateur Skating Association has successfully thrown down the gauntlet to the C. A. A. U. L. Rubenstein and J. D. Hemment were more or less



Maurice Wood, Skating Champion

responsible for the great victory of the Canadian Association, and such a plan as proposed and seconded by these two ex-champions could not have emanated from a more competent source, for no doubt in their long experience as

athletes they have come in contact with the many hypocrisies of the so-called amateur associations.

Young Corbett's system of training proved of great interest to physical culturists and trainers in general, for it seemed to be universally thought that owing to the rigorous training through which the pugilist had subjected himself, he would return to his former self. As a matter of fact I was not at all surprised by Corbett's defeat at the hands of Murphy, the aspiring lightweight champion. The ex-lightweight champion was evidently ill-advised in his system of training, for the icy plunges that Corbett indulged in proved that his nerves had been too much shattered and his body in general too greatly abused to be able to stand the wear and tear of a hard punching.

Now that Cornell has decided to restore the graduate system of coaching, it will be interesting to note just what the effect will be on her future football teams. For the last few seasons Glen Warner has been off and on coaching the football and baseball teams, and while in many instances he has not developed a championship team, still his work, considering the material he had to work with, was on the whole most satisfactory. But now that Warner has decided to go to Carlisle, the student body at Ithaca evidently thinks that it can survive by relying on graduates.

Up to date, Cornell's success in the college athletic world is more or less accounted for by the efficient coaches that it has had. In track athletics, Moakley has brought the institution from nowhere, in an athletic sense, to the present college championship status, and furthermore keeps Cornell on top. As it has been in track sports, so has it been on the water. Courtney, the veteran oarsman, has successfully maintained the college supremacy in aquatics for many seasons. But in spite of the fact that Cornell's success has been chiefly due to the professional coach, she is going to forsake her old stand-by and inaugurate a new system.

Evidently the Cornellians are following the example of Princeton and Yale, who, it must be admitted, have been very successful in the graduate coach system.

Recently an aspiring person, by name, Palmer E. Pierce has been endeavoring to form a new Intercollegiate Association whose object will be to raise the standard of ethics in college sport. Evidently, the gentleman in question believes that the old I. A. A. is incompetent to handle college sport and his new association will eliminate the so-called evils in college athletics. As I understand it, the meeting called by Pierce, was held to adopt uniform eligibility rules and a definite formation of laws of amateur athletics. Also it was the intention to appoint successors to the present Football Rules Committee. It is true that already Cornell, Princeton, Pennsylvania have signified their intention of joining the organization, but what college would not be in harmony with such ethics as adopted by this theoretical Association? When one looks into the object of the Association, it must be admitted that it appears to mean all right. But from a practical standpoint, it will have its hands full if it proposes to rid the colleges of the many evils which it claims exist. If one scans the formation of the Committee, it will be found that there are a number of "old dames" on it, who never knew what it was to compete in a race or any athletic contest whatever. It cannot be denied that the present I. A. A. has accomplished good work for the colleges. They likewise have enough rules to sink a ship and which to many of the athletes seem a veritable hardship. But while committees go on formulating new rules, the athletes will go right on doing their best to win and unmindful of all the little nonsensical regulations which the committee wishes to pass.

It is true that we must have rules for our college athletes, but it stands to reason that if rules are constantly added to the already numerous list, we will gradually eliminate our real champions and instead produce a lot of pink tea athletes, similar to the leaders of the new Association.

## Editorial Comment on Items from Everywhere

### Longevity and Pea Soup

MR. HENRY TABOR, of Sprucewood, Ontario, who is ninety two years of age, states that he feels as chipper as a boy, and lives exclusively on pea soup. He reports that since the spring of 1870, he has lived almost entirely on this diet. When he first adopted this regime, he was suffering from what doctors called cancer of the stomach. He was informed that his case was hopeless. He was then pale and weak and could take but little nourishment, and had practically lost hope of ever recovering normal health. While in this condition, an acquaintance informed him that he could prolong his life by eating pea soup. The suggestion appealed to Mr. Tabor, and he tried it. The food tasted good, and in a short time, he had gained weight and strength. He felt encouraged and continued with the diet, gradually discarding all other articles of food. He ultimately regained his former physical vigor. Occasionally he would try to eat cereals and meat, but each time they made him ill, so he naturally adhered to his favorite diet. Once a week, Mr. Tabor, it is said, eats a small quantity of fruit. Peas, undoubtedly, are very rich in nourishment, and most anyone could live on them for an indefinite period, if they so desired. Good, rich pea soup, made properly, is appetizing.

### How to Make Pea Soup

Soak the quantity of peas you intend to use over night, in water. In the morning add salt to taste, and place on the stove where it will slowly simmer (under no circumstances, however, allow contents of the vessel to boil) until the peas are reduced almost to a mush. From time to time, hot water can be added, so that the soup will be of proper consistency when ready to serve, but it is better to add the proper quantity in the beginning, if possible. When the peas are about half done,

add one to four onions chopped very fine. In order to cook pea soup properly in this manner, it should simmer from five to eight hours. You will find that the onions will add a flavor similar to that given by a "meat stock." Food of this kind, will be found exceedingly nourishing, and very palatable.

