

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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MISS FLORENCE GALE

See "Physical Culture an Essential in the Life of an Actress," Page 493.

Card-Tearing as a Feat of Strength

By CHARLES REMINGTON

A Capital Exercise for Strengthening the Hands and Grip—The Science and the Tricks of Tearing Cards and Books



FTEN do we encounter the saying—apparently well-founded,—to the effect that "All the world loves a lover," and to the writer, this expression has always seemed to imply that the world is not filled with lovers. Whether this be true, or otherwise, need not concern us here, though the maxim would suggest that the "lover" had attained an ideal state which is to be admired, though it is not generally

realized. For the same reason, perhaps, all the world loves a strong man. Such a man, in this age of rapid transit, lightning communication and generally fast living, is the exception, and represents an ideal which owes its popularity among humanity to the reasons given. For no one admires the man of perfect physical proportions and vigorous, virile strength more than he who is not strong. Which is shown by the enthusiastic applause which greets the man of muscle in the circus or vaudeville theatre.

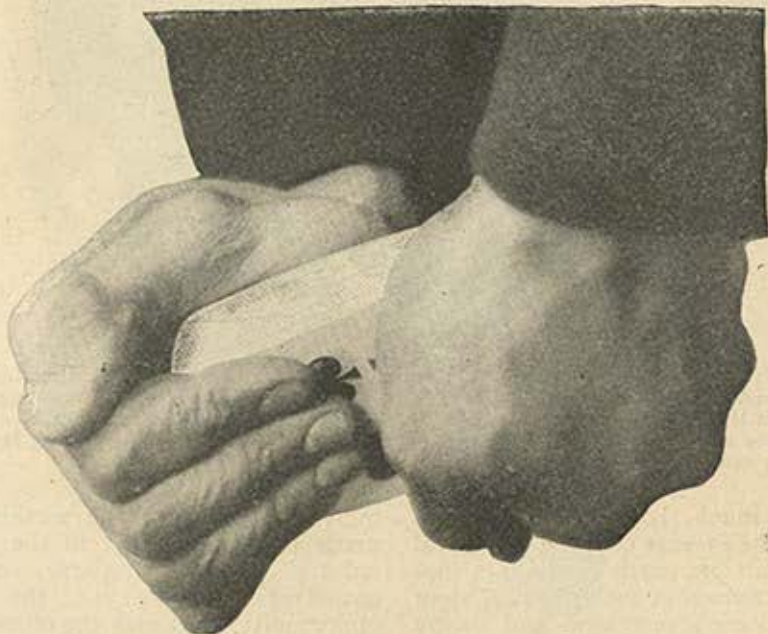


Photo No. 1.—Showing best position for card-tearing. Study the illustration carefully. It will be noticed that the palms of the two hands face each other, and that the heavy muscles at the base of the thumb in both hands, are opposite each other at the point of greatest pressure. In fact, these two parts of the hands will work together in a manner similar to the two parts of a scissors. Do not attempt to change the position of hands until the tear is finished.

No one of ordinary intelligence would advocate the development of that abnormal degree of muscular strength which makes a man a veritable freak, and which is almost invariably attained at the expense of vital force and internal functional strength. But that a certain natural degree of strength is indispensable, if one wishes to maintain a healthy, wholesome condition of both body and mind, goes without saying.

An impression can often be made and interest aroused in this way when mere argument fails. There are various feats of strength suited to the parlor which are particularly valuable for this purpose, and which are within the power of any one possessing a fair degree of strength. The tearing of packs of cards or old paper-bound books with the hands alone, is not only a good form of entertainment, but one that is exceed-



Photo No. 2.—Showing another hold for card-tearing, palms facing same direction, thumbs close together. Tear is accomplished by pulling with one hand, pushing or resisting with the other. This is not so satisfactory as the first for tearing two or more decks of cards, and requires more real strength. It is, however, probably the best hold for tearing large books through the center.

Even this much, however, is not possessed by the average civilized individual and the fault lies partly in the fact that he is not aware that such physical vigor is necessary for a successful and happy life. He is in other words, ignorant of the laws of life, the very conditions of his own existence. But to convince him of the importance of proper habits of living, is not always an easy task.

For this enlightening purpose, there is no force stronger than that of example.

ingly impressive to the weakling who needs to be converted to the physical culture life. Any party or social gathering will give you the desired opportunity to furnish the object lesson in question.

Card-tearing has long been regarded as a noteworthy feat of strength. In stories relative to the strength of Peter the Great, of Russia, and Frederick the Great, of Germany, we are told that these men, among many other remarka-

ble exhibitions of muscular power "tore whole packs of cards with the hands alone." And in our own day, similar feats have figured conspicuously in the acts of "strong men," on the stage. For instance Eugene Sandow made a feature of tearing three decks of cards at one time, that is to say, one hundred and fifty six cards. It must be remembered that the quality of paper will make a great deal of difference in the tearing of cards. The ordinary cheap paper made from wooden pulp will tear comparatively easily, while the rendering asunder of a deck of celluloid cards would require a tremendous effort even on the part of a "strong man." The higher priced and more finely finished cards are always more difficult to tear than the cheaper brands, and it is possible to secure a paper made from linen which is so tough as to make it proof against human hands. However, those makes of cards which retail at very low prices can be depended upon to satisfy you, provided that you are strong enough to tear anything. I

might suggest the "Steamboat 999" brand. Old cards are not only less slippery than new, but are softer and tear more easily.

Of course there is a way to do it. That is why this is written. And there are one or two "tricks," which, however, you may not care to resort to. But even when knowing all about it, the feat will take strength, and a good deal of it. And if you practice it, it will develop remarkable strength in the hands and arms. In the first place, the cards have a tendency to slip and slide across the face of each other, and to prevent this, a very powerful grip is necessary. Thus a man with powerful biceps and triceps may fail to accomplish much in this line if he has never cultivated and strengthened his grip. The writer has known several cases of this sort. Also the arms are vigorously used, and when one has attempted to tear enough cards to tax his powers to the utmost, and it has taken him several minutes to accomplish the work, he will find that it has consumed a great deal

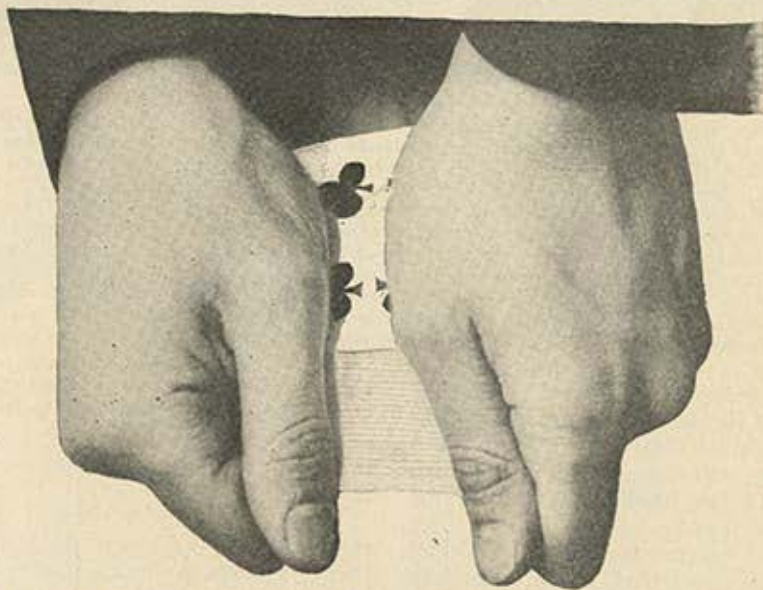


Photo No. 3.—A card-tearing trick. While holding the hands well down, with backs of the hands visible, in the position shown in Photo No. 2., and while pretending to work hard at them, the performer shifts and slides the cards to the position illustrated, in which the edge of the deck, instead of being straight, is slanting or "down hill," so that the lowest edge of the deck has the thickness of only one or two cards. This will make it easy to start the tear, which usually is the most difficult thing to accomplish. Even when started in this way, however, it will require the exercise of some strength.

of energy, warmed him up thoroughly, brought out the perspiration and exhilarated him in general. From all this, it will be gathered that it is an exercise suited only to those who are fairly strong. No one of feeble strength could rightly afford to make such an effort, nor could he accomplish the feat even if he did.

The first two illustrations presented herewith, show two of the best holds for tearing cards, of which the first is probably the better, especially when one wishes to tear more than one deck.

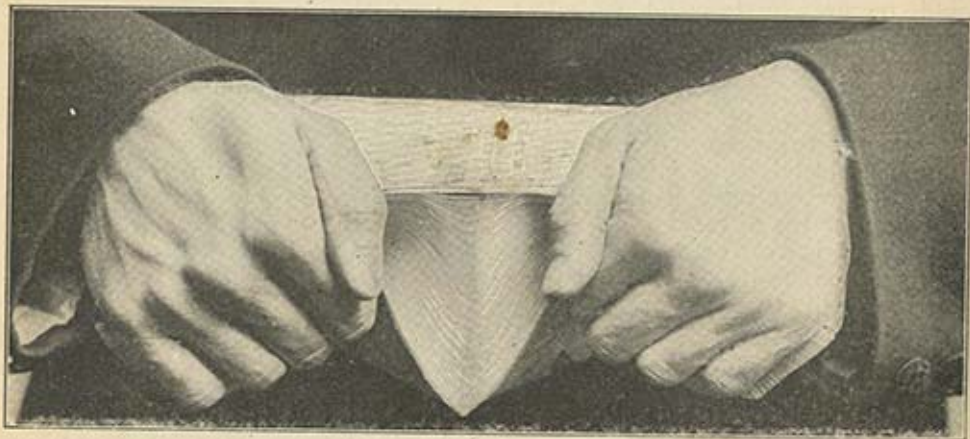


Photo No. 4.—This is a New York City Telephone Directory. It contains 700 pages, besides a paper cover. It will astonish your friends to see you tear it, which you can do either without or with the aid of a trick. This picture shows the trick. Take the hold shown in Photo No. 2., then bend or turn your hands upwards towards each other, so as to bring the backs of your hands together, bending the book accordingly and letting the fingers on the lower cover of the book, slide away from each other. Now take a very firm grip and bend the hands back so that the upper cover of the book is straight and you have the book in the condition illustrated above. As you see, there will be only two or three sheets of the paper to resist you at any one moment as you pull apart and tear, and you will be able to rip it through in an incredibly short time. While doing all this, bend well down and over the book so that your prestidigitation will not be perceived.

This hold may be reinforced somewhat by placing the left hand against either knee, or against the upper leg. Braced in this way you can usually accomplish more than when holding the hands free from all support.

The third picture is simply published in order to show that there is such a trick as it illustrates, so that you may explain it and call attention to the fact that you do not use it.

The fourth illustration shows a method of tearing a big book by means of a trick. After you have torn it to small dimensions and can get a satisfactory

grip on the pieces, you can do a number of straight tears. Old catalogues, and paper bound novels make good material to practice on. The average daily newspaper, folded repeatedly until it has acquired a respectable thickness and is still small enough to take hold of conveniently with the hands, furnishes another excellent means of practice. With its aid, you can take this exercise at least once each day. Old magazines also furnish good material for this purpose, first tearing them in half, placing the two halves together and then tearing

the double thickness. If exceptionally strong, you might be able to tear three or even four thicknesses of a magazine in this way, though the latter is exceedingly unlikely.

It requires only a normal degree of strength to tear one deck of cards. But the average young man cannot do it. The writer has known several vigorous physical culture women who could accomplish it. The hands shown in the illustrations, have torn two packs at one time, and a few physical culturists have been known to tear even more than these simultaneously.

Internal Vibration

By BERNARR MACFADDEN

An Internal Dynamo at Your Disposal—A Method of Vibrating the Throat, Lungs, and Other Important Internal Parts



A GREAT deal has been said in this publication about the value of vibration. It is unquestionably an admirable method of accelerating the circulation of the blood throughout the body or to increase the circulation in any given part. The healthy circulation of the blood, means life and elimination of the elements of death. Blood has within it, all the elements of life. This is demonstrated by the fact that we die the instant that the heart stops its work. Of course the quality of the blood, as I have said on many occasions, has a vast deal to do with the proper nourishment and development of the various parts of the body. But even if the fluid approximates perfection as far as the possession of nourishing elements are concerned, it can hardly perform its offices properly if it is not freely circulated throughout every part of the body.

The recognition of the facts before stated, emphasizes the importance of any means which would tend to establish the proper circulation of the blood. Activity is always a part of life. Stagnation, or inactivity, is death. It is activity of any part which gives it life and strength. Hence, by the vibration of any part of the body, we have the means of rapidly accelerating the circulation of the blood in that particular part.

Vibration has a decidedly different influence to that of exercise which, as my readers know, consists of flexing and relaxing the muscles; unquestionably it is not so beneficial as muscular exercise. Yet as everyone is well aware, it is only the voluntary muscles that we can flex and relax at will. We

are supplied with a large number of involuntary muscles and in addition to these, there are cartilages and tendons and fatty tissue and so forth which cannot be directly reached by exercise. Of course, muscular exercise indirectly reaches every part by strengthening the vital organs themselves and thus improving the quality of the blood.

Not only is this improvement valuable to the muscular system but the entire nervous system rapidly increases in strength under its influence, and nervous power is the real force of the body. It might be compared to a great telegraph system with wires running to every minute part, centering finally in the spinal column and then in the brain.

I have had occasion before to say considerable about the value of external vibration and it is my purpose to describe in this article a method of vibrating the internal parts. The value of this will be quickly self-evident to anyone who will practice it. Of course it more especially reaches the parts about the head, throat and lungs, though there is a very decided vibration when the exercise is taken vigorously enough, throughout all the vital parts.

I discovered this exercise by accident. It is decidedly simple, though some will find it difficult at first. It might also be well to know that in addition to being a muscular vibration, it is a very efficient breathing exercise, as it requires one to breathe very freely and the vibration is really produced by the breath.

Now this method of vibration can be described as an exaggeration of the purring of a cat. In other words, is it the vibration of the tongue brought about by forcing the breath out from

the lungs. It is somewhat difficult to describe. The best manner of learning it is to place the tip of the tongue in the roof of the mouth just back of the upper teeth, then vibrate the organ by strongly exhaling the breath. You may not be able to do this at the first trial, but after a few times, you will be sure to notice some result. After you have thoroughly mastered the exercise you should feel the vibration in every part of the body from the hips upwards. When taking the exercise very vigorously, it gives one the impression of an internal buzzing dynamo, in fact, the noise made by the exercise is not unlike that of a small motor.

Besides the decided value of this exercise as a means of building strength in the various vital powers, its advantages in the treatment of catarrh or troubles of the throat, nose and lungs are self-evident. The exercise should be taken two or three times a day until a tired feeling is produced, though, of course, the necessity for either taking it out-of-doors or else before an open window should be remembered. Good air is essential at all times when exercising, but is especially necessary in an exercise of this kind where vigorous breathing is required.

In taking the exercise, one should stand erect with the shoulders well back and the head up so as to give free play to the muscles of the throat. Then inhale a long breath, having the tongue in the position described, and exhale with vigor. The result should be a sound somewhat resembling that produced by articulating the letter R in a prolonged rolling fashion. In other words, the sound should be "R-r-r-r-r-r-r-r" while the resulting sensation will be a distinctly pleasant one; the vibration being most evident in the region of the head and throat, although it will extend downwards so as to include an appreciable portion of the body.

After a little practice, you will have no difficulty in regulating the intensity of the vibration; but on the whole, it is better to put as much vigor into the work as possible, and you will find that the benefits will be quite marked.

Simple as the exercise may seem, the results arising from it are both as rapid as

they are beneficial. If your throat feels dry or clogged, if you are threatened with or actually have any form of throat irritation, if you have incipient catarrh, or if you feel as if you were "not half awake," or if you have been sitting in a position that has cramped the action of your lungs, or if you know that you need a sort of muscular stimulant, try this "purring," and you will be both pleased and astonished by its effects.

Of course the physiological explanation of the resulting benefits are of a simple nature. The blood in the parts affected by the exercise is put into active circulation, the nerves are in consequence stimulated, the position assumed and the long breaths necessary, result in the lungs being charged with a due proportion of oxygen. There is also a certain amount of fun to be gotten out of the "purr," which is also a good thing. So that we have the physical stimulation of the vibration and the mental stimulation born of its effort and amusement.

As we said before, try it, and if the results are not as told, we shall be very much surprised indeed. It may take two or three attempts to bring about all the results named, but that they will eventually make themselves evident is certain.

The recognition of the value of vibration as a natural stimulant and curative in the way told, has resulted in the invention and use of a number of devices for producing continuous or intermittent vibratory "currents." In the great majority of cases these machines fulfil the promises made for them. The methods used to bring about the desired vibration are of a varied sort, and include electricity, mechanical friction, miniature air pumps, and so forth. Also the machines vary greatly in size and cost. But as stated, the results that they achieve are, on the whole, of a most satisfactory sort and furnish added proof of the fact that vibration properly applied is one of Nature's most effective and, it may be added, agreeable methods of relieving and curing those complaints that arise from congested conditions, poor circulation or general sluggishness of an organ or a portion of the body.



Director George Wittich and one of his Normal Classes in "Statuesque Grouping"

The German-American Turner Movement

By IVAN CALVIN WATERBURY

Its influence has been felt, in those private and public institutions which have a gymnastic aspect to them, and also in the Army and Navy—The inception of Turning—It not only has to do with the physical well-being of its devotees, but also with their moral and intellectual natures—Review of the American work of the Turners



THE influence of the German on American national life is a silent force far more widely felt than appreciated. Few Anglo-Americans realize how the temper of our national life has been affected by that German system of combined physical and mental culture known in the tongue of the Fatherland as Turnerei. For this term

we have no English equivalent, unless it be the borrowed "turning." Yet the efforts of the German-American Turner societies composing the North American Gymnastic Union, have had much to do with the renaissance of physical education and out-of-door life that, within a dozen years, have made Americans the most athletic nation in the world. From the same sources have resulted many athletic clubs. The systematic

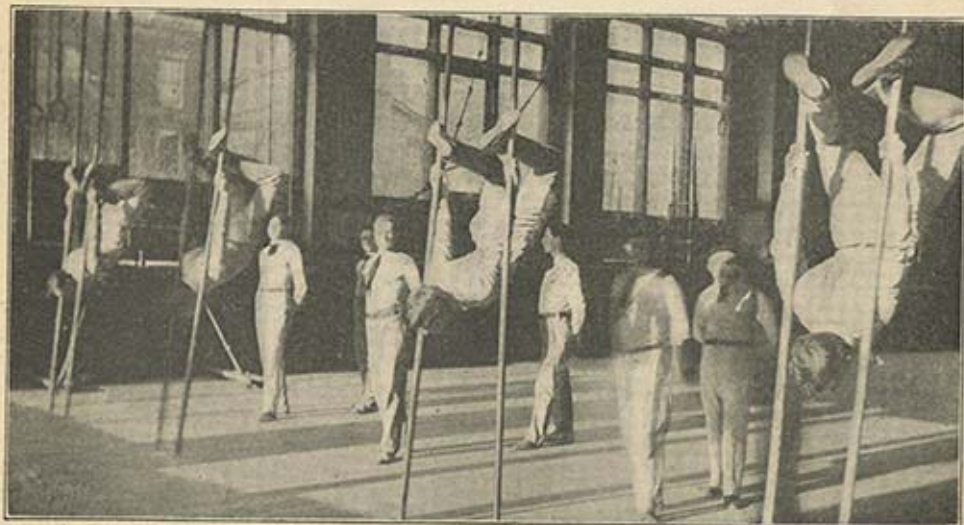
bodily training of our army and navy and the pupils of our schools and colleges has been more or less modified by the Turnerei.