### Another Victim (?) of Christian Science

In Rochester recently, Miss Amelia Rehtz died suddenly, after several weeks illness. She was attended by two Christian Science healers and by a Christian Science nurse. Comments in reference to the death of this woman have appeared in the press throughout the country. Her death was not regular. There was no medical man in attendance. I suppose we will hear later that a suit has been brought against those who attended her, and those who are responsible for the failure to call a medical man. I wish it were possible to secure accurate information as to the percentage of deaths among individuals while in the hands of Christian Science healers, and of those attended by regular medical practitioners. I am very much inclined to think that it would overwhelmingly prove the advantage of Christian Science as compared with medical science. Of course, I do not by any means commend the Christian Science policy of doing nothing. You may try as hard as you like, but you cannot imagine you are well, when you are really sick. But the policy of doing nothing is certainly far better than to dope the poor victim, with poisonous drugs. It is bad enough to have to fight the disease, but when in addition, you have to struggle against foreign poisons, it is no wonder that the vitality is often unequal to the struggle.

### The Treating Habit

A report comes from Milwaukee, a City famous for its beer, that a Milwau-

kee lodge of Elks, has adopted a non-treating resolution. On and after January 2, no member of the Milwaukee Lodge, No. 46, B. P. O. E., shall treat or accept a treat from any resident brother of said Lodge in the buffet of the club-house of the Milwaukee Lodge. It is said that the rule will not apply to visiting Elks of other lodges.

If the treating habit could be abolished, temperance workers would be overjoyed. It is an evil of great magnitude. Thousands of men drink not because they have a desire for the fiery liquid, but merely to be sociable—merely because they consider it their duty. The average man seems to take an especial delight in overcoming any inclination one might have to refuse to take a drink. "Good fellows never amount to anything," said Russell Sage, on one occasion, and the statement is truth itself. They have plenty of friends, and have a royal time as long as their health and their money lasts, but when both are gone, they soon sink into ruin, and into the oblivion that comes to the ordinary street loafer. The example of the Milwaukee Elks could be followed with benefit by numerous other similar organizations.

### Can we Absorb the Scum of Foreign Nations?

The Commissioner of Immigration, in his report for 1906, makes some statements that are well worthy of careful attention. Is there not danger of this nation being demoralized in its effort to absorb hordes of immigrants, a large part of which are merely the "scum" of the nations from which they come? The Commissioner states that the physical and mental qualities of the immigrants that we are now receiving are much below those which came to us in former years, and from the details of this report his conclusion seems accurate.

During the year covered by his report, there were 1,163,353 immigrants landed in the United States. This represents nearly one and a half per cent. of our total population. The problem presented in the absorbing of this vast foreign population, should certainly receive very serious consider-

ation. It is well also to note, that the birth-rate among this foreign population, in some cases, is double that of the American born. A continuance of this process would not take long to totally eliminate the original American. This is a subject that deserves serious consideration by the authorities. It is to be hoped that either there will be a restriction of the immigration, or some very radical measures will be adopted to insure us a higher class of immigrants.

### South Dakota and Chiropractic

The result of a recent trial in South Dakota, in which A. H. Brunning was charged with wrongfully using the title of "Doctor," will probably be of interest to our readers. Mr. Brunning was a disciple of the theories of Chiropractic, and Doctor Smith, one of the experts in this science of healing, was able to convince the jury that it was in no way allied to the science of medicine. The Court, therefore, decided that the South Dakota Statutes regulating the practice of medicine, do not include this science, and Mr. Brunning was declared innocent.

### Athletes and Longevity

Dr. William G. Anderson, of Yale University, has prepared a statistical refutation of the assertion that college athletes are short-lived. At the Harvard University, similar statistics were gathered from former Harvard students. Of the 807 Yale athletes who have been especially active in rowing, foot-ball and various other athletic sports in the last fifty years, nearly fifty-eight are dead, while the death-rate percentage of all former students during a similar period, was twice as great. This is very emphatic proof of the falsity of the statement so frequently made that athletic exercises are injurious, and often cause an early death. When a famous athlete dies, newspapers everywhere comment upon the extraordinary occurrence, and the general public finally acquires the impression that athletics are inclined to shorten life. Dr. Anderson is to be congratulated upon the results of his work. They will strike a sledge-hammer blow at the old fogies who have been misrepresenting the influence of athletic exercises.

### A New Use For The Water Cure

In Denver a new use has been found for the water cure. James Mickens, who resides in that city, weighs about 125 pounds, and his wife's avoirdupois amounts to 100 pounds more. One day, he states, while contentedly smoking his pipe, his dear wife accused him of having taken a drink. He denied the charge, whereupon she searched him and threw him against the hot stove, knocking off the reservoir and sprinkling him with hot water.