The system was founded in Germany in 1811 by Friedrich Ludwig Jahn, whose writings on the subject fill three large volumes. It was the outcome of the crying need of a scheme to prepare the German commoners for the work of throwing off the yoke of Napoleon and the still heavier one imposed by their native princes. The gymnasium of Jahn's first Turnverein (gymnastic society) was established at a secret rendezvous in a wood near Berlin. Most of the drill took place in the open air. It comprised running, wrestling, swordsmanship, target-shooting with muskets, and a course of gymnastics which Jahn revived, partly from mediæval exercises and partly from those of the ancient Spartans, modified by inventions of his own. In order to lend zest to the work of fitting men's bodies for the hardships of war, the gymnastic society was also made a social center where questions of the day were studied and discussed. The great question of the day was 'popular liberty,' and that is what the Turner movement has always made its stand for on both sides of the Atlantic ocean.

The spread of Turner propaganda

from this nucleus, put the princes in a quandary. They were highly displeased at anything in the way of a liberty movement. But they saw that the only way to break the Napoleonic yoke was to arouse hopes of freedom in the popular mind. So they veiled their displeasure for the time being and encouraged the rapid formation of Turner societies among the young burghers under the leadership of Jahn and his associates. When the uprising against Napoleon came, Jahn and his Turners were among the foremost to take the field, and they acquitted themselves nobly in the battles of Leipzig and Waterloo.

The foreign tyrant fell. The native tyrants remained. For more than twenty years after the fall of Napoleon, turning could not be carried on publicly because of the princes' ban against it. The societies had many fights with the police. Moreover, it became difficult for the new teachers to infuse into a generation that had grown up during twenty years of peace, the fiery zeal that had inspired Turnvater Jahn and his disciples during a time of storm and stress. Then came the constitutional revolution of 1848, which drove into exile thousands of Turners and other Germans who had fought for their liberal principles on the field of battle.



An Exercise on the Swing Poles

Still the Turner societies of the Fatherland continued their struggling existence until they again became strong enough to command governmental recognition. They have lived to see their gymnastic system adopted throughout the school system and the army and navy of Germany. The adoption of the same system throughout France was the outcome of the lesson taught by the Franco-Prussian War.



Throwing the Javelin or Spear—First Position

No sooner had the German revolutionary exiles settled in this country than they began to agitate the subject of turning among the German-American population. They made the movement patriotically American in character and met with a response so enthusiastic that thirty-one societies were organized in the years 1848-1854.

In the year 1854, representatives of these pioneer societies were the proud participants at Philadelphia in the first quadrennial national festival (Bundesfest) of the North American Gymnastic Union (Nordamerikanische Turnerbund). The accomplishment of this festival marked the triumph of educational zeal over many difficulties. In Germany, turner zeal had been kept alive by persecution. In America, a non-economic movement is liable to fall to the ground on account of popular indifference. But to impart a social interest to their movement the pioneers wisely utilized the German fondness

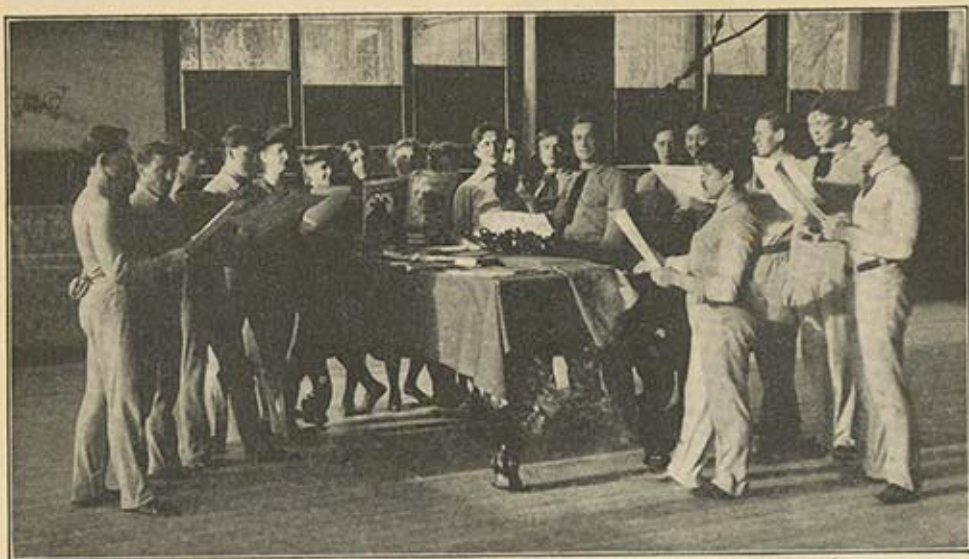
for festivals, processions, and national songs. They made the gymnastic society, with its festival, its kommers, its library, its singing and dramatic sections, the nucleus of local, and the Gymnastic Union the nucleus of national German American life.

The society has never changed its first plan of organization. Military discipline is its keynote and makes the gymnasium work thorough. The instructor (Turnwart) is a person of responsibility and consequence. His commands in the gymnasium, on parade, and in the society festivals are obeyed without question. The head-gymnasts (Vorturner) of the teams (Riegen) exercise the same authority over the rank and file. In the early days, there were no improved bars, horses, tables, and other apparatus abounding in turner-halls nowadays; but Turners performed feats equally well on their crudely made bars and wooden horses. Skill in arms was also fostered, as now, by rifle practice and fencing with foil



Manner of Delivery—Throwing the Javelin

and saber. This training was turned to good account in the Civil War. The social relation of the Turners was, and is, one of comradeship. "Turners shall call each other Thou (Du)" was one of their written statutes. There was little chance for athletic jealousy. Whenever a Turner invented a new feat, it became common property at once, and the achievement of one was the pride of all. In summer most of the work was



A Class in Folk Music—An Important Course in Turner Education

done out-of-doors, as keepers of summer-gardens found it to their profit to set up gymnastic apparatus in their grounds, because the Turners always drew an audience of hundreds.

No American citizens threw themselves with more zeal and zest into the cause of Abolition and Unionism than did the German-American Turners. Not a society in the country failed to respond to Lincoln's call to arms. Those in Southern cities had a hard time of it. As a rule, Confederate fury drove them out. But Turner veterans are still boasting that when the rebels captured Baltimore, the gymnasium of the Lincoln Turnverein was the one building in the city that kept the Union flag flying. The Turners made of the great national crisis an opportunity to show that their devotion to freedom was no empty vaunt. Not a society left enough members at home to form a quorum. The seventy-three societies belonging to the Bund and the sixty-seven independent societies, comprising a total membership of 10,000, sent into the field 8,000 fighting men—men of good moral character, of skill in arms, and with bodies fitted for the hardships of war by strenuous exercise.

The burdens of the Civil War taxed the Bund's resources to the utmost,

but it held together. Nothing could be more significant of the strength of the German-American Turner movement. The survivors of the struggle renewed allegiance with their beloved organizations, though most of them at personal sacrifice. It took many years for them to recover their corporate strength and continue the building of their normal school of gymnastics, which the war had compelled them to suspend.

The North American Gymnastic Union is a confederation of some three hundred Turner societies, located in every State in the Union, and controlling several million dollars' worth of property. The Union, or Bund, is divided for administrative convenience into twenty-six districts, and these districts are subdivided into societies. A Turner society has from thirty to fifteen hundred members. The Bund is so organized as to represent the Turner ideal of a democracy, combining centralization with referendum. It vests power and responsibility in individuals and provides checks by means of referendum.

The special pride of the Bund is its Normal School of Gymnastics (Turnlehrerseminar) in Milwaukee. This co-educational institution supplies instructors for the majority of Turner societies and public schools in the country and

for many American athletic clubs. This is the oldest normal school of gymnastics in America, and has the following departments of instruction; (1) Gymnastics, fencing and swimming; (2) Pedagogy and vocal music; (3) Hygiene, physiology of [gymnastics and first aid to the injured; (4) English language and literature; (5) German language and literature; (6) Anatomy and physiology; (7) History of civilization; (8) Vocal music. The gymnastic course includes wrestling, boxing, and fencing with foil and saber, military tactics; running, jumping, pole-vaulting, shot-putting, and throwing the hammer, discus, and javelin, all forms of gymnasium work with and without apparatus, gymnastic games, the art of judging exercises, the planning of tourna-

ments and laying out of tournament-fields; anthropometry, and the history of gymnastics. The entrance requirements, both mental and physical, are very severe.

The gradation of the gymnasium work in the normal school is considered the model for that in all Turner societies. Every class is differentiated by division into teams, one team being assigned, under the command of a *Vorturner*, to each kind of apparatus or non-apparatus work. All the teams of a class perform simultaneously, and every team is promoted to more difficult work as soon as the instructor deems it competent. This work of a class, constituting a differentiated, progressive, organic whole, is called in German, *Gemeinturnen*.

(To be Continued)

IS SALT AN ESSENTIAL FOOD ELEMENT ?

TO THE EDITOR:

The articles on the salt question I have followed with considerable interest. From my view-point, salt has always appeared to me to be of the drug bogie order, the doping of food stuffs which have been built up through the ages by gradual order and evolution into perfect units for man's assimilation and sustenance—for example the wheat kernel. If we boil this wheat and fool about it generally, then indeed is the salt theory tenable, for we have destroyed by fire the salt, which is in the food. We take another instance, the cabbage boiled in water; why, to be sure, the water which is generally thrown away after the process has all the salts which the cabbage contained. So of course salt is added to the cabbage to supply the deficiency, so that there is the birth and origin of the "salt habit," which like all habits is gradually being discontinued, and threshed by the broom of modernity.

In Mr. Lome's article in the March number, he quotes W. Manley, M. A., who states that the blood is almost wholly independent of the quantity of salt that is consumed with the food. So we are led to understand by this that 'tis through food that salt is introduced into the body and consequently building up blood, and not by the agency of the mineral *per se*. 'Tis through food that life becomes, and blood flows, and as food, vegetable matters have evolved through the mineral into their present state, and are taken into our bodies to become higher life. We vegetarians and others nourish ourselves from the vegetable kingdom, and not from the mineral king-

dom. As the vegetable has amalgamated the mineral in the process of evolution, 'tis, therefore, quite unnecessary to use minerals, which the nature process has built into foods for man's use. If we desire more iron in our system we take more of a certain food element and so forth. We ought not to take iron *per se*, though the drug-man would like you to do so. To quote authorities as saying this thing and that is beside the mark, the question is natural instinct which, in this matter, must be the principal arbiter, and I claim that one who has, and does live on cooked and super-cooked food is incapable of forming any opinion on the subject, but one who feeds on natural, uncooked foods, has a delicate and refined palate, and needs not salt on his food; food which contains in proper proportion all the salt necessary to his system. Personally I have always found that if I have taken salt with my food for some reason, during the day, that salt is always ejected from my system in the form of phlegm, which had a very salty taste. One can certainly taste the natural salt in wheat which has been uncooked. Salt coarsens the flavor of everything. Take for instance, butter. Salt butter is disgusting in comparison with fresh, unsalted butter.

If we are to have one mineral on our table, why not have others which have been destroyed and taken from the organized food given to us by Nature? Salt is not a food element, but an element in the food and through the food, blood is made.

G. HERBERT VICKERY.

New Westminster, Canada, B. C.

Fitzsimmons and His Pet



BOB FITZSIMMONS, the pugilist, is one of the few men of his profession who has not yielded to the temptations which surround a champion of the "noble art of self defense." At an age when most professional pugilists of note show signs of having squandered both health and money, he is said to be comfortably fixed in a financial sense, while there is no mistaking the fact that his strength, stamina or professional skill are but comparatively little diminished. Because he has been thus careful of himself, his nerve too remains, as is shown by the picture herewith. It takes a man of much muscle and some grit to make a pet of a nearly full grown lion as does Fitzsimmons. But that there are very friendly relations existing between the animal and the man is evident. The original photograph from which this was made showed that the photographer who took this photograph is not quite so plucky as would appear at first sight, for a stout chain encircles a nearby tree in the background and leads to a collar on the lion, so that the man behind the camera is entirely safe. The same remark does not stand good in the case of Fitzsimmons, for it is evident that if his pet chose to play ugly he could make it interesting for the pugilist in spite of the chain, unless the latter gave an exhibition of that foot work for which, in the past, he was famous. While lions cannot be recommended to take the place of the cat or dog, nevertheless one can-



not but feel something akin to admiration for the man who has the temerity to make one of these huge felines a member of his domestic circle.

THE PULSE AND ITS MOVEMENT

A good deal is said about the normal pulse-beat, as though there was such a thing. What is meant is the average pulse-beat, and that is something very different. The frequency of the pulse of a new-born child is given at near 140, from which point it gradually falls to

about 125 at one year, 105 at two years, 97 at four years, dropping to 90 at ten years, and 78 at fifteen. During adult life, from twenty to forty-five, it averages about 70, after which it again gradually rises to 80 at eighty years of age.—*Medical World.*

Wrestlers the Longest-Lived and Most Lasting of Athletes



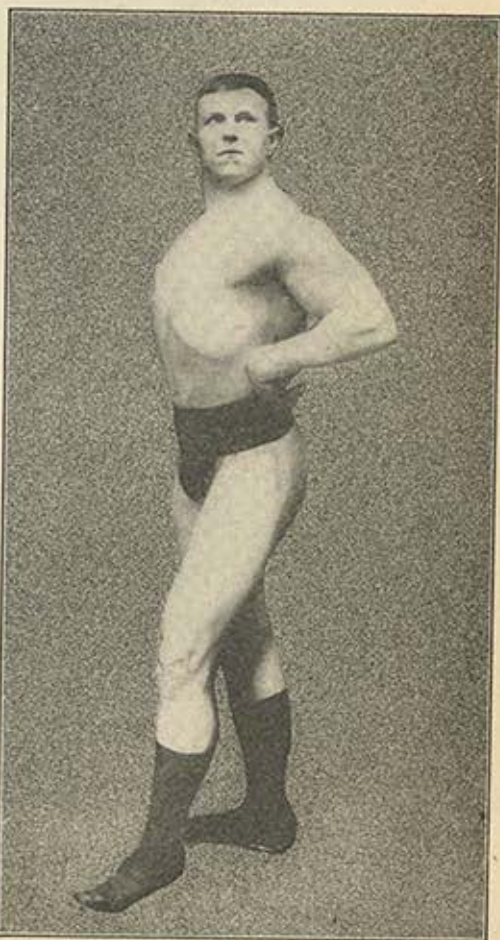
HAT of all athletes, wrestlers retain their vigor and stamina longer than any other type, is a recognized fact in the world of sports. This is probably due to the sport itself as well as the fact that, in order to excel in it a man must be possessed of certain wholesome and admirable qualities.

Unlike prize fighters and other exponents of strenuous forms of athletics, the careers of wrestlers are at least double as long as those of their confreres. In order to last, the man of the mat must lead a far more careful life than a pugilist if he hopes to make a name and a livelihood in his business. For at least nine months in the year, says a writer in the *New York Sun*, he must keep in the best of condition. He must be in training all of the time. It is different, though, with the scrapper. The fighter who is on top of the heap or who is striving for a title is not required to take as much exercise as the grappler. A pugilist at best, engages in a half dozen matches a year, whereas some wrestlers figure in as many contests each month.

Tom Cannon, the dean of wrestlers, who is close to his sixtieth year, said recently that he did not begin to realize the fine points of his profession until he was near 40. At that age prize fighters are invariably on the down grade. Farmer Burns took up the sport on the mat at 35. To-day past 50, he is capable of holding his own with wrestlers who have not yet reached 30. Like good wine he seems to improve with age.

Tom Jenkins is 40 and may be said to be so many years young. Jenkins has no intention of retiring from the mat. At present he is instructing the future defenders of our country at West Point in the art of wrestling. Every day he is called upon to have a tussle

with strong and ambitious youngsters. Sometimes he meets as many as twenty pupils a day, yet he finds his occupation congenial as well as profitable. Harvey Parker, for a long time the champion

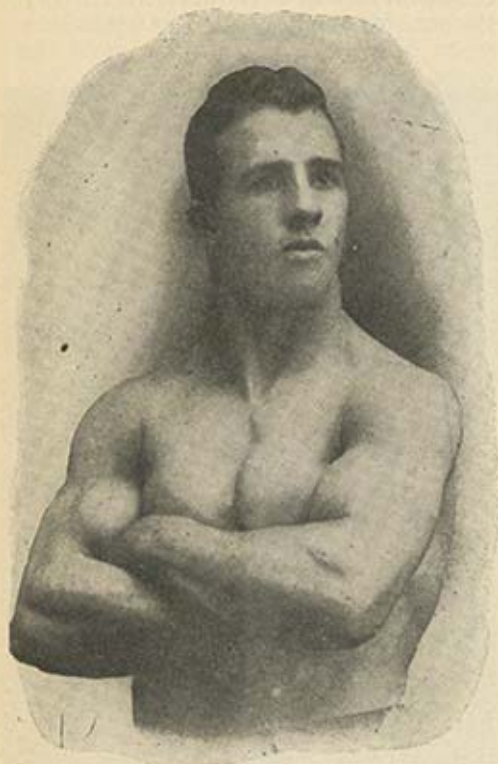


George Hackenschmidt.

welterweight of the world [is 42. Parker is still up and doing. Parker is no laggard for work. In the various cities where wrestling is popular he is usually

seen in matches with men much younger than himself, yet he is able to hold his own and defeat his rivals in quick and decisive style. Parker is an athlete who neither drinks nor smokes. He is always in fettle and revels in plenty of indoor and outdoor exercise.

Take another wrestler, George Bothner for instance. At 38, Bothner is the recognized lightweight champion of the world. Meeting him in a casual way



Hugh Leonard

no one would mistake him for a man of his years. He has the appearance of a boy of 21. Bothner is never out of shape. He likes exercise and plenty of it. Bothner always is on the alert for matches and invariably increases his record by, at least, ten or twelve contests each year, not counting, of course, his arduous labor as instructor at Princeton University.

One of the most careful wrestlers in the world as to his mode of living is

probably George Hackenschmidt, the Russian Lion. He is a most superstitious man and believes that as soon as he quits his present mode of life, his great strength will desert him. His observations of the demoralizing effects of "wine, woman and song" are interesting. He practices as he preaches and does not advise anything that he does not practice himself. For instance, he likes candy. He says that sweets of the best quality will make some persons strong. It has succeeded in his case. He is an early riser and an early retires. The simplest of foods are good enough for him each day throughout the year. He believes in hard work. He says that this is the best mental as well as bodily exercise he knows of. He likes to be active most of the time. When he is not training, he finds plenty to occupy his mind with theatrical engagements or investments.

Hackenschmidt is a frugal man. He saves his money and always is looking forward to the proverbial rainy day. Good books are his companions in his spare moments. He expects to be at his business when all the present champion prize fighters have become "dead to the ring" from excesses. Hackenschmidt is 29. At 20 he started wrestling. To-day he is regarded as the youngest champion of champions the carpet has known for some time. He is probably the richest wrestler in the world. He acknowledges being worth \$100,000, and with an earning capacity of \$1,200 a week, the Russian ought to reach the half million mark in wealth before he retires.