"Then," he says "failing to discover the expected whiskey bottle, she became enraged, knocked me down and called her son, a fourteen-year-old boy, to bring a rope."

"Now will you confess you have been drinking?" she asked,

"No, I have not," said James.

"We'll see if you don't," said she.

She then proceeded to bind Mr. Mickens hand and foot, and with the aid of her son, attached the garden hose to the kitchen faucet, placed the end in his mouth, and turned on the stream "full tilt."

"When I still refused to say I had been drinking," said Mickens, they sang 'Cheer Up, Mary,' to the tune of 'There's a Rainbow in the Sky.' After torturing me to the limit, except that she did not put her foot on my stomach, to force the water into my mouth, as they did in the Philippines, she went for a policeman, and left the boy to guard me."

The fact that the policeman refused to arrest Mr. Mickens under the circumstances, is in his favor.

### Saving Human Life

An exhibition of safety devices and industrial hygiene, held at the American Museum of Natural History, furnished valuable information to the public. The exhibition was not a money-making affair. The promoters are leaders in philanthropy and social work, and their object in holding the exhibition, was to interest the authorities in the various safety devices that can be used to lessen danger to human life under any and all conditions. Josiah Strong, the president of the enterprise, says that he has faith in human nature, and that great

employers when they know of the existence of safety devices, will introduce them into their workshops and mines. If employers do not adopt them, public opinion will compel such improvements. All sorts of safety devices were shown in the exhibition. There were devices for the prevention of train wrecks, and of special interest to physical culturists, was the little mouth-guard that keeps individual workmen from inhaling the dust that leads to slow death by consumption. The mouth-guard could not only be used by those compelled to work under conditions of this kind, but it might also be useful when there are high winds and dusty streets.

### The Wreck of Terry McGovern

Success is often dangerous. A man who can attain great success, and still keep a cool and level head, is an unusual character. Temptations of every kind, confront those who have won public favor. To resist their baneful influences, is beyond the power of the average human being. As a rule, the successful fighter prepares himself for his career by years of hard training, and close attention to those temperate habits of life essential to the building of the superb physique. When fame, bright, and seemingly glorious, is thrust upon him, he is sometimes dazzled by its glamour.

"Why not be happy? Why not enjoy life, I have worked for it," they no doubt say to themselves, and they thus begin the downward career that often leads to quick and certain ruin. Terry McGovern is simply one example out of many. It is reported that he is absolutely mad; that he cannot possibly recover. I question the accuracy of this statement. Under a proper regime, I believe that a man who possessed his former magnificent physique, has sufficient vitality to acquire normal health. Probably it will be difficult to make him the Terry McGovern of old, but I believe that through physical culture methods as advocated in this magazine, he could unquestionably in time, completely recover. And I stand ready to prove this statement if an opportunity is afforded me.

## A Famous Doctor Exposes Doctors

By GEORGE MIDDLETON

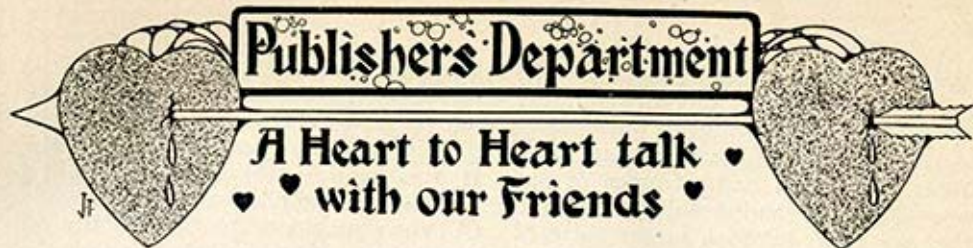
**P**ROF. SCHWENINGER, who is probably the most prominent as he is the most skilful, physician in Germany, and who, for long, was the late Prince Bismarck's physician and intimate friend, has published a book entitled "The Doctor," in which he mercilessly exposes the average physician's methods of practice. The manner in which he flays medical science in general, too, is described as something terrific. The work is evidently that of a man who for years has writhed under a sense of the imposition and the cruelties practiced on the public by the profession of which he is a member, and has been compelled to murder his conscience on the score of the alleged ethics of his profession.

The book is in a sense, the author's revenge for being ostracized for twenty years by the Medical Faculty of the University of Berlin, partly because of his independence of theory and practice, and partly because of his intimacy and influence with the Iron Chancellor, whose constitution and temperament he understood perfectly. It is hardly necessary to add, that the book has created a tremendous sensation in medical circles all over the world in view of the scandals with which it deals. Apart from these exposures, Schweningen scoffs at medical "science," indeed derides its claim to be a "science," ridicules the empiricism of doctors in general and declares that they are all wrong in the dark.