Another wrestler who attributes his preservation to the simple life is Hugh Leonard, instructor in the art at the New York Athletic Club. Leonard admits that he is almost at the forty year mark, but he does not look it. He is a trim set young man, with broad shoulders and a clear complexion. And Leonard's daily routine at the club is not a bed of roses. He has a large class of strong young men, proficient under his instruction, and they are told to go at him for all they are worth. They do it. This sort of work would easily wreck an ordinary man, but Leonard seems to thrive on it; and it is all due

to the fact that he is abstemious Bill Brown, for fourteen years wrestling partner of George Bothner, never drinks. Brown has not changed much in appearance in the past ten years and says he owes his present health to careful living.

Billy Muldoon who was the champion Græco-Roman expert for years is in

complexion are indications that regular, methodical habits in life pay, and when Muldoon left the mat he retired unbeaten.

Turkish wrestlers "go to the dogs" quicker than grapplers of other nationalities. This is mainly because they are too fond of coffee and stimulants The



Two Giant Champions Ready for the Struggle. Tom Jenkins on the left, George Hackenschmidt on the right

his fiftieth year. Muldoon is a physical culturist and has a place where he shows the indolent wealthy how to keep good health. Although he has not done any public wrestling for more than a decade, there are not many flies on him, so to speak when it comes to wrestling in earnest. Muldoon is as muscular and strong as ever. His clear eye and ruddy

Turks believe in superfluous flesh and sheer weight to carry them to victory on the mat. Most of them are naturally strong and vigorous but they imagine that obesity is their vitality. The late Youssuf and Nouralah were noted for their bulk and avoirdupois. Youssuf never bothered his head about training on modern lines. He neglected the

road and dumb-bells for cigarettes potatoes and plenty of coffee and wine. The diet increased his weight. It was the same with Nouralah, but as the latter advanced in years he naturally

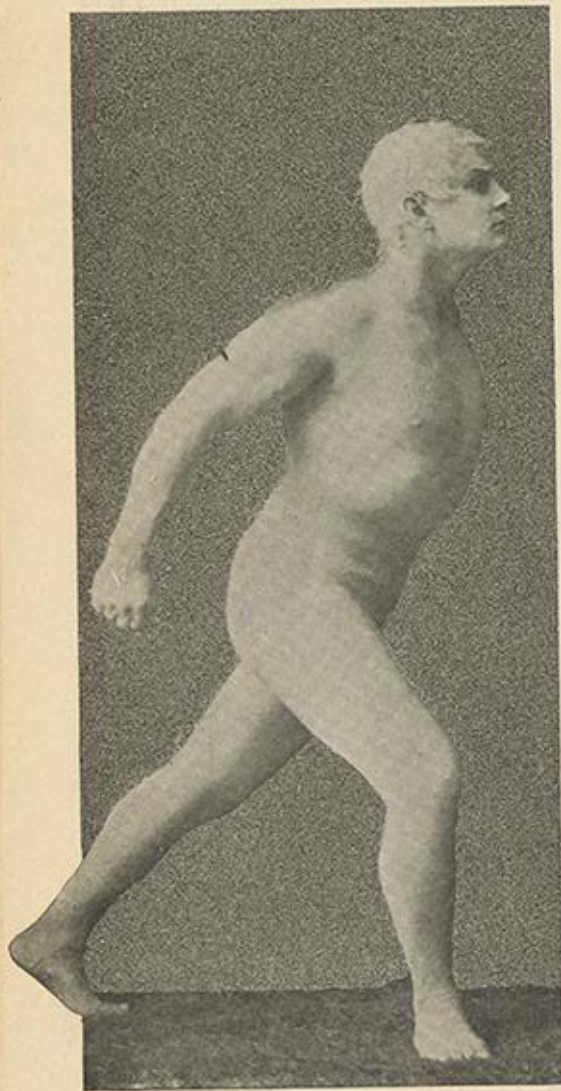
those who do, despite the demoralizing atmosphere, nearly always cling to the abstemious life. There is a story that is told of a wrestler who opened a cafe after he got through with the mat. This wrestler never drank in his career and thought it would be a good thing to preach on this subject to his customers. Many of these did not side with him and went to other places to quench their thirsts. Consequently it was not long before he lost all his trade and his place went into the Sheriff's hands. And we cannot say that we are sorry that he met with misfortune.

Just now it seems to be the consensus of opinion among the majority of athletes and trainers, that as a general rule, men who follow athletic pursuits fall by the wayside before they have reached the age of forty years. One cannot deny the fact that athletes who contend in track competition are the first to succumb under the pressure of training, for it is rarely they are found in active competition after thirty years of age. This remark applies to America more particularly, for in foreign countries, especially England, we find many athletes who have retained good form after thirty years.

As a general rule, great track performances have been established by athletes under twenty-nine years of age. On the other hand, those athletes who confine themselves to field events such as hammer throwing, shot putting, discus throwing, etc., may remain in active competition for years without finding their powers impaired in the least. In the case of J. S. Mitchell, of the N. Y. A. C., he distinctly illustrates the fact that an athlete may retain his vigor and strength, and give a creditable performance in this line of work between forty and fifty years of age. John Flanagan also continues to break records in the weight events which further illustrates the fact in question.

In the case of wrestlers, we often find that they are able to continue their work for a much longer period than those engaged in several other sports.

The average boxer seems to be placed in the same class as the track athlete. Bob Fitzsimmons, however, is about the only prominent representative of



William Muldoon, Former Unbeaten Champion, Still a Marvel of Muscular Manhood

found that his excess weight and the evils it brought with it were a handicap, and so was forced to retire.

Very few wrestlers who leave the game go into the saloon business. Even

the fistic art, who has been able to continue in the ring up to the age that is usually supposed to mark the beginning of the decline of muscular energy. Ball players do their best between the ages of twenty-one and thirty, although there are many cases where this class of athlete continues to enjoy prowess after this age. J. O'Rourke, for instance, manager and catcher of the Bridgeport team is just as lively on the diamond as in his younger days. Cy. Young, the famous pitcher of the Boston American team, appears to propel his slants with as much cleverness now as he did fifteen years ago. There is, no doubt, however, that these cases are the exception, rather than the rule.

There is no getting away from the certainty that many athletes wear out their lives by continuous performances. It is this constant ambition to excel themselves and the incidental constant training which is responsible for their not being able to continue their form. Training is always good, but the perpetual strain which many of our athletes impose upon their bodies, is usually disastrous athletically, and in the end, shortens their lives. How often do we notice that as soon as an athlete stops training for any real length of time he is quite unable to reach the mark he made before stopping, no matter how hard he may train again. In this connection it is interesting to note how much longer the professional athlete lasts than the amateur. Some reason it out by the fact that the amateur fails to take the

same scientific care of himself as that of the professional. This is true to a certain extent, but I have known many professionals who do not train as assiduously as their amateur confreres and still are enabled to perform to advantage.

Especially is this noted in the case of T. F. Keane, the professional sprinter. When Keane was an amateur he succeeded in defeating the cream of the amateur world but did not display his real running ability until years later when he became a professional. Keane to-day stands a scant 5 feet 7 inches, and weighs about 145 pounds stripped, and although thirty-five years of age he could undoubtedly defeat any of his younger competitors. Keane's marvelous performances stand up particularly in the sprinting class. It is rarely we have sprinters capable of doing anything at twenty-nine, but the American professional has upset all cherished traditions. As prominent as Keane's performances are in this country at his age Australia has a champion which seems to outclass both Weston, O'Rourke, Keane and many other celebrated old athletes.

In McManus she claims to have a sprinter who is the equal of any runner whether amateur or professional in the world. This wonderful athlete is over forty-five years old still he continues to reel off the 100 yards in the phenomenal fast time of 10 seconds.

In a word, the athletic life in general lasts up to forty years.

DIET AND ATHLETICS

TO THE EDITOR:

In reply to a request in your magazine for the results of experiments in diet from readers, I am sending you an account of some I have made on myself during long distance running. For several years I have been running long distances across country and on the flat and after living on meat, bacon, etc., changed to cereals, nuts, fruit, etc. The first week I experienced a loss of energy and a feeling of weakness generally. But after a week or two, that gradually wore off and I found I could run longer distances without feeling bad after-effects, such as headaches etc. The strain on the body physically seemed less.

Another thing I have noticed is the effect

that nuts have on some people, especially those practicing athletics. In my own case, if eaten just before a race, they cause great discomfort, such as wind and indigestion, in fact, I can't seem to digest them at all. I account for this by the great strain on the digestive organs caused by fast running. If taken before a long walk or slow long run, they suit me very well and are very sustaining, the gentle exercise helping the work of digestion. In conclusion I might say that I think that to an athlete, the effects of a change in diet on the system are more marked than in the case of a person following only an ordinary occupation.

A. LEWIS.

Birmingham, England

Dietetic Treatment of Constipation

By BERNARR MACFADDEN

(Continued from November Issue)



MY readers were promised, in the last issue of this magazine, something on the influence of food in regulating the bowels. Though exercise is of great importance in this regard, food is almost equally so. I admit that where one possesses great vital strength, almost any kind of food can be taken and with more or less satisfactory results. In fact, the human organism possesses a most wonderful power of adapting itself to circumstances no matter what the latter may be. When I consider the articles of food that are used by many individuals in their daily diet, I marvel that they are able to maintain life; that they are able to discharge their daily duties, is more than surprising. While some of the lower animals seem able to withstand almost any hardship, yet the human system is far more capable of offsetting the effects of ill treatment than is that of the rugged dumb brutes. The vital spark in the average human body is kept alive under conditions that are astounding to a man who understands the influence of a unhygienic diet and other baneful habits. But while one may be able to so maintain life, or go about one's daily duties when following wrong dietetic habits, I must emphasize the fact that such an individual does not live in the truest sense of the word. He merely exists. It is impossible for such a person to fully realize youthful hopes and ambitions. His nervous system ultimately becomes paralyzed by his baneful habits, and the energy and ambition that might have been his in earlier years, gradually decrease until life is simply a matter of eating, sleeping and existing.

The functional organism must be properly regulated in all its activities in order to maintain the highest degree of health. Of course, various diets have influences of a varying character on different individuals. Also and under different circumstances, the same article of diet might have different influences on the same individual. But as a rule, you can depend upon certain articles of food being laxative and so bringing about the desired result, provided that the habits of life of the person are as they should be in other respects.

Naturally most of my readers are living on the usual mixed diet, and to them, the very first warning would be to avoid white flour and all of its harmful products. Though we have always condemned the use of meat, it is my opinion that it is more wholesome and digestible than articles of diet made of white flour. Such foods are constipating to an extreme degree.

Constipation, as every intelligent person knows, is the beginning of a great many dangerous, acute diseases. Such ailments indicate the presence of poisonous elements in the blood. Unless the functional processes of the sewerage system of the body, are properly carried on, the poisons which should be eliminated, remain in and circulate through the entire organism. The result of which is disease. But disease is not an enemy, mind you, it is a friend. Its purpose is to purify. You have failed to maintain a proper activity of the alimentary canal, and the refuse of your food which should be thrown off through the colon, remains. Disease is Nature's way of getting rid of this poisonous matter. If it were not for disease you would die. Your life is, therefore, saved by disease, so-called.

To the reader, who is in the habit of using a mixed diet, the addition of such articles of food as prunes, figs, and fruits of various kinds will usually be sufficient to bring about a regular activity of the alimentary canal. A drink composed of about one-third grape juice and two-thirds hot water, with sugar added to taste, if taken following the morning meal, will usually bring about the desired result. In fact, fruit juices of all kinds can be recommended.

If you are not in the habit of taking a morning meal, however chew and swallow a few grains of raw wheat mixed with dates or nuts to make them tasty and relief will usually be obtained. In fact, coarse foods of all kinds are to be recommended for those suffering from constipation. When I say coarse foods, I mean foods that have not gone through too elaborate preparation, such as prolonged cooking, complicated mixing etc. Thus, the whole meal, made from the entire grain of the wheat should in all cases be used instead of the white flour. The same might be said of all the cereals. Every part of the grain that is tasteless or has an unpleasing flavor that can be removed without machinery, is intended by Nature to be removed before being used as food. But whenever machinery is necessary to remove any parts of a cereal harm is certain to follow.

Any of the whole grains will be found of value in this way, to those who are in the habit of eating cooked food, if prepared by a simmering process until they are tasty. Of course they are better for the purpose when eaten raw, and I nearly always use them in this way. But I realize that, when one is accustomed to cooked food, the use of raw grains is a little too radical.

Meals at stated periods are, of course, important in order to establish regularity in the processes of digestion and elimination. It is also necessary to keep in mind the necessity for encouraging regularity in this way. In other words the desire for eliminating the waste matter from the bowels should never be ignored. If it is, the time will always come when no warning will be given, and this often entails serious consequences.

To give in detail the instructions necessary on this subject, would require

a very large book and, therefore, within the limits of a single article I can only touch on the main facts that I think will be of benefit to my readers. To the individual who uses a mixed diet, salads of all kinds can be especially recommended in addition to the use of the various fruits and articles of food that I have previously mentioned. In fact, all vegetables that can be eaten raw will be specially advantageous. For instance, a meal of raw cabbage or raw turnip will often have an almost immediate effect without any bad after results.

Such a meal may seem specially unpalatable to the average individual, but raw cabbage chopped fine with the addition of a French dressing will make a salad as appetizing as a very expensive combination. Raw turnips if eaten with ripe or partly ripe olives are very delicious to almost anyone fond of salads.

Those who are desirous of leaving out meat from their diet often come in contact with difficulties in maintaining the activity of the bowels. Meat is, to a certain extent, laxative. This is due to the stimulating, or what might be termed, the poisonous elements, which it contains. These elements, however, arouse the activity of the bowels for the purpose of eliminating them. In fact, a very hearty meal of meat to one not accustomed to its frequent use, often has more immediate effects than a very strong laxative. Meat and white bread are usually accompanying articles of food, and meat to a certain extent counteracts the binding characteristics of the white bread. These facts should be kept in view when one is desirous of avoiding meat. A diet must be secured which will in every way, take the place of flesh food. Strict vegetarians who use white flour products, gain but little if anything by avoiding meat, if they disregard the qualities of various other foods to nourish the body and maintain a proper degree of activity in the eliminating organs.

Of course, the necessary regularity of the bowels can best be induced by the raw diet in every case. Such food is more cleanly and cannot generate the poisons even should constipation be produced that often seem to develop in the ordi

nary cooked foods during the process of assimilation and elimination. However, it is not by any means an easy matter to change from an ordinary cooked to a raw diet. I would simply advise the individual who eats at the conventional table to insist at least upon whole wheat bread, to use freely various fruits, raw vegetables and salads and in every instance, to thoroughly masticate his food. The importance of proper mastication can hardly be over-estimated, but its advantages will be especially noted when one has any difficulty in obtaining regularity in the digestive and eliminating functions.

Horace Fletcher, the authority on mastication, goes to extremes, according to the views of the average individual. He claims that every mouthful of food must be retained and chewed until it passes down the throat involuntarily. In other words, there should be absolutely no effort in swallowing. To realize the full importance of this statement, you must know that it will take from 75 to 150 "chews" to thus swallow an ordinary mouthful of food. This would, perhaps, be beyond the powers or patience of the average individual; but no one can question the absolute necessity of chewing every morsel of food to a liquid before swallowing. The value of so doing cannot be questioned.

If your food is washed down with gulps of coffee or any other liquid, it is incomprehensible audacity to expect even ordinary good health. Though my usual advice is that one should not drink at meals, yet I am fully convinced that if there is a thirst at such time, it should be satisfied; but usually, if one acquires the habit of drinking water between meals there should be no desire for drinking during meals. When the desire for liquid is present under such circumstances it nearly always indicates that the food is not being properly masticated.

It is well to remember also, that so-called whole wheat flour is sold which is not by any means made from the

whole wheat. The whole wheat flour includes the entire grain, covering and all. Of course I do not mean the husk which is removed in threshing, but every part of the grain except the husk. The average grocer would better understand your needs if you asked him for whole wheat *meal* instead of whole wheat *flour*.

Some time ago, I called the attention of my readers to the value of the free use of water in treating constipation. I want to again emphasize its importance in this respect. Water must be freely used between meals at all times. Keep it close at hand and encourage the appetite for it. This does not by any means indicate the necessity for swilling vast quantities of it. It is of no advantage to force water upon oneself. But it is well to remember that one easily loses the taste for water. In such a case let there be a supply of pure water handy and take frequent sips in small quantities. Then the appetite for it will return and a glass every one or two hours during the day will be enjoyed. The Japanese, as is well-known make a practice of drinking large quantities of water. In fact, I understand that some of them drink as much as a gallon a day. The extraordinary vigor of these people clearly indicates that their habits of life must be very nearly right.

The main facts to keep in mind in maintaining the desired regularity of the bowels are:

- 1) Free drinking of water.
- (2) Thorough mastication of every morsel of food.
- (3) Care in the maintenance of regularity of the bowels.
- (4) Avoidance of all rich complicated foods, also white flour and other products having a binding influence.
- (5) Free use of fruits such as apples, pears, peaches, prunes, raisins, etc.
- (6) Free use of green vegetables, especially those which can be used raw and in the form of salads.
- (7) Recognition of the value of raw foods and their free use.

"Is Dr. Scadds a man of scientific distinction?"

"Yes, indeed," answered Miss Cayenne.

"He has so many college degrees that when he sends in his card you can't be sure whether it is his name or a problem in algebra."

Physical Culture an Essential in the Life of an Actress

By FLORENCE GALE

"Like a lone star by sailors seen.
Tempest tost upon the sea;
Telling of hope and peaceful havens nigh
Unto my soul her starlike soul hath been;
Her sight so full of hope and calm to me
For she unto herself hath builded high
A home serene wherein to lay her head,
Earth's noblest thing a woman perfected



BECAUSE of the beauty of its conception, the above excerpt from Campbell has always been a favorite of mine. While the poet philosopher certainly strikes the keynote of spirituality, one cannot fail to see its deeper meaning, which is, that to be perfected we must be true to ourselves.

And if we are true and perfect, we are beautiful physically, mentally, morally.

Of course, some captious critic may take exception to the term, "morally perfect," but, I mean just that which I have written, viz., the nearer we live to Nature the more moral we are.

My doctors are the earth, the sky, the sea, and I need hardly tell the readers of *PHYSICAL CULTURE*, that a sun bath, a romp on the sand or dewy grass, and a dip in old ocean, or in an inland lake, combined with a keen appetite for honestly prepared wholesome food, is the only prescription which will keep one in superb health. However, I am not going to inflict on the readers of *PHYSICAL CULTURE* a treatise, on how to be "perfected" but I would like to say that I imagine that the difficulty encountered by most people who are seeking after health and longevity, is that of keeping as perfect as possible without undue exertion or a drastic change of habits. The great mistake made by so many seekers after health and strength is, that they want to get results right away, and lacking

in perseverance they sink back into their old manner of desultory living.

Then again, we hear so much about "environment," that sometimes I wish the word had never crept into our spoken and written language.

"Environed he was with many foes" hath Shakespeare, and I believe that if, when seeking for health, or a more correct way to live, we look first of all for this "environment"—we place obstacles in the pathway of our progress.