Here is a sample passage: "Medical 'science' of the present day, will be ridiculed a hundred years hence just as the 'science' of the Eighteenth Century is ridiculed to-day; medicine is not a 'science' so much as an art, for science is obscure and deceptive, while art is reliable, naked, serene, true; physicians of to-day, through their raw ignorance, make bitter the transit of their patients

from sickness to health; by their lack of tact and ignorance of the art of medicine they cloud their patients' transit from life to death."

These sentiments are so entirely in accord with those expressed editorially, time and again in this magazine that word for word it would be almost impossible for the reader to distinguish between these same editorials and the utterances of the Professor as just quoted. It is a peculiarity of the human mind that custom and habit will so habituate it, to ignorance and falsehood, that it finally is unable to recognize truth when it sees it. For centuries on centuries, the medical schools have been instilling falsehoods into the minds of the people to the end of promoting their selfish interests, or as Schweningen puts it, "for their own advantage and to add to their fame." So skilfully has this exploiting of ignorance and superstition been conducted, that the doctors have succeeded in persuading the public that their so-called remedies are better than those of the Creator. The consequence is, that they have adherents by hundreds of thousands where physical culture only has hundreds. But when a man like this famous German, not only makes confession of this doctors' conspiracy on the purses and health of the public, but in addition, attacks the system which makes the same conspiracy possible, his so doing is a distinct rift in the miasmatic mists brewed from the morass of medical science that have for so long poisoned and polluted the health of the world. The breaks in these same mists brought about by physical culture are broad, and when men of Schweningen's standing join hands with physical culture to the end of still further thinning and banishing these vapors, the light of common sense will soon be diffused the world over.

The header features two stylized hearts, one on the left and one on the right, each with a small arrow pointing towards the center. A banner with a scalloped border spans across the top, containing the text "Publishers Department" in a decorative, serif font. Below the banner, the main title "A Heart to Heart talk" is written in a bold, serif font, followed by "with our Friends" in a similar font. Small heart symbols are placed around the text.

Publishers Department

A Heart to Heart talk  
with our Friends

### SHALL MY READERS BECOME MY PARTNERS?

**I**n the January issue of this magazine I published an editorial entitled "Shall I sell some of my interests." It was dictated while I was conducting my lecture tour in England. The extensive labors connected with the management of this great business were beginning to seem burdensome. I thought that I might be able to shift some of these responsibilities to others, perhaps even more capable than myself. I did not have the slightest intention of selling my interests through ordinary business channels. This magazine was started with certain well-defined purposes. The business had to pay a profit in order to exist, but on many occasions vast financial returns were sacrificed.

The editorial previously referred to brought a great many letters from those interested in my work. In nearly every instance the writers of these communications deeply deplored the necessity for parting with any of my interests. I had started this reform work, I had built it up until its importance became recognized everywhere, and I ought to be identified with it to the end. These are a few of the opinions expressed in the various letters I received.

I am a little inclined to chafe under the pressure of unjust criticism or gross inappreciation. Long ago I thought I had learned that I must expect nothing for my efforts further than what might be compelled through sheer business foresight. In other words, whatever you have to sell will not be valued at more than the price you ask for it. For instance, health may be worth a vast sum to the ailing, but thousands have gained this supreme gift through the aid of information contained in my books and publications at the expense of a few dollars.

Then, too, the disposition of the average individual is to class me as solely a business man. A mere money-maker—a man who sees nothing as a reward for hard work in the future but money. It is my hatred of being classed with the average money-making schemer, and my general dislike for business methods as they are now carried on, that has caused me from time to time to consider the advisability of turning my business over to some charitable or religious organization, or into the hands of those who would conduct it as a humanitarian enterprise.

For some time I have felt that I am attempting to do too much. I have too many "irons in the fire." When one is overworked he cannot do anything well. His every effort is handicapped. Thus I thought I might find relief by selling part of my interests to those who might be conscientiously interested in the physical culture cause. Since my return from abroad I have considered various plans for lessening my responsibilities, and I have finally arrived at a definite decision. I want to perpetuate the business of the Physical Culture Publishing Company on to the end of time. I want it to grow greater year after year. I want it to reach every home and influence every intelligent human being. I want every boy and girl to be made stronger and more wholesome because of the theories we so emphatically advocate.

Instead of disposing of my business in the ordinary commercial way, I am, therefore, considering the advisability of giving every reader a chance to become a partner in this monumental humanitarian enterprise. For years I have worked on alone and unassisted. When the PHYSICAL CULTURE magazine

was first started I had nothing more than desk-room in a large office building in New York City. When it once began to grow, it leaped ahead with startling strides. We soon had an office of our own. Then we had a suite of offices. Later we moved into a larger suite of offices, and finally we rented two great floors where we added to our previous equipment an extensive bindery.

Now we are located at Physical Culture City. We have our own printing and bindery plant, our own buildings, and are prepared to meet every demand that may be made upon us by the rapidly increasing interest in physical culture literature.

The PHYSICAL CULTURE magazine furnished the profits necessary to build up this enormous publishing business. It furnished the profits that enabled me to buy two thousand acres of land and organize the Physical Culture City Land Co., which is now developing the Physical Culture City enterprises. It furnished the profits which started the Physical Culture Restaurant Company, now incorporated for \$200,000.00 and on a dividend-paying basis, the Company having paid ten per cent. during the year 1906. It furnished profits to start a large business in England, now being conducted from our London office. It furnished the profits needed to found the Bernarr Macfadden Institute, a school for educating Physical Directors.

This is what the PHYSICAL CULTURE magazine has accomplished as a business investment in the past. It ought to do still greater things in the future. I have plans in hand for building up a mammoth circulation. I know every publisher is flooded with circulation schemes, but this is a definite plan, which is being "worked" effectively by other large publishers, and we have a far more attractive proposition than they are making. I am, therefore, certain that this plan will be successful. I cannot give full details, as I do not wish to give possible competitors an opportunity to take advantage of my ideas. The only disadvantage of this plan is that it requires conducting credit accounts that will run from one hundred to two hundred thousand dollars. This

is a huge amount for a publisher to carry on his books for a long period, but it will be necessary to carry out the plan that we are seriously considering. If this plan is adopted, we ought to increase the circulation of the PHYSICAL CULTURE magazine to close to the million mark. If we are able to accomplish this, the property will be worth considerably over \$1,000,000.00.

I have given very serious consideration to a proposition which will make it necessary for me to turn over the entire publishing business to a large incorporated company, and a certain allotment of shares in this company will be for sale to the readers of the magazine. In other words we will look to our readers to furnish the additional capital needed to carry the accounts previously referred to. If such a plan is adopted, I would like to know how many readers are ready to go into partnership with me. How many of you are willing to become stockholders in the Physical Culture Publishing Company? In the past this has proved to be an immensely profitable business. It has made huge sums of money, and shares of stock should pay large dividends and rapidly increase in value. In addition to this, it is the greatest humanitarian enterprise which is being conducted in this country at the present time. It is doing more for boys and girls, for men and women, than any other influence. It is making men stronger and more wholesome from every standpoint. It is making women healthier and more beautiful. It is building up the American standard of manhood and womanhood. How many of my readers want to go into partnership with me in this mammoth enterprise? The stock will probably be sold at ten dollars a share and I would like to have shareholders in every community, for then we will be represented everywhere by one who is interested in the financial as well as the general success of the business. I want everyone who might desire to become a partner in the work of increasing the circulation of PHYSICAL CULTURE magazine to one million, to send me their name and address. I will have particulars to send them by mail that will, no doubt, be of interest.



## The Editor's Viewpoint

OUR SERIAL STORY AND THE MORAL CODE

ARE YOU HALF-ALIVE?

CONGRESSMAN KAHN ON THE JAPANESE

IMPURE BLOOD IS THE CAUSE OF NEARLY ALL DISEASE

THE EDITOR'S ARREST—MY PROTEST AGAINST COMSTOCKERY

**T**HE serial story, "Growing to Manhood in Civilized (?) Society," will not appear in this issue. Before publishing the succeeding instalments of this story, I have decided to definitely determine my rights within the limits of the law. If it is unlawful for me to publish this story, then it is my duty, regardless of my own views, to eliminate matter of this kind from future issues of the magazine. I hope my readers will not be disappointed, and I assure them that I will make a strenuous effort to secure a decision—before the next issue of the magazine, if possible—which will enable me to continue the publication of the story.

### OUR SERIAL STORY AND THE MORAL CODE

I am placed in rather a peculiar position. The principal object of this magazine is the upbuilding of the physical body. We endeavor to bring forward, in every possible manner, that knowledge which assumes so much importance in the building up of a hardy and vigorous physique. Exercise, diet, clothing, bathing, are naturally of very great importance, but you might have most complete knowledge of all these subjects, and still remain a weakling, if you know nothing of the physiological laws of sex. In the developing of superior manhood, and superb womanhood, knowledge of the sex instinct and of those physiological laws governing the sexual functions, is absolutely necessary. In publishing information on this subject we naturally have to use the greatest degree of care in order to keep within the limitations drawn by the law. It is my personal belief that we should talk much more plainly than we now do in order to spur into activity the moral reforms that are so imperatively necessary at the present time.