That we are not blessed with the same advantages in childhood is to be deplored, but a love of Nature and Nature's God, may be born with us. The beautiful rolling prairies of Nebraska were my playground. I found "sermons in stones and good in everything."

Breaking Texas bronchos was a pastime that taught me courage. From early morn to twilight I was in the open, horse-back riding, herding cattle, and these early lessons on how to live my life naturally have greatly fitted me for the vigorous demands upon my strength, due to my profession. Moreover, out on the prairie and plains I never knew the word timidity, which is so foolishly associated with femininity by some men and many women. I took a keen delight in lassoing a steer; breaking a colt to harness; or watching a garter-snake sun itself on a rock; while the whirr of the rattle of the diamond back was a danger signal that had no terrors for me. I knew that if unmolested, the reptile was harmless and I, therefore, never feared it. Neither did I ever know of any of my

girl companions to have that timidity which is said to be so characteristic of our sex. Naturalness of surroundings begets a desire to be natural, and the fields, forests and streams were constant reminders of the fact that, to be perfect physically, we must, above all be natural.

A natural girl is a plucky girl, there is nothing of the petticoat poltroon about her. She is robust, and that word is a sermon in itself. In my profession I realize that if it were not for the daily exercise I enjoy, the "grind" would dry up the fount of health. Every day of my life, be the weather sunny or stormy, I never miss a walk, and I live as near the country as possible. In

New York, I live directly opposite Central Park and its grassy slopes and graveled walks are my recreation grounds.

In the matter of diet, I choose fruits, nuts, lots of vegetables and light dairy dishes with an occasional portion of meat constitute my fare. My cook,—well, she is plain and practical.

As to what the simple, plain and natural way in which I live has done for me I can only say that I am a happy, contented woman; that the value of physical culture can never be over-estimated as an aid to a successful life and the molding of that desideratum, "Earth's noblest thing: a woman perfected."

AGE LIMITATIONS OF ATHLETIC SPORTS

A CONTRIBUTION of a good deal of athletic interest comes from Dr. Allbutt, Regius Professor of Physics at Cambridge. He has prepared a table founded on observation, experience and theory, which shows at what ages, speaking in a general way, men should abandon athletic sports. According to Dr. Allbutt, a man may play hockey with safety up to thirty-five years of age; football to thirty; cricket to forty, while he may stick to the oars until he is sixty. In the case of women they may play lawn tennis to forty-five. But the Doctor doesn't specify at what age croquet or similar mild forms of athletic recreation should be abandoned. In regard to lawn-tennis, a man may safely indulge in it until he is three-score, according to the doctor, and golf need only be abandoned when the golfer takes to his bed for the last time.

There is somewhat lacking in the Allbutt table, however. For instance, he doesn't state what are the limitations of the bicycling age, and he even omits the longevity statistics of the baseball player. Also he makes no reference to the years that a man may continue to swim and so forth. In regard to this last, a matter of more or less authoritative record is that Henry Jenkins, of England, who when 100 years of age,

swam the river Swale in Yorkshire with ease. Jenkins at the time of his death, claimed to be 169 years old.

Dr. Allbutt's beliefs are commendably different to those of the Chicago scientist who recently and ridiculously declared that no man over thirty-five years of age needs exercise. However, the table will not meet with the approval of everybody, inasmuch as there are plenty of examples ready to hand which deny the truth of much of the data upon which it is founded, or rather one may take exception to the fact that Dr. Allbutt ignores a good many striking exceptions to his theories. Thus he takes no cognizance of the late William Ewart Gladstone wielding his tree-felling axe when he was three score and ten, or of the phenomenal cricket still played by the grand old veteran Dr. Grace, or of the oarsmanship of Furnivall, the famous Shakespearian scholar. In this country, Secretary Olney's fondness for tennis is a matter of pride to his friends and himself, and the late Wm. Cullen Bryant, almost up to the time of his death, was a devotee of dumb-bells before breakfast. And it may be added that Mr. Balfour, who is one of the most prominent oldest-youngest men to be found in British public life is devoted to his golf sticks and their use.

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" just finished, the author apparently described what he thought to be perfect conditions. It furnished a strange contrast when compared to our own world. It is a very appropriate time to present to my 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 the 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, nothing new will be presented. If anything, such students will admit 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 pitiful need of striking sledge-hammer blows at the distorted prudery which is the real fundamental cause of the miserable degeneracy that is so clearly shown in this realistic tale—Bernarr Macfadden.

CHAPTER IV.

JUST what followed the striking of the blow, I do not know. I was intoxicated and moreover beside myself with passion. No one else was any more sober unless it was Somers, himself; and naturally he and I never discussed the matter for the purpose of learning the details.

I can recall his face suddenly all covered with blood; then a wild cry from him and a drunken confusion all around me.

I must have caught up another bottle as if to strike him again, for I can always see myself surrounded by the fellows clinging to me, while Somers, after a terrified moan as the blood got into his eyes and blinded him, sank forward as if dead.

It is an old saying that a bully is always a coward, but I had never seen it so well exemplified before. It is true I had wounded him, but he was not seriously hurt; and I know that if anyone had struck me such a blow I would have fought him to the death.

I am not boasting of courage, for as I have said, I had none; only I was

not afraid. I did not seem to understand that feeling of caution which more robust men have. I have noticed it in other fellows of my sort, and I think it is a part of, or a stage in, degeneracy. Perhaps I am wrong, though.

What might have happened among us after that, I don't know. Nothing much, I fancy, though I boasted for many a day after of what I would have done if the waiters had not come running in, attracted by the noise and confusion.

There was loud talk of arresting me, and indeed I was taken into custody by the proprietor and kept in durance until a doctor had examined Somers and pronounced him badly cut but in no danger. Then the proprietor, accompanied by the physician, came to me, where I waited in a half-drunken stupor of sullen defiance, and tried to frighten me by telling me how nearly I had killed a schoolmate.

"He insulted me, and I'd do it again," I kept repeating, till they were so disgusted with me that they would have had me taken to the jail but for the unpleasant notoriety that would have befallen the proprietor by such a course. And the doctor could not afford to

offend a man who entertained so many possible patients.

If it had not been for self-interest how readily those men would have handed me over to deserved justice. But I have noticed that justice somehow always contrives to get one eye from under the bandage whenever material interests are threatened. And civic virtue is ever the handmaid of private profit.

The doctor's bill was a big one, and the landlord's had something added for damage done. I paid both when morning came and my head ached so that I would have paid twice the amount to be allowed to go to sleep again.

It was very mortifying to me to have been made a fool of in the way Somers had indicated, for I knew it was true as soon as I was able to think it all over, but after all it was in the way of experience; and when I came to sum it all up, I could not fail to see that my part was pretty creditable anyhow.

If I had not actually seduced the girl I had at least had relations with her, and that was not bad for sixteen; then I had given a dinner and got drunk and had a fight and come off first best.

It was a story I told a great many times later with great effect. Nor was I so stupid as to suppress the way Somers and the other older fellows had fooled me. On the contrary I always made a joke of it and told it because it served as a pretty contrast to the manly way in which I broke the bottle over Somers' head.

But this is only by the way, for really the episode was ended with the dinner, and other events followed so rapidly that it would have never been remembered only that it was my first adventure.

By just what process my mother came to a change of heart in regard to me I do not know; but I do know that she seemed of a sudden to have become very proud of me, and made me welcome in her house for the first time in my life.

Nothing was too good for me. My allowance from my mother was increased, though I was told not to let my father know of that, but rather to demand an increase from him as due me now that I had grown older.

My mother belonged to what was then known as the "smart" set; by which I think was meant those persons who had no especial standing in any kind of society, but who had either plenty of money, or an entire lack of morals.

Not that my mother ever did anything that was immoral. I don't know, in fact, that any of her friends did, but to make up for what they did not *do*, they *talked* flippantly of everything in the world but Society. Not that society with a small letter which is formed by humanity struggling together in a concerted movement for general betterment, but that especial capital letter Society which occupies so large a place in the newspapers and no place at all near the heart of humanity, but which, nevertheless establishes the standards of living.

As an example of how my mother would talk, I one day overheard her telling a caller that I was going to be a perfect terror among women.

"Why," she went on, in a light, frivolous tone that went with her society manner, "I don't dare to keep a good-looking maid in the house; the little rascal. And only sixteen, too!"

Now, as a matter of fact she had two good-looking maids in the house, and it had not previously occurred to me to tempt the virtue of either of them because I had hardly recovered from the effects of my debauch at the famous dinner; but my mother's words gave me a suggestion.

There is no need to make a long story of that matter. Both of the young women laughed at me, and one of them told me with a scornful curl of her lip that that was man's work, and that I never would be a man if I didn't stop "hurting myself."

I furiously denied knowing what she meant, but I might as well have tried to whistle down the wind. But will I be believed if I say that up to that time that parlor-maid was the only person who had ever said a word to me to keep me from ruining my health by my secret practices?

Oh, we had blind lectures at school on the subject, and I had read books intended to frighten boys, but what did

they all amount to? Hadn't I eyes to see with and ears to listen? Did I not know that I was living in a world of sex indulgence?

Why, I had been taught to believe that the proof of my manhood would lie in the extravagance of my sexual indulgence. Yes, taught; for if one's parents and teachers allow a child to grow up uninformed by them and informed by ignorant servants and children, is it not the same as if they had deliberately taught them the wrong and vicious notions of life which they obtain from others?

I tell you that, looking back on my awful, wasted vicious life, I charge it all to my parents, who had gone through the same sewer of filth and yet permitted me to do so after them. I charge it to all parents who have gone through the same experiences and yet will not lift a voice to save their children.

I say I was not vicious; I was a victim!

Shall I be told that my parents were not average specimens? Perhaps that is so; but if so why do we hear from the president of the United States that American women are preventing the birth of children? Why do we hear from pulpits all over the country that divorce is the crying evil of the day? Why do judges say the same thing whenever they get the chance? Why are there so many thousands upon thousands of prostitutes?

Or is the charge to be that I am the exception; that most boys are different and better?

But I say there are very few men in this country who will dare to say that to their own consciences. Men know what they were as boys. Men know that I am telling not the whole truth, but only a part of it.

I was not the worst among my fellows because I hadn't as much health to abuse as most of them had. I am daring to tear the veil from the hypocrisy of our lives. I am daring to say that we are growing up a race of erotomaniaacs. We think of nothing but sex, we talk of nothing else.

What I am telling is hideous, but it is true; and it is true not only of me, but of thousands and thousands.

It may be that I have set down some things here and shall yet set them down with an appearance of lightness; but there is no lightness in my heart, nothing but grim horror; for I am at the end, you see.

Forgive this cry of despair! I try to forget while I am writing this that it is my story; but it is so hard to do that. I must now and then ask myself why some one did not tell me.

It is true that between them—my father with his diseased body and my mother with her frantic efforts to rid herself of an unwelcome burden—they gave me a feeble constitution, but that could have been remedied by right living and wholesome thinking.

Oh my God! to have to look back and know that the very conventions of society were at every step thrusting me deeper and deeper into the mire!

Well! I went to the sea-shore with my mother, and had many experiences of one sort and another; learning to gamble among other things. Of course I had played poker and other card games for money, but not until I went to the sea-shore did I find my way into a regular gambling house.

There really wasn't very much more for me to learn; thereafter I was to learn many new ways of doing the same things.

I did try to seduce what we called a "summer" girl; that is a young woman who spends two weeks at some fashionable resort in the hope of either catching a rich husband or a rich man who would enable her to live without labor.

The young woman in question seemed very unsophisticated, but I discovered in the end that she had nothing to learn from me. Indeed some of her final plain talk to me led me to believe that I must have been an easy prey to even silly little Irene.

That was very mortifying, but it spurred me on to do better, to be less "easy;" so I set about cultivating *aplomb* and *savoir faire*. Of course they are both very silly expressions, but we used them a great deal in our set, and almost thought we were speaking French when we did so.

Toward the close of the Summer, my mother, who was now as foolishly

indulgent as she had been previously criminally indifferent, told me she would like to have a serious talk with me.

I had been having a fling at the roulette table the night before, and being drunk and reckless, had lost a pretty large sum of money, for which I had given my note with the understanding that I would take it up as soon as I could cajole it out of my mother. And being a debt of "honor," of course I meant to do it.

When my mother came to me with her request for a serious talk I supposed she was going to remonstrate with me on what had happened the night before; and, with my headache and heavily coated tongue and rebellious stomach, I was in no mood to be lectured.

As she was to pay the bill, however, I checked the angry refusal that involuntarily leaped to my tongue and went with her to her private parlor, revolving in my mind how I would meet her first words with a burst of wrath, and so distress and bully her into weakness.

It turned out that this was quite unnecessary, however. She had as yet heard nothing of my escapade, but wished to talk to me of my future. Of course it was a serious subject and should be talked over seriously.

I suppose people must have thought us a very happy mother and son when they saw us walking toward the hotel together her arm about my shoulders. I know lots of the fellows envied me the "soft snap" I had.

Perhaps I could have made something of this new-born infatuation for me if I had been the right sort; but I fancy it was altogether too late now. I called her mater because she had read in some book that that was the way English boys addressed their mothers. She always called me Regy now, though previously I had been Reginald, with a peculiarly unpleasant snap to the last syllable. I had been her aversion, now I was her most serious weakness.

"It doesn't seem possible, Mrs. Barnes-Carter, that that young gentleman can be your son," flatterers would say to her.

"I was a mere child when I married his father," she would answer with first a silly simper and then a preter-

naturally grave air. Then she would put her arm about me and try to look as if the tears were coming.

I served her for many purposes. I was a good foil for her, I was a sort of chaperon—people had begun to talk about the gay grass widow—I made her interesting, and although I might be more expensive I was less trouble than a pug dog, but served the same purpose.

Perhaps I am unnecessarily bitter about her, but certainly it was not motherly love that had just sprung up in her breast. I don't know exactly what it was, but whatever it was, it had its roots in self.

"Regy, dear!" she began after she had comfortably seated herself and I out of sheer bravado had lighted a cigarette and was standing looking out of the window, "you are a young man now, and we must have a serious talk about your future."

Then it was that I knew I had nothing to fear from her, whether she had heard of my previous night's escapade or not.

"All right, mater," I answered as cheerfully as my headache would permit. "I'm feeling beastly stale—" please notice the English affectation I had just picked up—"but I'll be pretty fit in a little while. A whiff or two will bring me around."

"You little rake, you!" she cried fondly. It was another of her affectations to call me little. I was more than a head taller than she was.

"Beats a cocktail all to pieces," I said sententiously.

"So it does," she admitted. "Give me one!"

I passed over my box to her and presently we were peaceably puffing away and getting ready for the important discussion of my future.

"Of course you are going to college," she said.

"Why?" I demanded petulantly; "I'm not going in for athletics."

"My dear boy," she laughed, "of course you are not, but that isn't all college is for."

I believe I stared at her in amazement. Was she really going to give me "a song and dance" about study?

"It is at college," she said with an air of surprising wisdom, "that you make

your life acquaintances. I don't care what may be said against our colleges, they are the thing nowadays, and everybody that is anybody goes. It's the swell thing. Do you remember that Mrs. Dearborn who used to be in our set?"

"Harry Dearborn's mother? Yes."

"You remember that Harry Dearborn went to Harvard?"

"Yes; he was a sub on the football team."

"Was he? I didn't know that."

"Yes. About as fit as I am, but he had plenty of money and belonged to the inner circle, so they put him on for about five minutes in one of the small games and he got his H all right."

"That's it!" cried my mother triumphantly, "money will do it every time. And that's what I was coming to; Mrs. Dearborn is in the swell set now; and it was Harry got her there by getting in with the right set at college."

"Oh, that's it!" I murmured languidly knocking the ashes off my cigarette, "you want me to pull you through."

"Both of us, Regy dear. You want to be in the swell set, don't you? Why, with my money, you ought to marry into one of the very best families."

"I'm in no hurry to marry," said I carelessly; "I don't forget the scenes between you and the governor."

"Of course you won't marry till you're out of college, Regy; and then you can leave it to me. An angel couldn't have lived with your father. He's unspeakable. You leave the girl to me, Regy. The thing now is to think it all out so that we don't make any mistakes at the beginning."

"Well, you seem to have been thinking it out already," I said, "so go ahead and I'll tell you how I like it. But say!" I interposed as a happy thought came to me in view of the importance I seemed to be to my mother.

"Well?"

"I came near forgetting," I said with a yawn, "but I did some rather high playing last night and had to give my I. O. U."

"Oh well, I guess we can arrange that. Was it very much?"

"Oh no! about fifteen hundred." As a matter of fact it was only a thousand,

but it suddenly occurred to me that I might as well take advantage of the propitious moment.

"Regy!" she cried in dismay; "don't you know you can't beat the game? Why it isn't even square over there."

"Oh, I know that, but you just aren't in it if you don't buck the tiger now and then. You needn't be afraid of me, mater; I'm not a gambler. If I hadn't taken a drop too much I wouldn't have done it. By jove! I almost think they must have doped the champagne, for I can always carry all I can hold."

"Well, well!" said my mother, dismissing my youthful boast—a boast, by the way, that most adult men are fond of making—"I'll draw my check for it, and you can settle it to-day. Those debts ought always be settled at once. Now let us get back to the future."

"I don't think I'm in much of a way of getting in," I said.

"Oh, you'll need a couple of years in one of the swell preparatory schools and then you'll go in all right."

"Who's been coaching you?" I demanded, looking very shrewd.

"Mr. Gorman, my lawyer," she laughed. "He says it's no trick at all. They just jam you through. And once in any fool can get through college. Just look at the men that come out and you'll see you've nothing to be afraid of. Is it a go, Regy?"

"I'll need a bigger allowance, mater."

"Don't worry about that, Regy. I'll fix you up all right; and then you can work your father for all he'll give. It won't be much, for he is going a pretty rapid gait, but I'll get the lawyers together and see that you get something out of him. But never forget, Regy dear, that your mater is the one for you to look to."

"Oh, I guess I know the real thing from the imitation," I answered. "Now for the check, mater!"

"You mercenary wretch!" she laughed, but went over to her desk and took out her check book. "I'll go over the list of scholars at the different big schools and see where the boys are that you want to know. And Regy dear!" She leaned back in her chair and looked very serious, "you must be exclusive

when you are dealing with those people. Make them think you are being very particular. Put on that grand air of yours, dear."

"Leave that to me, mater! I'll go in for athletics too. I don't mean I'll do anything, of course, but I'll cultivate that set and get my letter. You know the real, hard work is always done by the fellows who are practically paid for it—poor chaps who work their way through in that way."

"Yes," responded my mother, making out the check for me, "as long as it's the fad to be brutally strong, that sort has its uses. But you know, Regy," and again she stopped to look gravely at me, "those athletic fellows never have any style at all; they don't know how to dress."

"They're not built for clothes," I laughed. "Thank you, mater! I'll go over to-night and pay up."

I did so and lost the five hundred extra that I had beguiled from my mother.

CHAPTER V.

I was nearly seventeen when I went to Holyrood School. Of course that is not its name, which in fact is one very well known, but it will serve not only for the school I went to, but for almost any of the big preparatory schools.

It was not easy to get into the select dormitory, but as mother had said, money will accomplish almost anything, and it did that for me. It first discovered for us in which dormitory were the young men I was to cultivate, and then, in spite of the fact that the hall was full, it procured me one of the best set of chambers.