This story teaches a lesson that is sadly needed. I consider it invaluable literature in carrying on the reform work to which this magazine is devoted. It is of great service as a warning! It plainly sets forth the evils with which one is sure to come into contact. The story was written with a high moral purpose. My editorial comments explain why it is published. No one has ever questioned my statement that it is the recital of conditions that are to be found everywhere. The temptations that come to the ignorant and unwary from degenerate influences of this character, can readily be realized, and it is through publication of stories of this character, that we can convey most valuable lessons. To be sure, the characters in this story are not in every instance admirable. The leading personage of the story, to my mind, is a miserable degenerate; a man with whom no decent person would care to associate. Then, you may ask, why should we stoop to recite the details of his miserable career? This story has been published because there are thousands upon thousands of similar degenerates! The code of morals that he exemplifies may be learned on every street-corner, in every

saloon, and, I am sorry to relate, among the students of nearly all schools and colleges. It is supposed to be manly to have a mistress or many mistresses. It is supposed to be an evidence of your wonderful personality and your power over the opposite sex. Degenerates of this type boast of their conquests to their male friends.

To deceive a girl is quite the usual thing. To be honest is most unusual. And this sort of morals has been encouraged and commended. Not in cold type, to be sure, but by the lips of those who usually create the moral code, for "nice" people are not supposed to discuss such lewd (?) subjects. It is about time for these miserable degenerates to see themselves in their true light. When a man plays the hypocrite, when through false pretenses and pitiless lies, he gains the confidence and the love of a girl, he is a scoundrel of the worst possible type. Hanging would be too good for a man of this kind, and yet they are to be found everywhere—not a few here and there. Their number is legion, and I must admit they are not altogether to blame. Their code of morals has been obtained through their companions at school, in the club-room, in the saloons. Their highest ideal in life is marked by their desire for pleasure. They know of nothing else, and they care for nothing else. The public schools have nothing to say of the moral code. Parents and guardians are silent on the subject and the morals of the average young man might be said to come from the gutter. They are acquired slowly but surely from evil-minded and ignorant companions. Can the young man, therefore, be so strongly condemned? When we build up a so-called civilization and absolutely ignore the most important physiological facts in reference to life, must we not pay the penalty? The individual whose biography is given in this story, is not by any means of an uncommon type. He is simply one of the results of the miserable prudery which can unquestionably be blamed for the depraved ignorance that everywhere exists on these important subjects. No man with a sane mind and in possession of the smallest atom of what might be termed human characteristics, would be guilty of conduct with which the leading character of this story is credited.

**M**ANY individuals go through life and to their grave without really living. Their life is a mere existence at all times. They follow along in the ruts that have been made for them. They lead a mere humdrum, monotonous existence. They know not the meaning of pleasure. Life under such circumstances is not worth the effort. If you cannot live, in every sense of the word, you might just as well get off the earth. If

**ARE YOU HALF-ALIVE?** there are any readers of this magazine who are going through life in this monotonous fashion, I would like them to call a halt. Right now, it is your duty to begin to cultivate a spirit of intense dissatisfaction. Contentment is all right in its place—it is a characteristic to be encouraged at times—but no one should be contented if he is not enjoying the highest degree of what might be termed normal health. This will bring about the right sort of content. Life will be so enjoyable that it will be impossible for one to be dissatisfied. When the body is strong, when every organ is perfectly performing its duties, life is at all times an exquisite experience. Then the mere act of living and breathing is a delight.

It is impossible for a healthy man or woman to be melancholy. The blues and ill health are inseparable companions. They travel along together. If you are not enjoying that degree of health which makes life at all times *extremely* delightful, you are not really living, and it would be impossible for me to fittingly *ad*scribe to you that you are missing. Life and health mean something more than being out of bed. The ability to eat three "square" meals a day does not by any means indicate a high degree of health. Health in its highest term means a condition where every part of the body might be termed exquisitely alive. Every sense acute. Every power completely developed. Such a man, such a woman are assured of all obtainable enjoyment in life. They are fully developed—complete. There are many half-men and half-women in this world.

I want every reader to awaken to life's possibilities. Develop all the powers that lie within yourself. Be a strong man in every sense of the word. Be a woman, superb and complete. Do not be satisfied until you acquire this physical perfection. Go on striving for that full and complete development that comes with fine manhood and perfect womanhood. Do not say that these physical characteristics are beyond you, for this is not true. Their

acquirement lies with each individual. You can be strong or weak, ignorant or intelligent in accordance with your own desires. If you possess an indomitable will, if you determine that such and such shall be so, if you make the efforts essential to acquire what you want, the word "failure," will rarely and perhaps never mar your life.

If you are not satisfied with your physical powers, if you think that increased mental capacity would be to your advantage, the attainment of your desire depends absolutely upon yourself. Constant dropping of water on the same spot will wear away the hardest stone. Continuous efforts with the view of bringing about certain objects will always meet with success.

ONE of the special characteristics of the Japanese that seems to incense some people, is their ability to live on an exceedingly moderate amount of the cheapest kind of food. That is one of the reasons why they have aroused so much opposition throughout California. I quote the following from a recent address made by Congressman Kahn.

CONGRESSMAN KAHN ON THE JAPANESE "The Japanese coolie did not make his appearance among us to any appreciable extent prior to the close of the China-Japan war. During the past year he has been landing at San Francisco at the rate of a thousand or more every month.

"He soon branches out in business for himself as a contractor, a restaurant keeper, a florist, or some other vocation, and the moment he has put up his sign he begins to cut the bottom out of prices. Since he has few mouths to feed, and since he can make a good meal on a handful of rice, a piece of dried fish, and a cup of tea, he can afford to, and as a matter of fact, he does sell his commodities at about one-half the price his Caucasian neighbor is compelled to charge. Under such circumstances it is small wonder that there is an outcry from our shop-keepers and our laboring classes."

The fact that the Japanese can make a good meal of a handful of rice and a piece of dried fish should not be against them. It should be in their favor. The question of most importance, it appears to me, would be, do the Japanese make themselves obnoxious through the use of intoxicating liquors, or by abusing themselves with tobacco or otherwise? The habit of ridiculing "poor folks," can hardly be commended. And yet this has caused the general inclination to look with scorn upon those who are able to exist upon a very spare and cheap diet. It is only the rich that are supposed to be worthy of respect, and the Japanese or in fact, Americans who cannot afford the extraordinary combinations that are furnished the average American table, are "looked down upon" by the average individual. You must be rich enough to regularly fill your stomach with all sorts of indigestible combinations, in order to win the respect of those around you.

Eating has assumed an importance far greater than it deserves. There is no need of keeping your stomach continually full. It needs a rest occasionally. Some have sense enough to realize this, and others have not. Those who insist on continuing the stuffing habit indefinitely, are usually compelled at frequent intervals, by an acute disease, to fast for a period. The stomach revolts at the continued ill-treatment. "High feeding" is an evil almost as bad in its influence as the "tippling" habit. It lessens the general functional vigor. It keeps one continually doped. If you want a clear mind, a good strong body, if you want to feel energetic and alive, full of vim and energy at all times, avoid over-feeding as you would poison. Try a few Japanese meals, which are for the most part composed of a handful of rice, and you will be surprised at the results. Surely to be a slave to the appetite is not the American ideal! A large stomach does not necessarily indicate superior manhood or womanhood. The ability to gorge a vast amount of food can hardly add to one's capacity in the enjoyment of life. The Japanese can teach us important lessons in many ways. Economy in diet does not merely mean the saving of money. It means the saving of physical energy. It means the saving of years of your life. It means that you will live a few years longer because of your abstemious diet. The average American is a gourmand. Three hearty meals a day is more than any human being has any right to impose upon his stomach. The usual habit to "eat all you can," is an evil of vast consequence, and yet it is almost universal in this country at the present time. Fortunately for many, they are not in such financial condition as to be able to gratify their appetite for variety. Their meal usually consists of one or two articles of

food. Under such circumstances, there is not so much temptation to overeat. A large variety of foods at one meal is necessary in order to actually acquire the stuffing habit. We may have many characteristics far superior to the Japanese, but they certainly have the best of us as far as diet is concerned. Because they can live on "little or nothing" furnishes an argument greatly in their favor, rather than the reverse. And if we are ever so unfortunate as to have a war with the Japanese, the advantage of their dietetic habits over ours will be startlingly convincing.

**H**IPPOCRATES, the reputed father of medicine, is said to have held that all disease existed in the fluids of the body. This was long before the discovery of the circulation of the blood. It seems strange that this ancient physician should have known or guessed so accurately the truth about disease, for this identical theory finds adherents in some of the most prominent medical men of to-day. It is also endorsed by every intelligent man who has given the subject any consideration. When one is attacked by a disease of any kind it is rarely that it is merely local

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in character. Almost always it is constitutional, that is, it is in the blood. For instance, take that common ailment called a cold. We have inflammation of the tissues of the past affected, often a certain amount of soreness, and then the elimination of mucus or phlegm. All the noxious impurities to be found in the phlegm, are brought to the inflamed surface by the blood. They were already in the circulation, and it was their existence there that made the cold possible.

Now suppose that the impurities had remained in the body. A little later, a more serious disease than a cold would probably have developed. Perhaps it would have been pneumonia or a complaint of a similar character. But suppose that such disease did not appear? Then these impurities would continue to accumulate and assuredly cause death. Is it not therefore plain that disease is a means of saving your life? It comes to cleanse the body of the poisons with which it is charged. These impurities clog the functional process. So that disease, while a beneficial provision of Nature, is nevertheless due to blood which is filled with poisons. It is the recognition of this theory that makes the cure of disease so swift and so certain. If one fully understands the beneficent simplicity of Nature's laws, so-called incurable diseases quickly become curable in many instances. The noxious elements are removed from the blood by rational methods. When these poisons are thus eliminated the disease soon disappears, for it has nothing further to work on.

Again let us take consumption. Would it be possible for ulcers to appear on the lungs if the corrupt matter, which is the cause of them, were not brought to the organs by the blood? But suppose that we so stimulate the action of the depurating (purifying) organs that these impurities are carried out of the body by normal channels, or suppose that we make the digestive and general assimilative processes so perfect that the poisons are not brought into existence. Does it not follow that there would be no tuberculosis; or any kindred disease? Is it not plain that the ulcers which are unmistakable symptoms of the disease would soon heal and the consumptive be restored to health?