It certainly was a good start for me to get into the hall, and then it was not a bad thing that I knew how to dress. One of the swellest Fifth Avenue tailors had made my outfit; and I knew there would be no fellow there who could sport more or better clothes, from flannel trousers and sweater to dinner suit.

I had long, thin legs and an abnormal neck, but nothing could have suited better the carefully creased trousers or the monstrosously high, shining white collar.

Your athlete may look very well stripped or in his working costumes, but I have noticed that he never looks as well in clothes as the long, lean, undeveloped fellow. Certainly there was no better looking man in the school than I—in clothes.

In every big school, as indeed in all communities, there is a certain number of toadies, most of whom are trying to do by subserviency and flattery what I was trying to do with money and impudence; that is to climb the social or financial ladder.

I soon found one of these toadies suited to my purpose. Or, more correctly he found me; for as soon as it was seen that I had plenty of money and was arrogant besides, I was sought out by the toadies; and I had only to take my choice.

I don't think my toady—of course he was known as my friend—ever suspected the service he was doing me, but fancied he was, in the language of the day, "working" me.

He came of a good family, but was poor, comparatively speaking, and his parents were straining every nerve to send him to this school in order that he might make friends who would be of service to him in after life. Having family, he wanted money and so attached himself to me.

He belonged in that borderland between wealth on the one side and wealth plus social position on the other, so that he made an ideal friend for me. In truth I came in the end to rather like him; and I am sure he cared a great deal for me from the first. His name was Schuyler Felton.

He spread the story of my wealth and arrogance and exclusiveness and generosity among the fellows who moved on a higher social level than I, and I comported myself accordingly. I subscribed liberally to athletics, and held out the promise of more in the future. I was distantly polite to everybody at the first, as if I would not compromise myself until I knew who was who. Above all I had it whispered about that I kept a mistress.

My blase air, many changes of raiment and easy insolence of manner, accomplished the rest; and I had not been in

the school a month before I was hand and glove with the most exclusive set.

I had entered into the game at first merely to please my mother and coax the money from her well-filled purse; but the deeper I went into it the better I liked it; so it was not long before I was writing full accounts of my swell acquaintances to my mother, who, on her part, responded eagerly with rhapsodies of affection for me, histories of the families of my mates, and—best of all—liberal checks.

At first I was very circumspect in my dissipations; but as soon as I was fairly admitted to the set that led the school, I gave free rein to my desires.

Of course my desires and the desires of my schoolmates were precisely the same, for I cannot say enough to make it clear that under the system of suppression of truth about the facts of sex life, all boys become little ravening sex-wolves; little beasts, seeking gratification of an appetite created by the conspiracy of mankind to hide or pervert the most beautiful truth of Nature.

We had the inevitable lectures from the principal on the evil of certain habits; but would it not seem that it might in the end strike our parents and our teachers that something was radically wrong when principals of big schools and deans and presidents of big universities find the existence of these habits so common that they make it a part of their duty to make public reference to them, exhorting the students to refrain?

We had several such lectures delivered to us at Holyrood, but the references were all made in such a ladylike manner and in such veiled terms that we sophisticated fellows only winked at each other, or passed around surreptitious notes, begging each other to stop while it was yet time.

I don't blame the schools and colleges; for I know very well that if the subject were to be dealt with in a frank, open manner all society would rise up in reprobation.

The discipline at Holyrood was a very different thing from that at Todde's, where the loss of a student meant a serious loss of revenue to the doctor.

At Holyrood, there were at least a thousand students and the authorities could afford to dismiss any student, detected in serious wrong-doing.

But the older fellows were given a great deal of latitude, and some of them went to the limit, or as far beyond as they dared.

Just what the faculty thought we did when we were out in the evening, I don't know, but any fool might make a safe guess that they were pretty well aware that we were not at prayer meetings.

It is true the various religious societies were energetic in the town, but so were the prostitutes; and I know that my set chose the latter when we had any choice at all.

Naturally, I did not tell my friends that that was one department of fast life I had not yet explored, though I boasted not a little of my exploit with Irene. I may say as to that, however, that I had wit enough by that time to tell the truth about it.

I even went further than the truth and made myself out a bigger fool and victim than I really had been. This I did partly because I found it made a good story at which the fellows always laughed immoderately, and more because I had reasoned it out that the truth of the matter was quite certain to become known to my acquaintances sooner or later.

I won't pretend to say where we boys and young men came by our notions of the proprieties of life, but I have an idea that in some way they had leaked down to us through the vague stratum that separates the full-grown man from the young man.

Anyhow, we talked with a certain abnormal gravity of the need we had of the several manly things of life—tobacco, whiskey, women. We cultivated the appetites that demanded those things with an assiduity that would have made men indeed of us if we had given the same thought and energy to developing vigor of body and mind.

Indeed, as I look back now over the arid wastes of my life I find myself most struck with the fact that we not merely refrained from doing the right and wholesome things, but actually

took pride in the proofs of having injured ourselves.

Yes, we boys, actually recounted with triumph the story of contracting a disease in the course of our debauchery. I remember distinctly that after the fellows of our set had been having a "good time," I announced with positive dignity that I had caught a certain loathsome disease.

It was a lie, for I had escaped that time unscathed; but later it happened. It happened not once but several times. Ah! if only it had been a deadly disease; if only it had stricken me down then so that I might not have lived to be that which I am!

But those diseases which could not exist but for society's determination to foster hypocrisy on sex matters, do not kill; but they do live on in the blood; they permeate all society, so that at last medical men are triumphantly saying that we are becoming immune to syphilis.

Immune! But at what a cost! the physical, mental and moral degeneracy of the race.

Perhaps it will be said that I am making a great talk of a small matter. Why, it is only this very morning as I sit writing that the *New York Sun* lies open before me at the editorial page, and I read:

"There are diseases of which the general public knows little or nothing which in their results are as disastrous to life, to health and to happiness as is consumption. Plain speech is sometimes necessary. Can one doubt for a moment that, if mankind were aware of the fact that ninety per cent. of all cases of locomotor ataxia and most of the paralytic attacks, that eighty per cent. of all the deaths from inflammatory diseases peculiar to women, at least fifty per cent. of all the operations known in gynecology, as well as thirty per cent. of all the blindness in infancy and childhood, were due to these diseases, transmitted by men as a result of immoral sexual association—can one believe for a moment that, with this knowledge in mind, the public would not take steps to lessen the possibilities of these infections?"

I know that I am taking the risk of making this very dry reading, but apart from the fact that I do not stand on the threshold of the grave for no better purpose than to help you pass an idle

moment, it must be borne in mind that I must tell you how I came to manhood in order that you may understand the awful tragedy of my life.

And I repeat, that if it were only my own story that I was telling it would hardly be worth your while to endure me; but I tell you that I am but the mouthpiece of thousands upon thousands of the victims of your wicked, wicked system of life.

But I will return to my story, which I shall henceforth strive not to depart from.

Of course all of my time at school was not taken up in debauchery. I was obliged to study a little in order to be sure of passing and thus keeping with my chosen companions. Besides I went in for athletics, as I have said I meant to do.

Naturally I do not go in for athletics as the robust fellows did. What was the use of having money to spend if I were going to pass my time in getting the strength necessary for football, baseball, the track, or rowing?

No, I had myself put on the committee—and paid roundly for that privilege, you may be sure—and then went with my set, rigged out in sweater and padded breeches, and watched the other fellows act like brutes while we told obscene stories, and occasionally criticized one of the players who had been brought to the school, his expenses being paid by the committee, for the purpose of giving strength to the team.

Naturally we didn't just frankly go to a fellow who had shown his ability as a player in some other school and say we would pay his expenses if he would come to our school. But we told him we would give him the advertising privilege of the class paper, or something of that sort; and he knew what we meant.

Athletics costs a great deal of money, and the students are forever being called on for contributions; but even with that there is usually a shortage now and again; and when that happens the richer fellows are solicited to make it good.

On one of these occasions, toward the close of the first half; or properly

toward the end of the football season, I was approached to see if I would not dip into my purse again.

Being on the committee I had already contributed very liberally, so I made some remark about its being a very expensive luxury, when the chairman of the committee who was acting as collector, said with a wink:

"Too expensive for an H?"

I may as well admit that I had been waiting for this time to come; so I asked indifferently enough:

"How could I get an H? I don't play the game, and would not risk my neck for a dozen H's."

"No risk, my boy. Pony up, and I'll guarantee you an H. You're a substitute now, you know. All you need is to play in a game."

"That's just where it is," I answered.

"Put up the money, Regy," said he, "and I give you my word you shall sport the football H and never run an atom of risk. Is it a go?"

"All right," I said; and made out a check for the sum he required.

After that, according to his instructions, and by agreement in the committee, I always took my place among the substitutes during a game with any other team, my toggery on and a blanket pretentiously wound around me.

Of course there was a sort of scandal over this pretense of being a player, among the fellows who were not in the favored set, but we never cared for them. We spent our money, and were entitled to some perquisites.

The players, too, chaffed me a little for coming there and making believe, but I was rather an expert at talk, so they never came out of a wordy contest with any *eclat*.

One afternoon, after our men had been ripping into a team so much weaker than they that it seemed as if our opponents would hardly last the game out, one of our men was retired and my name was called out.

There was the silence of amazement for a moment among the fellows of our school, then a laugh and then a sort of groan of derision. This I learned afterward; at the time I was wondering very

hard if the other team was really as much used up as it seemed; for I had no mind to run any risk with my beloved body.

As a matter of fact I was pretty well run down from the effects of a secret disorder from which I was suffering and had no strength to spare; but the H was a very desirable ornament on one's sweater, so I braced up and took my position as well as I could from want of custom; for it must be understood that I had never even lined up in my life.

However the signals were given, there was a wild rush and jumble of bodies—a really disgusting affair—and when the whistle blew there was I as prettily stretched out on my back as if I had received a mortal hurt.

Happily the right men came to the rescue and kept any others away; and I was half carried off the field, while another man was called to take my place.

That gave me my H, and I forthwith had it sewed on my sweater, where it remained, a joke to our set and an object of scorn to some of the fellows who thought they ought to have had a chance for an H simply because they were big and husky and such brutes that they were willing to risk their limbs in a scrimmage.

It was well worth what it cost, however, for I wore it with great effect away from school during the holidays; and that brings me to a very interesting episode.

Now Schuyler, my toady, had invited me to visit him during the Christmas holidays. But my mother had written to me in response to a request that she find out about his family, that it wasn't worth my while to waste any time on him, as his mother was hardly able to exist; so I had told Schuyler that I had another engagement.

But one day, he chanced to show me a picture of his sister, and she was a mighty pretty girl.

That, in the slang of the school, made me sit up and take notice. And I think I may say that my life really began from that moment.

Weakness of the Pure Food Bill

THAT there is trouble in store for the Pure Food Bill as far as its practical workings are concerned, and that the expectations of the public in regard to it, are bound to be more or less disappointed becomes more manifest day by day. It would almost seem that the Bill was so legislatively woven as to allow of large loop-holes through which the scoundrelly makers of adulterated and poisonous foods, might escape were there any danger of their becoming entangled in its meshes.

There are a variety of reasons why, while it is allegedly a measure to protect the public, yet its tendency is rather to protect the individuals and corporations against which it is supposed to be aimed.

Thus, a defendant of it declared "that it is better to pass a Pure Food Bill upon broad and general principles, rather than to make it simply a proportionary measure." By reason of this, and as the matter now stands, much is left to the courts which in reality should have been dealt with by the Bill. In other words, and in the event of the manufacturers of poisonous food products being prosecuted under the powers of the Bill, the courts have to decide as to what is injurious, or deceptive; what is adulterated, and what is misbranded. The consequence is, that so-called "experts" will be much in demand in the future, and there will be no court case due to the bill in which these "experts" will not appear in witness boxes.

Prof. H. W. Wiley, Chief of the Bureau of Chemistry, U. S. Department of Agriculture, very properly points out in this connection, that in the event of the "expert" stating that he has observed no injurious effects produced by the addition of chemicals, his so doing would be far from sufficient. As the Professor says, "It does not free a man from guilt if he should be tried for theft, to bring a thousand men on

the witness stand to swear that he never stole anything from them. If it could be proved that he stole from one individual, he is guilty and must suffer the consequences. The same is true of the substance added to a food product as a chemical preservative or otherwise. You may call a thousand expert witnesses who will testify in every instance that they have never known of an injury to health caused by such added substances. If a single expert witness establishes the fact that injury to health has resulted from the use of the substance, the case is lost." Prof. Wiley evidently had in his mind the long array of experts who are always willing to testify for a fee, for or against a given substance, theory or individual. In view of the fact that the food adulterators never hesitate to spend money to bolster up their nefarious business, there is no doubt whatever but in the future, every trial in which such an adulterator is the defendant will have, as one of its features, an army of "expert" witnesses called on behalf of the accused.

All honor to "Fish" Murray. Mr. Murray is a food inspector of Chicago, who, to use a famous phrase, "seen his duty and done it." He has evidently no fear of political bosses before his eyes, he scorns bribes, he ignores threats, while suits for damages have no terrors for him. In one day "Fish," seized no less than twelve thousand cans of spoiled foods at a big wholesale Chicago house. The next day, he destroyed a carload of lemons which had been so doctored up that while they appeared to be perfectly sound from the outside, they were absolutely rotten when cut open. He invaded the cold storage plants at the stock yards and "did things" to chickens and other poultry that were intended for food. He raided cold storage fish houses, destroyed thousands of gallons of impure milk, while candy shops, soda water dealers,

bakeries, flavoring manufacturers, dairies and wholesale and retail dealers of every description received his attention. He unearthed a clearing house for spoiled canned foods. He built an enormous bonfire in which were placed the products of some of his raids. This is a description of what followed, "Popping tin cans sounding like the firing of musketry, the stench of materials employed in the manufacture of ice cream, such as formaldehyde and coloring; explosions of apple sauce, the sizzling of canned fruits, and the spurt-ing of offensive smelling liquids in all directions followed when "Fish" Murray applied the torch to his seizure."

The bonfire was not without its pathetic aspect, however. There were hundreds of the city's hungry poor who attempted to overpower the inspectors and seize the frightful stuff before it could be unloaded from the wagons and placed on the fire. Finally, the police were turned out and formed a cordon about the wagons that were loaded with cans, boxes, buckets and barrels of the putrid stuff, all of which was labeled, "pure" or "purest" or "absolutely pure" or "guaranteed absolutely pure." Some barrels of kerosene were poured on the pile and the blaze began. The stench from the stuff was so frightful, that persons attracted by the blaze, could not remain near it, while doors and windows of nearby houses had to be closed for the same reason.

"Fish" is the Chief Food Inspector of Chicago. His actual name is P. J. Murray and he was appointed by Health Commissioner Whalen to purge the city of its spoiled foods. How true he is to his trust has been intimated. Mr. Murray got his nickname of "Fish" because in past years, he has been instrumental in discovering and destroying vast quantities of stenchful sea foods that were being offered for sale.

The most remarkable feature of Mr. Murray's work is the fact that the scoundrels to whom the foul stuff belonged were very indignant and one of them, in whose possession was found several thousands of cans even threatened to bring suit on the grounds that the stuff could be "reprocessed," and so made "pure."

There is or was in Chicago a regular business for "reprocessing" canned foods, which are decomposed. These goods become bad by reason of the cans getting holes in them, either through the acids in the foods eating into the metal or by accident. Decomposition sets in and "reprocessing" follows.

This "reprocessing" is accomplished in this way. The "renovator" as the operator is called, bores two holes in the end of the cans, which is then heated thus forcing out the air and foul gases. The cans are then re-sealed. The re-heating of the cans contends to destroy the odor but does not neutralize the poison of the contents. Rotten canned fruits are boiled over and made into soda fountain syrups or are sold to bakeries to be used in tarts and pies. A "reprocessed" can may always be detected by the two holes in the end that have been soldered over. This "reprocessing" process can be performed again and again, and just what effect such "foods" would have on the human stomach, is best left to the imagination. The fact that there are criminals in existence who make a business of "reprocessing" goes to show that the Pure Food Bill is, in many respects of not a sufficiently drastic nature.

The *Sanitary Bulletin* is published by the New Hampshire State Board of Health every quarter, and those who are responsible for it are to be congratulated upon the excellent work that it is doing in the way of insuring pure food to the citizens of the State in which it is circulated. The chief feature of the *Bulletin* is a series of reports on foods produced in various parts of the State. The names of the makers of these goods, together with the names of the foods themselves, where they are produced, and the result of the analyses are alike given. In the great majority of cases it is found that coloring matters, drugs or adulteration of some kind is present. Space will not permit of giving results of these analyses at length, but we would suggest that the reader write for a copy of the *Bulletin* to the State Board of Health of Concord, N. H., for by so doing, he will be enabled to protect himself against those adulterated foods which find a sale in

all parts of the country and outside of New Hampshire. It may be added, that some of the most "distinguished" manufacturers in the United States, are to be found among the list of adulterators in the *Bulletin*. One or two extracts from the *Bulletin* will suffice to show the courage and thoroughness of its authors. For example it remarks thus on "Eggnot" manufactured by the Economy Egg Co., of Providence, R. I. "This is in truth a remarkable substitute for fresh eggs. The manufacturers claim that 'the contents of one can is equal to and will do the work of thirty-six fresh eggs.' Examination shows that it consisted almost wholly of artificial colored corn meal. So far as we have been able to observe none of the malt liquors on sale in this State are entirely free from a certain amount of contamination of sulphuric acids. There are many deliberate violators of the law. We shall endeavor to show these up from time to time. The first whom we shall call attention to is the Ayer Preserving Company, Ayer, Mass. We are of the opinion that this firm does not intend to produce honest goods, although they so represent them to the public: In proof of this opinion, we present herewith the results of an analysis of various brands of their goods collected in this State, as a warning to dealers and the public."

The *Bulletin* goes on to give a list of nineteen fraudulent and dangerous food preservations put up by the firm

in question, nearly all of which are jellies, preserves or honey, in which in every instance there are adulterants, acids, coal tar dyes. The "honey" contained over 20 per cent. of glucose. The *Bulletin* adds this company also puts up several brands of what it represents to be "maple syrup." These syrups only contain a small portion of the real article.

The *Bulletin* also states that a "pure maple syrup extract of the highest quality" put up by W. J. Lamb, of West Somerville, Mass., is a fraudulent misrepresentation. "Mr. Lamb has twice visited the office of the State Board of Health within two years, has had the law fully explained to him, and agreed to label his goods so as not to misrepresent the facts."

The quotations from the *Bulletin* are of somewhat lengthy nature, but they are given in order to show what effective work can be done by health officers who are really in earnest. If other states would follow the example of New Hampshire in this regard, it is certain that there would be much less adulterated foods sold in the present and in the future. It is doubtful anyhow whether the Pure Food Bill will be of much value unless it is reinforced by vigorous action on the part of responsible State authorities, who have behind them an effective State bill of the same nature. As matters stand, the national bill is of practically no use without co-operation by a State measure.

PLAIN TALK ABOUT LUCK

What most men call bad luck is not that chance does not present itself to them, but simply that they let it go by and miss it.

If you want to be lucky in life, force luck and make it yourself. Believe in yourself, and others will believe in you.

Rise early, be punctual, reliable, honest, economical, industrious, and persevering, and, take my word for it, you will be lucky—more lucky than you have any idea of.

Never admit that you have failed, that you have been beaten; if you are down, get up again and fight on.

Be cheerful, amiable and obliging. Do not show anxiety to be paid for any good turn you may be able to do others.

When you have discovered who your real friends are, be true to them; stick to them through thick and thin.

Do not waste time regretting what is lost, but prepare yourself for the next deal.

Forget injuries at once; never air your grievances, keep your own secrets as well as other people's; be determined to succeed, and let no one—no consideration whatever—divert you from the road that leads to the goal.

According to the way you behave in life, you will be your greatest friend or your bitterest enemy. There is no more "luck" than that in the world.—Max O'Rell, in *New York American*.

Dowie a Physical Failure

By A ZION CITY OFFICER

JOHAN ALEX. DOWIE has failed—religiously and financially. More, he has failed physically. How are the mighty fallen! Not yet sixty years of age, coming of the sturdy Scottish race, possessed of a splendid physical build, of what should have been an enduring constitution and with every condition in his favor, he has yet made a total failure of himself physically and in other ways.

Had Dowie not lost health of body and consequently vigor of mind, no man, or conspiracy of men, could have wrested from his control the religious and mercantile leadership of Zion. Because of this and through the megaphone of PHYSICAL CULTURE I cry to the whole world: "If you want to make shipwreck of both religion and business, be careless of your body or ruin it through self-indulgence."

But let me give the history of Dowie's downfall as I have for several years noted it, slowly, but surely coming. When Dowie landed in San Francisco in 1888 he had \$75.00, but *no enlarged abdomen*. He was strong, temperate in all things, and an indefatigable worker. His Divine Healing propaganda prospered and contributions poured in. Still he worked and travelled until 1893 when he set up his headquarters in Chicago. With force and effectiveness he preached against intoxicants, tobacco, swine's flesh, drugs, laziness and gluttony. Especially did he smite the big Sunday dinner, saying, with more truth than polish: "Women, don't slave over the cook stove all day Sunday just so your husbands can spend the day stuffing their ungodly guts."

I have never known Dr. Dowie to indulge in any of the unclean foods he publicly condemned or to touch tobacco, drugs or alcoholics.

He believed in bathing. In Shiloh House, his official residence at Zion City, he had a bath-room on every floor, with long tub sitz and shower in each. Him-

self, wife, son and daughter each had a private bath-room, so that in the house were facilities for, at least, twenty persons bathing at one time.

Right here let the writer say that he is with Mr. Macfadden in his editorial on "Dowie and Heroes" in June PHYSICAL CULTURE. I have absolutely no sympathy with those who took advantage of Dowie's illness and absence to attempt his ruin. The man wrought his own ruin through three sins against physical culture, namely, muscular inactivity, fear of fresh air and over-eating.

Dowie was physically lazy. Holding up his gold pen one day he said to me: "I never handle anything heavier than my pen." It was true. Not even the book he was reading would he handle. All through his library and offices were reading stands and rests on which the book or magazine lay while he perused it. Although his residence and office are but two blocks apart, I have known him to walk between them only twice in four years. Even in shaking hands he merely presented his fingers. The other fellow did the shaking. Often I have heard him object to the heartiness of his friends' handshakes. It was too much for his flabby muscles. At one period, he did get a little exercise walking about the pulpit platform while preaching. But later and at nearly all of his other meetings, he sat in a cushioned chair. As the years went by, he still further eliminated every muscular movement until he was practically without any natural exercise. He was dressed and undressed by valets, assisted in and out of his carriage by footmen and waited on by nimble pages.

It is an immutable law of God and Nature that the organs which are left unused will gradually weaken and finally lose all power of action. So, a year ago, at the close of a long meeting, Dr. Dowie was stricken by paralysis along the whole right side, from brain to fingers and toes. He lay unconscious for

several hours, then slowly regained his senses, and a little strength. A few weeks later, another and more severe stroke fell upon him, leaving him utterly helpless to this hour. Insulted Nature had punished her insulter.

Dowie, moreover, had a great fear of fresh air, especially draughts. Brought up in the semi-tropical climate of Australia, he dreaded the vigorous breezes that came tearing across Lake Michigan's waves from the straits of Mackinaw. So he shut out the air from his home, from his offices and from the big Tabernacle, where he often kept 6,000 of us imprisoned in the vilest atmosphere. Time after time, I have seen with the naked eye the impurities floating in the air of the Tabernacle, and how deliciously sweet the open air smelt on getting outside! Sometimes Sam Nelson, the janitor, would listen to our entreaties and give us some ventilation. In a few minutes Dowie would feel the air on his sensitive bald head and shout out: "Sam, shut the doors and windows! do you want to kill me with draughts?"

On one occasion he told me that while conducting a crowded house-meeting with Mrs. Dowie, she complained to him of poor ventilation. He paid no heed to her until she fainted. Then he permitted a window to be opened and boasted that he could endure bad air longer than any man or woman he knew.

Two years ago Mrs. Dowie took sick and was nursed by a woman of twenty years hospital training. When this nurse took charge of the case she was amazed to find no window in Shiloh House that she could open. Even the bedrooms were separated from bathrooms only by an arched alcove *with no means of ventilation to the outside*, although each bathroom contained a toilet. So the nurse secured the services of a carpenter who fixed the windows, Dowie being away at the time! But again the law of Nature exacted its penalty. Continually breathing bad air brought Dowie attack after attack of bronchitis, heart weakness and other maladies which culminated in the dreaded dropsy that never lets go. Valvular disease of the heart has long ago set in. Time after time, his legs have swelled until they burst to dis-

charge the dropsical water. Sores have appeared for which there seems to be no healing. One of his former personal attendants informs me that his condition is so loathsome that he can get no white man to wait on him. Both his female nurses gave up his case long ago.

Now about the third hygienic sin—gluttony. Of the eight people who composed Dowie's "around the world visitation party" in 1904, Overseer J. G. Excell was the only one who completed the circuit of the globe without sea or other sickness. On the ocean, Dowie ate ravenously, but Excell ate only what his body required and then stopped. He is a vegetarian, living chiefly on grains, nuts, fruits and legumes. But of him Dowie said: "I don't like to have Excell to dinner with me. He don't eat. He only picks here and there." Yet Excell is a big man, keeps himself in fine condition and does a lot of wearisome work.

An enlarged abdomen is a token of gluttony, and Dowie's grew larger and larger every year. At last he had specially designed preaching robes made, which partly hid this unsightly deformity. His meals were often from seven to ten courses and frequently the family would remain at the table two to three hours at a time. Thirty pounds of the choicest chocolate creams were ordered for the family at one time. Everything else was in proportion. Up till last Fall, the man who daily visited the fresh food markets of Chicago to purchase supplies for the Zion City stores, never dared take his train until furnished with a list of the foods wanted by Dowie for the next day. On a train I sat beside the buyer, who showed me one list, remarking, "This makes me sick. These people (Dowie's) are making gods of their bellies." There was nothing bad on the list, but so many things of the most expensive varieties. Yet so much overeating at home was not enough. Dowie had a private kitchen and pantry fitted up in the administration building behind his offices and a maid in constant attendance to serve him with lunches at any hour of the day or night at short order.

One more example of this fatal sin—over-eating. A few weeks ago, he

sat on a pile of cushions to take part in a brief meeting in his home. While so doing he drank three quarts of egg-nog. And this in addition to regular meals for a sick man who takes no exercise. Think of it!

As to his drinking habits. I have seen him drink four large tumblerfulls of Swiss wine in one meeting last summer. His attendant counted 20 to 23 glasses which he indulged in between two meals, and again sadly whispered to me that he had served the Doctor with ginger ale, pop, seltzer water, milk, wine and *plain water* in one forenoon. Turning away he said "It is disgusting." It should be added that the Swiss wine contains a small percentage of alcohol, but it is claimed that Dowie did not know this.

Do I need to add that in a recent conversation that I had with one of Dowie's advisory physicians he told me that the Doctor was suffering from Bright's disease of the kidneys, and that the dropsical swellings were far up on the body? The last time Dowie attempted to conduct a meeting he was carried in by two giant negroes. He spoke in a faint weak voice a moment

or two and then his head dropped to one side and he was asleep or unconscious. Again he tried for a moment and again his head fell. Then he was carried out. Pitiful wreck of a once powerful man, hovering on the brink of dissolution and all because of his breaking the three laws of Nature relating to food, breathing and exercise!

What more need be said? Just this: Beware of prosperity! It is hard to bear. What matter now is it that Dowie had a tremendous capacity for work? What avail his splendid physique, his phenomenal memory, his marvelous genius for organizing and promoting his nature, power of leadership and winsome manner? What helps now to the world all this when his over-indulged body has collapsed and dragged him down to a threefold defeat and failure—spiritually, financially and physically!

For another thirty or forty years Dowie might have been a power in the world, moulding millions to his will, had he not ruined himself by breaking these three simple laws of life.

Young man, young woman, watch your bodies and control them.

THE ISOLATED POSITION OF THE PHYSICAL CULTURIST

TO THE EDITOR:

It is now about five years ago since I first saw *PHYSICAL CULTURE*, and I have always counted that day as one of the most memorable of my life, and the influence of your magazine for good has extended even down to my younger sisters. *PHYSICAL CULTURE* has done more to direct the trend of our thoughts, ideals and aspirations than any other influence that has come into our lives.

The attitude which your magazine assumes in regard to the beauty, nobility and grandeur of a perfectly developed body has unconsciously become mine, and I have tried to follow the methods by which such a one is developed. It is only when I see any beautiful picture condemned or any belief along health reform lines assailed that I realize how radically different our opinions are from those held by the world in general. Not long ago two lady friends of mine were quite shocked to find one of your publications lying upon my table with a picture of a lady upon its cover with her form quite well defined!

Another instance which somewhat surprised

me happened when I attended a lecture on art. The audience was composed of both sexes and when the pictures of nude art with which the lecture was partly illustrated were shown many of the people left the room in evident disgust!

So it is that we learn what erroneous opinions people hold upon the things of most vital importance in life.

During my school life in an Osteopathic College, where one would most expect to find exponents of health reform ideas, I find very few who thought along such lines. And so I have asked myself many times, how is it possible for young people who are devotees of the life of simplicity, self-knowledge and self-control and who will not be contented with any person for a companion and life partner who does not reach her or his standard, find those who will fulfill their demands? It is just through such a department that people can come in touch with one another. I wish the magazine and the cause for which it labors even greater success than before.

HORTENSE HORE.

Colorado.

Labor Begins War on Consumption

By BRUCE W. ULSH

THE American Federation of Labor has recently inaugurated a movement to war on tuberculosis and its causes. It proposes to take steps to prevent the disease in the first place and cure it by natural means in the second.

It is recognized that the greatest enemies of labor are badly-ventilated factories, long hours and little exercise. Such places are breeding places of consumption. The Federation is distributing among workmen of the country a pamphlet which thoroughly covers the subject and which expresses the view that to prevent consumption, the unions of the country must positively agitate for a much shorter workday, with a maximum of eight hours and for increased demand for higher minimum of pay for labor performed; encouragement of out-door exercise; the formation of fresh-air clubs; temperate habits, including a diminution of use of intoxicants; release from work at least one full day in seven; play-grounds for children adjacent to all public schools; large, open "breathing spaces" interspersed in all cities; total elimination of the sweat shop system; rigid inspection of mines, mills, factories and workshops; Staurday half-holiday at least during summer months; incorporation in trade agreements in collective bargains, governing working conditions, for suitable sanitation and ventilation; the suburban residence idea to be strongly favored; further agitation for better rooms and fresh-air ventilation in all living apartments and lastly, a positive demand for the passage of rigid anti-child labor laws.

"In the same degree that the trade union movement becomes powerful will it establish such improved conditions that will check and eliminate the ravages of consumption," says the Federation. "It is then your first duty

to join a union and work for its advancement." It is also urged that people do not spit or cough, do not live in rooms where there is no fresh air, that they do not eat with soiled hands, or neglect coughs nor colds.

The Federation also gives instructions to those who are victims of the disease.

The death rate from consumption of those engaged in fifty-three occupations goes shows that marble cutters are most susceptible to the disease and that other trades are liable in the following order: cigar makers, plasterers and white-washers, compositors and printers, servants, hat and cap makers, book-keepers and clerks, laborers (not agricultural), tanners, cabinet makers and upholsterers, musicians, glass workers, barbers and hair-dressers, sailors, painters and varnishers, leather makers, apothecaries, coopers, plumbers and gas-fitters, brick and stone masons, butchers, saloon keepers and restaurants, livery stable keepers, draymen and hack-drivers, boatmen, janitors, hucksters and peddlers, bakers and confectioners, iron and steel workers, carpenters and joiners, engineers and firemen (not locomotive), leather-workers, tailors, blacksmiths, hotel and boarding-house keepers, mill and factory operators, machinists, architects and artists, gardeners and florists, physicians and surgeons, merchants, engineers and surveyors, teachers, lawyers, policemen and watchmen, boot and shoe makers, soldiers and marines, collectors, auctioneers and agents, railroad employes, clergymen, miners and quarrymen, farmers, bankers, brokers and officials.

It will be noted that those whose occupations take them into the open air a good deal or whose hours of labor are comparatively few, are far less liable to contract the disease than are others who not so happily situated.

Boxing Lessons for Boys



As the reader will note, reference is made in the descriptions of these cuts to the kind of blows known as hooks and swings, as distinguished from the direct, straight blow. The so-called left lead, is a straight blow, as you are already aware, and is the quickest blow of all. In using it, however, do not draw the arm back before striking, for you will lose time and give your opponent a hint of what is coming.

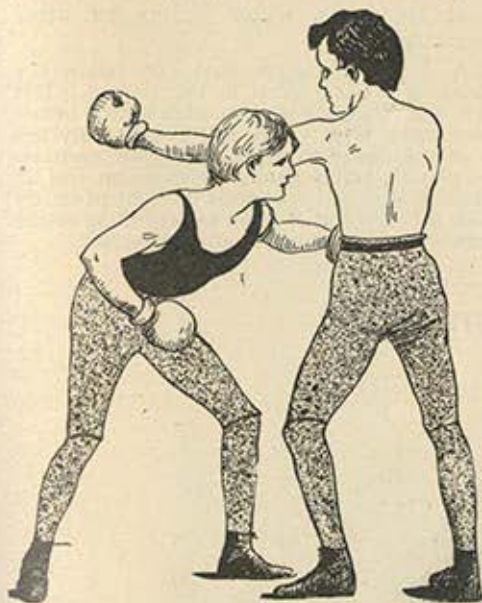


Illustration No. 17.—This shows a side-step to the right, with the right foot only, ducking a left lead for the head and at the same time, landing a left handed blow on your opponent's stomach. This offers a great opportunity to land on your opponent in the manner shown, for he is coming toward you, and will seldom be ready to block your left. Then, if you are quick, you will have an additional opportunity to land a right hook or swing to his left cheek with your right, before he can recover himself. After practicing this a number of times, change about and let your opponent practice it on you as you send out left leads to his head.

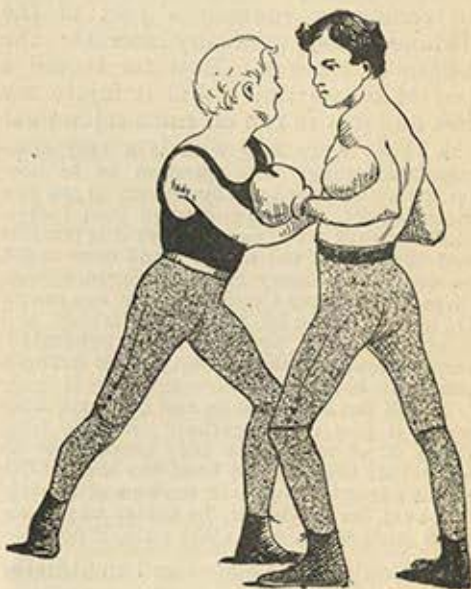


Illustration No. 18.—Blocking a rush. Suppose your opponent attempts a "rush," swinging furious blows with both arms, make a feint with both hands, as if to strike, then spring quickly forward with your elbows together and both hands protecting your face, and when you reach him grasp both his upper arms firmly with your hands, as shown. Held in this position he will be powerless. As you release your hold, you will have a good opportunity to land a quick right-handed hook on the side of his face.

Simply make a quick thrust or jab forward, at the same time stepping slightly forward with the left foot and leaning forward, so that your blow will have the driving force of your whole weight behind it.

Every one will readily understand what is meant by hooks and swings. The hook is used when very close to an opponent and the swing when at some distance, otherwise the two blows are similar, being delivered with a swinging movement from the side. The hook is given with the elbow bent at right angles, swinging the shoulder with it to get the weight of the body behind it.

Boys' and Girls' Question Department

Q. I take a long walk of seven miles every morning. Next month, I wish to commence running a part of the distance, and gradually increase the length of the run. How far should a boy of fifteen run? Will it injure my feet and legs to run on stone sidewalks?

A. Your daily long walk is a very commendable thing. The question as to how far a boy of your age should run to get the most benefit, will depend upon your individual strength. Remember, that it is possible and easy to do too much. One mile might be enough in many cases, while in others, three or four miles might not be too much. Do not try to run too fast. Take it easy, and if at any point, you feel much exhausted stop running. Don't use up all the strength you have in this way.

It will not hurt you to run on stone sidewalks if you do so entirely on your toes, which is, of course, the only proper way to run. But even on the toes, too much of it might affect the instep or tendons of the leg. It would, on the whole, be better to run on some other track, say, a dirt path, if possible.

Q. Could I be a singer and an athlete? How would I have to diet?

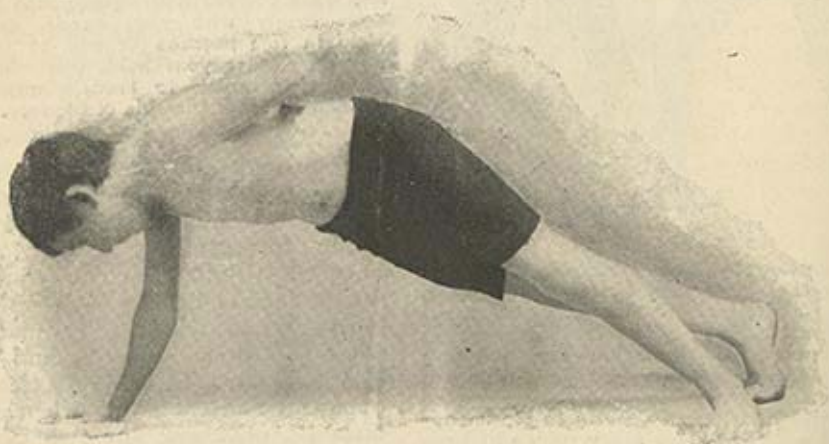
A. Any one possessing a naturally healthy

and vigorous body can become an athlete if he will do enough training. It is important, however, to find out just what kind of athletics is best suited to one by Nature. One can usually do best those things which he likes best. Every one, however, cannot become a champion or record breaker, for these require unusual natural talents. Every normal, healthy person should be able to sing well, through a natural inherited talent for music is a great help in the making of a professional vocalist. A strong, constitution, sound lungs and deep breathing exercises will give any one a good voice. As to diet, there is no one particular food that will make a person an athlete or a singer. Simply eat those foods which will enable you to acquire the most perfect general health, and you will find them the best for your special purposes.