Let us take the still more serious disease, cancer. This also comes from impure blood. It is also constitutional. You can cut it out of one part of the body but it will appear in another part, if you continue the habits that produced the disease in the first instance. The symptoms that indicate the presence of cancer indicate also poisoned blood. The proper method of curing cancer is not by the surgeon's knife, but by so purifying the blood that it is impossible for the conditions that make for the disease to continue.

Your physical condition depends entirely upon the quality of your blood, and the maintenance of the blood's purity is the work of the functional organism, which work, however, is being constantly frustrated by our habits of wrong living.

In the cure of disease, one should begin at the foundation of health and ill health. The life stream (the blood) must be purified. When you increase the strength of the stomach, lungs, heart, liver, kidneys, and every vital-building, blood-making organ, you increase the resistance of the body to disease, in fact you make disease impossible.

**W**HILE the entire press of the United States was simply "reeking" with the details of the Thaw murder case, I was arrested here at my office by a United States Marshal and charged with mailing indecent obscene literature. The serial story, "Growing to Manhood in Civilized (?) Society," as it appeared in the November, December and January issues of the

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**PHYSICAL CULTURE** magazine, formed the basis of the charge. If such a charge can be made against me because of the publication of this story, then what crime has been committed by those who published the reports appearing in every daily newspaper of the evidence given at the Thaw trial? The newspapers are allowed to publish matter of this kind, can send it out broadcast at a price within the reach of every child, and when I publish a story that has for its purpose the teaching of a great moral lesson and the education of my readers on subjects of vital human interest, I am arrested like a common criminal. It is such a startling example of injustice that it is almost grotesque. Every instalment of this story has been preceded by my editorial comments. It supplies moral instruction of great value, it shows a most tragic need of reform, and the evidence given in the Thaw trial furnishes additional proof, if it were needed, of the truth of the statements made in this startling tale.

If we are ever to reach a decent, intelligent civilization, Comstockery must first of all be eliminated. The theories that have upheld this iniquitous prudery are baneful to a most terrible degree. My arrest is definite proof of this statement. I have thousands upon thousands of letters in my files from men and women who have been benefited beyond description by the advice found in my magazine. Thousands upon thousands of homes have been made happier and more satisfactory from every stand-point because of the influence of my teachings. Must I quietly submit to this criminal injustice that has been put upon me? Must I be constantly made to realize that at any moment I can be taken from my home and placed in a foul-smelling jail merely because I am trying to educate the public in accordance with my own conscientious theories? Has Comstockery such a power in this nation that no man can work for a clean, wholesome manhood and a purer and stronger womanhood, without being in danger of arrest? If I thought there was no possibility of a change in the present conditions—if I thought the laws that uphold Comstockery were to continue indefinitely upon the statute books of my country, it would take but a short time for me to "move out."

I do not believe that the American people are wedded to impurity, to uncleanness and vileness. I do not believe that the standards or the ideals of Comstock have any definite influence upon any clean-minded man or woman. I believe that this power is on the wane. I believe that the crusade he stands for will soon be of the past, and he will either have his mind disinfected, or else, he, too, will disappear.

I could have pleaded guilty to the charge and have paid a nominal fine, and my trouble in connection with the publishing of this story would have ended. I believe, however, that that would have been grossly unjust to myself and to others who might be trying to teach similar lessons.

The Free Speech League, which has defended cases of this kind on many former occasions, has especially requested that I allow them to take my case and carry it to the highest court. I have accepted their proposition. The cost of this will no doubt be several thousand dollars, and I call upon my readers to help defray the expense of this suit. It is not my fight merely. It is everybody's fight who believes in moral cleanliness and in proper educational influences.

I will start the fund by donating \$200, which is probably more than the amount I would have been fined, had I adopted the easiest method of satisfying the law. In another part of the magazine will be found an article by Theodore Schroeder, the attorney for the Free Speech League. It is time for decent people to do something in this matter, or else get off the earth.

*Bernarr Macfadden*



### PHYSICAL CULTURE METHODS IN INFANT LIFE

Here are two photographs of one of my wards. The photograph in the upper right hand corner was taken about three months previous to the other portrait. The larger photograph was taken a little while after the infant was placed in my charge. The change in the appearance of the baby shows very clearly what can be accomplished by physical culture methods in the rearing of a baby, and in the development of its physique. In the first picture the child is weak and emaciated, and she is now about as rugged a specimen of infant life as can be found anywhere. No surplus fat—merely a strong, sturdy, well-built little girl, and please note that she is a bottle-fed baby. I have another infant in which the improvement made is almost as great. An extended article containing particulars and illustrations of my methods of caring for these infants will appear in future numbers of the "Beauty and Health" magazine.