Q. Kindly inform us whether it is best to drink water before or after exercise?

A. I would suggest that you follow the dictates of your thirst in this respect. But it is a pretty good plan to drink a little before and more, after. You will undoubtedly feel a strong desire to drink after your exercises or playing active games which warm you up thoroughly, and you would do right to satisfy this desire. But do not eat anything either immediately before or after exercise.

A FEAT OF STRENGTH



A splendid test for the arm and particularly for the triceps, is here shown. The triceps is the muscle on

the back of the upper arm, which gives the limb its pushing and striking power. The biceps serve to bring the hand

toward the shoulder and to pull a thing towards you.

Place the right hand on the floor, and between the thumb and fingers put a pin; let the other hand be behind your back as shown in the position illustrated. Now slowly bend the elbow of the right arm and lower yourself gradually to the

floor, until you can pick up the pin between your teeth. During this time, no part of the body must touch the floor, except the feet and the right hand. After securing the pin, push yourself up to your original position by straightening the right arm. Practice the feat until you can do it very easily.

A FLATIRON EXERCISE



If one is thoroughly interested in the subject of physical culture, he will be able to find means of securing exercise in almost any household object, or he can get along without any apparatus whatever. For instance, if you do not possess a pair of dumbbells, you will find that a pair of flatirons will serve the purpose equally well. In fact, if anything, the flatirons will be found better than the dumbbells as far as the development of the forearm, and grip are concerned.

In the case of the exercise illustrated herewith, if you do not have a flatiron convenient, then simply use some other handy article, a rock, a bag of sand, or something else of the desired weight. Let the weight of the article be in proportion to your strength. Now take the flatiron in the right hand and bring it to the position illustrated and see how long you can hold it there. Then do the same with the other hand. It is splendid exercise for the sides of the body, but it is important that you do it with both hands, otherwise your development will be unbalanced. Try it in company with your playmates and see who can hold it the longest. Also see how much longer you can hold it at the end of one week's practice than you could the first time that you tried it.

PHYSICAL CULTURE IMPROVES THE MIND

TO THE EDITOR:

I began taking the PHYSICAL CULTURE Magazine about ten months ago.

At that time I was able to study my lessons at school but very little, because

my mind was in poor condition. In the past six months, since taking regular exercise, my brain has cleared until now, I am with the best in my classes.

Yours truly,

A KANSAS BOY.

Turn Clear Around with One Jump

CAN you jump straight up in the air and turn all the way around before you come down, so that when you reach the ground again, you will be facing the same direction as you were before jumping? It is easy to jump up and come down after making only a half turn. But it is a good deal



harder to make a complete turn of this kind.

However, practice makes perfect and after some few attempts you will be able to turn three-quarters and finally accomplish the full turn. Study this photo carefully.

Suppose you wish to make the turn around to the left. Just before you jump stretch both arms around far to the right in the manner illustrated. Then as you are about to jump, swing the arms quickly and forcibly from this position around far to the left. This will give the body a good start with the turning movement, and if you jump up just at the proper moment, you will spin around like a top and come down facing in the same direction you did at first. Perhaps you will turn even farther around than this. Get your little friends to try it with you.

In connection with this, there are many other interesting jumping contests which you can enjoy. First there is a straight forward standing jump, and then there is the straight backward jump, which was previously illustrated. Then you can stand face forward and make a half turn as you jump, so that you will come down backwards. See who can jump farthest in this way. Also after you can make a complete turn in the air, as described, see how far you can jump when making this turn. The last two feats are somewhat difficult and furnish no end of amusement and laughter when the jumper sometimes gets twisted and tangled and trips himself with his own feet.

A NATURAL ERROR

"Got the job o' business cards done fur Doc. Piller?" asked the country editor.

"Ya'as," replied his foreman, "it's done, but Hi made a leetle mistake

a-settin' it up. Mebbe Doc'll kick, but I reckon it ain't so fur wrong."

"W'at is it?"

"Hi made it 'Prescriptions Carefully Confounded.'"



Girl Athletes of Smith College Boating on Paradise Pond

Athletics at Smith College

By BEATRICE A. BRILEY, '08

The faculty of the institution fully recognizes the fact that a young woman's education should consist of a coincident development of mind and body—The result is, that at Smith College, a thorough and all-round course of athletics forms a part and portion of the curriculum—Excellent results of the system—Underlying policy of Smith athletics—Normal physical development instead of class or intercollegiate rivalry, is the intention of the course—Description of the elaborate athletic apparatus, quarters, tracks and fields



Y no means the least important feature of the regular college course of the girl students at Smith College is physical training. From the time when the prospective "Freshman" reads in the catalogue, that, during the first and second years, courses in gymnastic work are required of all students, until the final match for the tennis championship is played at the close of Senior year, athletics in some form or other are ever before her eyes. Smith athletics,

however, are in some respects rather peculiar. There are no intercollegiate contests, no strivings after records, in short, none of the things that are so much in evidence in connection with athletics at the men's colleges, and for that matter, at many of the women's. The reason for these conditions is to be found in the attitude of the Faculty in general in regard to athletic work and of President Seelye, and Miss Senda Berenson, the head of the Physical Training Department, in particular.

If President Seelye may be said to have any hobbies at all, the chief ones

are, without doubt, the cultivation of the spirit of true and unaffected womanliness, and the maintenance of peace and concord. The thing most abhorrent in his eyes, is the aping, on the part of women students, of the ways and methods that obtain at men's colleges. His aim, therefore, as well as Miss Berenson's, is to produce, not athletes, but strong, healthy girls who know how to use their bodies, as well as their minds, properly. The fact that without a good healthy body, the brain cannot do its best work is fully recognized, and all the gymnastic training at Smith aims to make that body as perfect as possible.

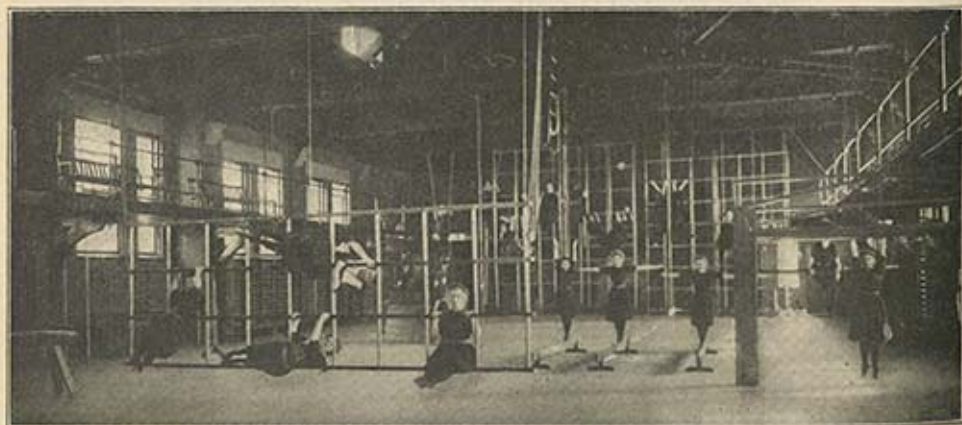
Moreover, the president's love of concord, has a very important influence on the general athletic spirit of the College. There is no such ill-feeling and unpleasant rivalry here between classes, in the realm of athletics, as is found in many colleges. Good fellowship is the watchword, and the friendly struggle for honors on the field or in the gymnasium, results only in finer, cleaner work for the work's own sake.

Many and varied are the forms of athletics found at Smith. In addition to the gymnastics in which all the girls are required to take part, swimming, tennis, fencing, rowing, canoeing, hockey, snow-shoeing, horseback riding, skating, basket-ball, and baseball, are in turn indulged in with the greatest enthusiasm on the part of their respective devotees. In the first four of

these, free instruction is given by the Physical Training Department during September and October, and April and May. In the case of fencing, instruction is given from November to the Spring Recess.

Smith is very finely equipped for gymnastic work, having two well appointed gymnasiums, the "Old Gym," as it is colloquially termed, and the New Alumnæ Gymnasium, which was built in 1890 through the efforts of graduate students. Although the "Old Gym" has many of the most up-to-date appliances, the Alumnæ Gymnasium is far ahead in every way. The building itself is large, light and airy, and the main hall in which the exercises are held, is provided with all kinds of apparatus. There is also a running track that forms a sort of gallery around the hall. In short, the gymnasium is one of the best equipped that are to be found in any of the larger women's colleges.

As has been stated, courses in gymnastics are required for Freshmen and Sophomores. These are given from November to the Spring Recess, four half hours per week. The Swedish System is used here entirely. During the first year, the work embraces floor-work, emphasizing carriage and the proper co-ordination of the muscles; apparatus work including broom exercises, rope-climbing, jumping, military marching, and gymnastic games. During the Spring Term, students who so



Stunts on the Gymnasium Apparatus

desire may continue this course. Spring "gym," however, is especially devoted to apparatus work and outdoor running.

The second year of required work embraces more advanced floor-work, such as vaulting over horse, box, saddle-boom; ladder-climbing, and more advanced work with the ropes. During this year, three periods of one-half hour each, are devoted to the regular gymnastics, and one-half hour per week as given to æsthetic gymnastics. This consists of systematic exercises, accompanied by music, in arm and body movements, to develop co-ordination of the muscles and grace. Aside from the required work, there are advanced, elective courses for Juniors and Seniors.

classes as a prize for floor-work, and a cup to the three upper classes for apparatus work. These, however, are no longer put up for competition. Nevertheless, the drills now-a-days do not lack any of the interest and enthusiasm which they aroused in the days of competition for the cup. On the contrary, their popularity is steadily increasing.

In the basement of the gymnasium, is the swimming tank, a popular resort in the warm spring days. The tank, although comparatively small, is nevertheless, large enough to furnish good exercise and much healthy enjoyment. There are a number of shower and spray baths with hot and cold water attachments. Adjoining these are about a



Smith College, Girls on the Hockey Field

The regular gymnastic work of the year, for all classes, closes in an athletic drill, in which the girls who show the greatest aptitude for athletics take part. This drill is, undoubtedly, one of the most interesting events of the college year. Each class has its own representatives and leader, and usually executes some intricate marching figure. For instance, the class of 1908 in its Freshman year carried off the palm by resolving itself, after many involutions and evolutions, into the following figure: S. C. '08. Then, too, there are exhibitions of apparatus and floor-work that are characterized by splendid form and clean cut execution.

Formerly a banner was offered to all

dozen dressing rooms and there is also a drying room for the suits.

There are five tennis courts on the campus and seven more on the way to completion at the Allen Recreation Field. So popular is tennis that only the "early birds" ever get a chance at the courts, for the schedule for engaging them is filled just as soon as it is posted. Every spring, the tennis enthusiasts of all classes enter their names for the Tennis Tournament, and the matches are played off all through the term. There are several courses in fencing, both for beginners and for those who have had instruction elsewhere. They are very popular, especially the course for beginners during the spring months.

Horseback riding has its own devoted followers, who have this year organized themselves into the Riding Club. The girls for the most part ride across saddle. Miss Berenson believes that only in this way are the full benefits of the exercise to be obtained. Many pleasant rides have already been taken by the Club; but by far the pleasantest are the moonlight rides out into the country, followed by a supper at some farmhouse by the road.

Snowshoeing, too, is a favorite sport when possible. On Saturday afternoons when weather conditions permit, one of the instructors often takes parties of girls off on snowshoeing expeditions into the outlying districts. These outings are always hailed with delight, for

to all members of the Gymnasium and Field Association, which by the way, is the name of the student athletic organization. A caretaker is employed by the Association to attend to the boats and manage the boathouse generally. Many of the girls have their own canoes, which are kept at the College boathouse. And a very pretty sight it is to see the gay little canoes go skimming over the rippling surface of the water, impelled by the long, steady strokes of the girl in the stern.

Baseball as it is played at Smith is unique. In fact, it is so unique as to defy description. There is a merry little tale just now going the rounds that will do more to enlighten the uninitiated than any detailed exposi-



A Tennis Tournament at Smith

those who take part in them are sure of much fun, as well as healthy exercise.

Boating, although it has its own staunch supporters, is not so popular as tennis or hockey. The lack of any body of water sufficiently large for crew work is probably the reason for this. Paradise Pond, although it adds greatly to the beauty of the college surroundings, being, as some one has aptly expressed it, "an enchanting little lake with a great deal of scenery for its size," is nevertheless too full of winding channels and shallows, to render possible any such successful crew work as does Wellesley's beautiful Lake Waban. Rowboats are provided by the College and are free during October and May

tion of the subject could possibly do. The story goes that a fond father, on hearing his daughter, who is at Smith, discourse eloquently on the subject of house baseball teams, went to President Seelye and in all seriousness, asked him whether he was not afraid that baseball playing would make the girls too masculine. It is even said that he suggested "aping at men's colleges." President Seelye, after listening attentively, turned to the anxious parent and with a twinkle in his eye said: "Did you ever see the girls play baseball?" The reader will, without doubt, see the point of the joke if he remembers how the average girl throws and catches a ball.

Hockey is by far the most important

of all the outdoor sports, and many an exciting conflict has the field down on the back campus witnessed. Each class has its own team, and enthusiasm waxes strong when the "Odd-Even" games are played. In fact, hockey and basketball are close rivals for first place in the hearts of the girls. Until this year, the supremacy of basketball has been unchallenged. Last fall, however, a change came, and the devotees of hockey recounted with great glee, how the Freshmen were really "crazy about it," and it was even whispered that some of them had cut basketball practice in order to play hockey—a thing unheard of before.

In spite of all this, however, as yet basketball is ahead in the regard of the students. Where could the superiority of Sophomores over Freshmen, and Seniors over Juniors, be better demonstrated, where could we sing to our class favorites more fittingly, (often, to be sure, with more zeal than melody), and finally, where could the unquestionable superiority of one's own particular class be more conclusively proved, than in a basketball contest, which is the darling of every true Smith College girl's heart? Here, as in hockey, each class has its

teams; and blessed, are the the girls who are the members thereof. Unless a girl is utterly "hopeless," the success of her college career, at least so far as being well known is concerned, is practically assured if she gets on a basket-ball team.

It is in the first two years of the college course, that the interest in basketball reaches its height, for then the annual "Big Game" between Freshmen and Sophomores is played. The teams are usually chosen about the middle of February; and for the next four weeks, the members thereof are in the strictest kind of training. Many are the dietetic temptations which beset these defenders of the class honor; for at no other season of the year is the cuisine of the college houses so alluring. And as for invitations to dinners at Boyden's—well, just why people's friends and relations always flock to Northampton during training time, is one of life's many mysteries. When the fateful day arrives, however, and the Sophomores win,—(the Sophomores almost always win, by the way; only one Freshman class ever won the "Big Game," and that class was morally ruined in the eyes of the college at



A Basketball Scene—The "Big Game"

large.)—then the long weeks of self-denial are amply repaid, by the enthusiastic praise of one's classmates and one can once more enjoy desired dainties.

It is in the "Big Game," perhaps, that the traditional "class feeling" between Freshmen and Sophomores is most in evidence. Yet it is interesting to notice the absence of envy and bitterness. The victors are always magnanimous, and the vanquished take their defeat "like a man," hoping that next year their turn will come. At the close of the game, the opponents vie with each other in doing honor to their rival's team; and before the "gym" is cleared, Freshman and Sophomore, "Odd" and "Even," all join in a song to "Just the College." Thus by sheer love for Alma Mater, is that most pernicious of all college evils, exaggerated class spirit, kept in the background.

Just to show what an active interest the girls in general take in athletics, one has only to point to the work that has been done this year to raise money for the completion of the Allen Recreation Field. This field was given to the College last year by Mr. Allen, of Moline, Illinois, as a playground for the girls. The need of such a field had long been felt; for with the growth of the College, the space reserved for athletics had been gradually decreased to make room for new buildings. Through the generosity of Mr. Allen, enough land has been given to make the future Smith athletic field the finest in the country. In order to get the field ready for use, a large sum of money was necessary. The College gave part of what was required; but there was still a deficit of \$5,000. The girls rose to the occasion, and all through the year efforts have been made to raise the required amount. A comic opera was written and presented, the proceeds going to the field fund. Teas and dances were given, and admission was charged to the basketball

games. These and many other schemes were devised, for Smith girls are nothing, if they are not original and resourceful. And the dollars came in freely.

One of the most popular, as well as one of the most profitable ways of raising money for the purpose in question is the sale of sandwiches in the basement of Seelye Hall every morning at eleven o'clock. Long had the girls suffered in silence the gnawing pangs of hunger that never fail to come in the middle of the morning session. It was left, however, to an enthusiastic '06 girl to hit upon the plan, and thus kill two birds with one stone. There is now a steady income of \$28.00 per week from the sandwiches and no signs of its decreasing.

Meanwhile, the work on the field is slowly, but surely, progressing. Already seven tennis courts are almost completed, and a new hockey field is on the way. There is to be a club house, also, that will vie, both æsthetically and gastronomically, with Boyden's and the "Copper Kettle." Moreover, Miss Berenson is planning to have a field for outdoor basketball, a thing which will be entirely new at Smith. She hopes, in time, to have a recreation hall on the field which may be used for indoor tennis, baseball, basketball, and other games. This is to contain a large swimming tank, bowling alleys, and billiard rooms. For carrying out these plans about \$30,000 is necessary; and at present, there are no signs of its forthcoming. Miss Berenson, however, has firm faith in the interest of the girls and still hopes to see her plans realized in the near future.

Altogether, athletics are a very potent factor in Smith life; and although the College has no trophies to display, and can boast of no records, it would be hard to find a healthier, happier set of girls in or out of college life, than within its walls or on its campus.

WHAT'S IN A NAME?

"Good morning, Aunt Fannie; they tell me Charley is dead."

"Yes, chile, he's dead and bur'd in de commissary."

"What was the matter with him?"

"I doan't know; I warn't thar, but they tells me he was tucken with a streak ob moralisiz."

Exercises for Gaining Weight

By BERNARR MACFADDEN

Second of Two Articles on Natural Methods for Building Up Flesh and Improved Health, with Special Movements for Women



MY remarks of last month upon the subject of gaining weight were confined principally to a discussion of the influence of exercise on lean persons and the kind of exercise best adapted for the purpose in question. I am herewith illustrating further movements of the same character, though my remarks this month will be devoted chiefly to a consideration of diet and other influences that will be of assistance to you in furthering your desires. It is true that massage will be of some help, and might to some extent take the place of exercise if one is very weak or unable to perform voluntary movements. Massage will bring about an active, vigorous circulation of the blood and thus stimulate the building of new, healthy tissues. But massage can never give one any appreciable muscular development, and, in practically every respect, is far less satisfactory in accomplishing its purposes than exercise.

As stated in my article of last month, dietetic errors often play a very prominent part in bringing about a thin condition. Indeed, in many cases, practically the whole difficulty is the result of over-eating, failure to properly masticate, and often the use of improper and indigestible food. Not only do these mistakes prevent one from securing the needed nourishment from his foods, but they weaken the digestive organs and consume much of the vital energies of the body.

Very often, a gain in health and in

part of the exercise and you should give it careful attention. After holding the breath for a moment, exhale, relax and repeat, continuing until tired. This will not only call into play the external muscles of the stomach and abdomen, but will directly affect the internal organs by kneading or massaging them, and so invigorating the functional system. The exercise is invaluable for one with weak assimilative powers.



Exercise No. 4.—Inhale a deep, full breath, doubling up the arms, tipping the head back and raising the chest as high as possible, in the manner illustrated. As you do this, contract the abdominal muscles, drawing the abdomen upward and inward as vigorously as possible. This movement is the important

weight, will follow the change from a three meal per day to the two meal per day plan, thus reducing the amount of food consumed each day. Overeating is a very common practice among those who are too thin, this being especially true of men. Such individuals probably formed the habit of very hearty eating



Exercise No. 5.—Standing squarely on both feet, and stretching both arms high above the head, bend from the hips forward to the position shown in the above illustration. Then bend far backwards and repeat, forward and back, until tired. Do not attempt to do this in too energetic a manner, however, if you are desirous of gaining weight. The exercise will directly stimulate the digestive and assimilative organs in somewhat the same manner as the preceding exercise.

during their active boyhood years, and after maturity, when in sedentary occupations, they continue the habit until the digestive organs weaken and they fail to assimilate that which they do eat. Of course, three very light meals would be as satisfactory as two substantial ones, but those who have been hearty eaters find difficulty in making their meals sufficiently light to suit the

intended purpose. Furthermore, it is better to give the stomach as much of a rest each day as can conveniently be arranged, and this is best accomplished by the omission of breakfast. And if one must work hard during the afternoon it is best to make the noon meal a very light one, eating a more hearty dinner in the evening. This, however, does not mean that one should eat all he can at this last meal, for gorging oneself at any time is to be condemned. No matter how much one puts in his stomach it can do no possible good unless it is assimilated. One can really live well and maintain normal weight on very much less than is usually supposed.

Above all things, never eat without an appetite. Your stomach, unless you feel hungry, is in no condition to receive food, and it cannot assimilate it under such circumstances. What you do eat must be thoroughly enjoyed. Unpalatable food too, even though recommended as nutritive by hygienists, is of no value to you, although it is pleasing to the taste of someone else. Thorough and prolonged mastication of food will make it seem much more palatable and afford you more gustatory pleasure, while it is absolutely essential if you desire that perfect digestion which is necessary for gaining weight. You might profitably devote from one to two hours to your evening meal. Far from being a waste of time, you will find that, in consideration of your improved health, it is time spent to the very best advantage.

Drink plenty of water, but not at meals. Drink freely on retiring at night, on arising in the morning and between meals. This will promote the digestive processes and help you immensely in building up healthy tissue.

But if ordinary care in diet and the practice of strictly physical culture habits of life do not avail in bringing about a satisfactory improvement in due course, it may be necessary to adopt some forcing methods, these, however, of a perfectly natural character. Most important among them is fasting. It may sound curious to the reader to hear

fasting recommended as an aid in the gaining of weight, but experience has shown that one gains weight very rapidly after a fast and usually reaches a weight which is far above that possessed before the beginning of the fast. Probably a prolonged fast would produce the quickest results, although it might be somewhat inconvenient and perhaps unpleasant. Yet, in a case where the individual concerned experiences a lack of appetite and suffers from some digestive or functional disorder, the best plan would be to adopt a fast of this character, continuing it until a feeling of hunger asserts itself, all coating of the tongue has disappeared and the breath is sweet and pure. But the easier plan, and the one to be most generally recommended, is that of adopting a series of short fasts, taken in the manner that I will direct. Readers of this magazine are, for the most part, so well acquainted with the philosophy of the fasting cure, that it needs no discussion here; but to those who are not familiar with it and who might be afraid to undertake it for fear of unknown consequences, I would give them every assurance that there is not the slightest danger attached to it. In fact, under all those circumstances where a fast would be of benefit, the only really dangerous thing would be to continue to partake of food in spite of a lack of appetite or the inability of the digestive organs to properly dispose of it. The timid individual will be somewhat reassured by recalling the habits of hibernating animals, which include fasts of some months in duration. And these creatures are governed absolutely by instinct, which is the safest of advisers. When their hibernation ends and they begin to eat again, they put on flesh with amazing rapidity.

The plan of taking a series of fasts, beginning with very short ones, and gradually extending the length of them, is an excellent one. Begin by fasting one day out of every three, and after doing this several times, fast two days out of every six. Then fast for three days in succession, say thrice, with six days intervening between each fast. Continue this plan, gradually extending the length of the 'fasting' periods until

each fast is of one week's duration. If desired, you can allow more time between each fast than the periods suggested, particularly after each fast occupies several days. The philosophy of this plan is, that not only will the body build up flesh rapidly after each fast, but the system will accustom itself to the new condition and begin the practice of laying up an additional amount of flesh to provide for the unusual demands to be made upon it during the foodless periods. Whereas, when you eat every few hours, your depleted system is likely to assimilate only sufficient to maintain strength for a few hours.

Care should be taken not to eat too heartily immediately after an extended fast. Like bad news, it should be broken gently. First use a little fruit, then, a little later milk, and gradually increase the amount of food at each meal.

There is another method of forcing a gain in weight, namely, by using such as a quantity of food is somewhat beyond the ordinary requirements of the system. The foods must be uncooked in order to be satisfactorily assimilated, and should consist of milk, cream, eggs, fruits, nuts, green salads and a very little raw cereal, though in regard to bulk, it would consist principally of the first three articles named. However, the merits of this "stuffing" treatment, as it might be called, may be questioned, and the plan should be discontinued just as soon as normal weight is reached.

Another plan, which may be considered of far greater value than this, especially for those who suffer from weak or impaired digestion, is the exclusive milk diet, the patient consuming daily several quarts of milk taken in small quantities, and with no other food. Under this plan, one glass of milk should be consumed every half hour, being sipped very slowly and each drop carefully and thoroughly insalivated before swallowing. It requires from five to ten minutes to thus consume a glass of milk. The theory is that the stomach and functional system is in a condition similar to that of infancy, and the plan of feeding is arranged accordingly, the milk being taken in very minute quantities, and

never sufficient at one time to overload the stomach. When sufficient milk is thus consumed to nourish the body, the addition of any other food would constitute an excess, though fruits of an acid nature may occasionally be taken, *if desired*.

The amount of milk taken each day in proportion to the weight of the body should be similar to that which a baby usually takes in proportion to its own weight which is said to be an ounce and a half of milk to each pound of the infant. This would make a proportion of a pound and a half of milk to each sixteen pounds of an adult person. This may or may not be correct, and the requirements in individual cases will vary without doubt, but considering that a quart of milk weighs two pounds, each one can figure out his approximate requirements. It is not advisable, of course, for every one to adhere strictly to any prescribed rule, but as a general thing, the amount of milk required in this diet will be from five to seven quarts a day. Two months on such a diet should be sufficient to produce results and the use of milk should be very greatly restricted, or discontinued entirely, after normal weight is reached. Absolute rest has been recommended in connection with this diet, but though such a rest is unquestionably favorable for the gaining of weight, yet the writer feels satisfied that better results can be secured by the practice of such mild exercises as I am presenting herewith. These, while they do not consume the energies of the individual, are yet sufficient to insure an active circulation of the blood and build some moderate degree of strength, as explained last month.

But in connection with these exercises one's general habits of life should be of a satisfactory and health producing character. Bathing habits should be inaugurated, an out-of-door life should be adopted, if possible, and such perfect ventilation at all times, as will insure pure air. Stimulants of all kinds should be avoided. Worry and anxiety over business cares should be avoided, together with dissipation of every form. It is out of the question to expect any radical improvement in weight and health if there is a continual drain upon the vitality of the body through any one or a number of sources. In this connection, attention must be called to the influence of sexual excesses, these being among the most common of all causes of depleted vitality and the chronic state of emaciation which we are considering. In conventional life, too, the practice of keeping late hours in the evening has come to be the rule, resulting in a lack of sleep, another potent factor in sapping the vital energies of the body. These and all other habits and conditions which in any way affect the general health should be considered. But, if the sufferer has any vitality left, the above methods can be guaranteed to bring about the desired improvement in practically every case.

Finally, I would call attention to the value of maintaining a cheerful and serene mental attitude. The old adage, "Laugh and grow fat," has been quoted so often, that you are probably tired of it. Nevertheless, there is a great deal of truth in it, which cannot be said of all old sayings, and it would be a pretty good maxim to keep well in mind. The very frequency of its utterance has doubtless led many to ignore its meaning.

THE OBEDIENT CHILD

A little girl of eight was taken to visit a boy cousin of the same age.

"My dear," said the little girl's mother, "I want you to be careful, when playing with your cousin, and you must never let him see you in your chemise."

A few days after this the little boy knocked at his cousin's door and was

refused admittance. Presently, however, she opened the door and bade him enter. "Why wouldn't you let me come in before?" asked the small boy.

"Because," she replied frankly, "mamma said I must never let you see me in my chemise. But now that I have taken it off, you may come in."—*Lippincott's Magazine*.

Menu for New Year's Dinner

By MARGUERITE MACFADDEN

Pimolas	Cheese Stuffed Dates
Cream of Celery Soup	
Grillene with Mushroom Sauce	
Roast Turkey	Chestnut Sauce
Cranberry Jelly	Stuffed Potatoes
Creamed Spinach	Macaroni au Gratin
Salad 1907	
Fruit Mince-pie	Frozen Tip Pudding
Cheese Balls and Crackers	
Postum	

Cheese-Stuffed Dates

Choose nice firm dates and remove the stones, of if desired, use the already pitted dates; these latter, however, are usually a little dry for stuffing purposes. Take a small cream cheese and rub into a paste with a little pepper and celery-salt, and one dessertspoonful of chopped pecan nuts. Stuff the stone cavity in your date with the filling thus made, and press together again.

Cream of Celery Soup.

One quart of celery, white and crisp, cut into half-inch pieces, two pints of cold water, one pint of cream, $2\frac{1}{2}$ tablespoonfuls of corn starch, one tablespoonful of butter, half a teaspoonful of onion juice or minced onion, one bay-leaf, and a few sprigs of parsley. Salt and pepper to season. Place your celery in the cold water with the onion, bay leaf and parsley, and stew slowly for three hours. If your liquid is reduced to less than a pint, add sufficient boiling water to make that quantity. When done,

strain through a wire sieve. Rub together your corn starch and butter until smooth; then beat the cream and add a little of it at a time, stirring constantly so as to keep it perfectly smooth and free from lumps; finally, stir in the celery stock. Season with salt and pepper as required and serve with croutons or a little puffed rice (this latter makes a pleasing variety).

Grillene—with Mushroom Sauce.

Any chosen fish may be used to make this dish, but lobster, salmon, or crab meats are particularly delicious. One-half a pound of fish, picked fine, half a cup of freshly boiled rice, three hard-boiled eggs and a heaping tablespoonful of butter. Melt the butter in your stewpan, add the fish and stir gently. Next add the chopped whites of the eggs, and a tablespoonful of cream, finally the rice, with pepper and salt to season. Serve on squares of toasted whole-wheat bread with the yolks of your eggs pressed through the wire sieve, on top.

Roast Turkey (No. 6).

One cup of macaroni, boiled and mashed, the same of rice, and two cups of potatoes, one-half cup of saltine cracker-crumbs softened in a little cream, one tablespoonful of onion juice, one cup of blanched almonds chopped fine pepper and salt to season and the lightly beaten whites of five eggs. Mix all together, adding the eggs last. Turn into a mould or bowl well buttered, and steam for an hour. Turn out and allow to cool slightly. Now make a rich paste of one cup of butter, two cups of flour, (sifted) one heaping teaspoonful of baking powder moistened just enough to mix with ice cold water. Roll out upon a pastry board, envelope your already steamed portion in this, shaping to resemble a turkey with your paste, using macaroni sticks to indicate bones. Roast or bake in a quick oven, and serve with the following sauce.

Chestnut Sauce.

Place one pint of chestnuts, already shelled, in scalding water and let them remain there until the brown skins can be easily rubbed off. Now place them in your stew pan in a quart of water, with the rind of a lemon, and a little salt and pepper. Boil until quite tender, then remove the peel, rub the nuts through a sieve or colander and return them to the liquid they were boiled in. Put two large tablespoonfuls of butter in your skillet, when it is hot add one tablespoonful of flour. Cook until dark brown, add the nuts, with one cupful of cream, boil up and serve with your turkey.

Creamed Spinach.

Wash your spinach very thoroughly in several waters, so that there may be no chance of its being gritty, boil in salted water for twenty minutes, drain well, and chop fine. Return it to the saucepan, add one tablespoonful of butter, three tablespoonfuls of cream, quarter of a teaspoonful of mustard (french mustard is preferable) the finely chopped yolks of three hard-boiled eggs, and beat well. Serve garnished with the white rings of your hard-boiled eggs.

Stuffed Potatoes.

Select large potatoes, wash and bake. When quite soft cut off the tops and remove the pulp with a teaspoon. Mash it smooth with a fork, add pepper, salt, butter, and enough cream to render all of a thick creamy consistency. Return the pulp to the shells, grate cheese thickly over the tops and bake for twenty minutes longer.

Fruit Mince Pie.

One pound of butter, two pounds of peeled and cored sour apples, one and a half pounds of sugar, the same of currants, one pound of raisins, one grated nutmeg, one-half teaspoonful of ground mace, the grated rinds of one orange and one lemon, a dessertspoonful of salt, the juice of three lemons, a pint of cider or grape juice, one cupful of whole-wheat bread-crumbs, and the same of chopped mixed nuts. Bake in light crust with both under and upper. The under crust, however, should be baked before the mincemeat is put in the pie, and this prevents the soggy condition so oft ruinous to an otherwise delicious mince pie.

Frozen Tip Pudding.

One quart of cream, half a pound of sugar, the yolks of two eggs, and half a cup of boiled rice. Bring to boiling point, but do not allow to boil so that it will curdle. Remove from the fire, beat for a few minutes and set aside to cool. Then turn into your freezer, adding one pound of chopped mixed nuts, and half a pound of chopped figs. Freeze. Beat to a froth the whites of your eggs with half a cup of sweetened cream, and before serving your pudding, decorate the top with this foam, adding cherries or strawberries.

Salad 1907.

Wash two good sized bunches of water cress, and pick from the stems. Stone one pound of Malaga grapes, add to the cress, with one cup of chopped pimolas (or stuffed olives) and the same of chopped celery. Pour over all a French dressing and serve on Romaine leaves. This combination is entirely new and especially delicious.

Eugenics, the New Science for the Improvement of the Race

By ROBERT C. AULD

THE mission of this magazine and its founder has been to establish, successfully, a creed of methods and a practice of physical culture for the individual. In doing this, the foundation has also been laid for the further establishment of means for accomplishing the improvement of the human breed itself. For, the higher the physical culture of the individual, the more sure is the proof of the possession of that inherent birthright of physical capacity for such culture, without which it could not have been attained. The more individuals that could be so cultivated to demonstrate the existence of the physical capacity, the larger would be the proportion of improved offspring, resulting from the union of any two persons of opposite sexes of those so developed.

While physical culture has done much, yet there is still more to be done to make the existing improvement it has brought into being, part and parcel of the stock or breed itself. The fact that physical culture *does* improve the bodily condition of the individual and in so doing improves the mental, emphatically indicates the relation that exists between a sound body and a sound mind.

It is therefore to the study of the rules, laws and principles of heredity, or what constitutes the well bred and the well born, and all that goes to the making of such representative types, that we must devote ourselves. Race breeding or improvement as laid down along these lines, has now been taken up, not only as a study, but as an established, independent and serious science. It is the theory of those who believe in the improvement of the race, that "What Nature does blindly and slowly, man can do quickly and kindly." As it lies within man's power therefore, to improve the stock, so it becomes his duty

to work in that direction. We are ignorant of the ultimate destinies of humanity, but we are sure that it is as noble a work to raise it above its present level, in the sense explained, as it would be disgraceful to abase it.

An organized and scientific movement for the improvement of the race is now in progress. It is, in the main, the outcome of the beliefs and enthusiasm of Professor Francis Galton, who has made a life-long study of heredity and natural inheritance. This new science of race improvement, or "Eugenics" as its founder terms it, deals with all influences that improve the inborn qualities of the race as well as with those that develop them to the utmost advantage. Its aim is to bring as many of these influences to bear, as can be reasonably employed, on the useful classes in the community, so that the results of the influences may become more apparent in the next and succeeding generations. The new science, to use the language of its advocates, "does not attempt to put forward any theory as to the cause of hereditary phenomena, but to diffuse knowledge of what these phenomena are. We may not be able to account for the formation of a Shakespeare, but we may be able to tabulate a scheme of inheritance which will indicate with very fair accuracy the percentage of cases in which children of exceptional ability result from a particular type of marriage."

Karl Pearson has declared Eugenics to be the gravest problem that lies before the Caucasian race; and Bernard Shaw asserts that nothing but a Eugenic religion will suffice to save civilization. In these opinions we obtain some estimate of the importance of the new science. Galton contemplates the formation of a Society of Eugenics, the members of which would be supporters of its principles; and from among whom,

candidates for Eugenic honors would be selected. The participating members would be willing to undergo whatever scientific test or examination that might be deemed proper by the society in order to establish the various standards of qualities to be encouraged and improved by selective means. Family records could be added to the data of these tests and examinations, especially in regard to disease. Those so examined and passed as sound and standard, would be placed on the selected or eligible list, and allowed to enter into Eugenic marriage with their compeers.

The activities of the society might be undertaken in a community established for its benefit, in a suitable location; where hygienic, physical, social and other environmental conditions would be perfect. Those who developed Eugenic qualities would be assigned to the selected list.

Galton outlines the means of procedure under the following heads: 1. Dissemination of a knowledge of the laws of heredity, so far as they are fully known, and promotion of their further study. 2. Historical inquiry into the rates with which various classes of society have contributed to the population, in ancient and modern nations. 3. Systematic collection of facts showing the circumstances under which large and

thriving families have most frequently originated. 4. Influences affecting marriage. 5. Persistence in setting forth the material importance of Eugenics. There are three stages to be passed through before it will be generally adopted; (1) It must be made so familiar to the public that its exact importance will be understood and accepted as fact. (2) It must be recognized as a subject whose practical development deserves serious consideration. (3) It must be introduced into the national conscience, like a new religion.

It seems that no better channel for the advancement of the aims of Eugenics could be named than this magazine itself. In it Eugenics might be fully discussed. The magazine could aid in the progress of the work of the Eugenic Society. Further, what better location for the development of Eugenic ideas could be thought of than Physical Culture City itself? Would it not form an ideal home for such a community of noble interests where encouragement would be given to all those who felt it to be their duty and mission to become Eugenicly inclined. The foundations for such a magnificent purpose have already been laid; all that is now needed is to initiate the specific plans for the enterprise.

ANOTHER WOMAN WHO HAS DISCARDED CORSETS

TO THE EDITOR:

In the Women's Question Column, I have read many inquiries about corsets. People ask: "How can a woman get along and dress modernly without corsets?" Now, I have discarded corsets forever and have two grown daughters, who never wore them and won't even wear a Ferris Good Sense Waist. Yet no one ever makes a remark or notices mine or their lack of corsets.

This is my arrangement; I have a sleeveless, low-necked waist with a row of seven buttons, at the waist line. On these I button my under-skirt or skirts, which have button holes to correspond to the buttons. Some of my under-skirts are made princess style. I always wear a one-piece undergarment and that does away with extra fastenings. My hose supporters are attached to a tape sewed on the edge of the waist, at the hips. Then all my overwaists are finished at the waist line with a band and seven buttons and my overskirt bands are finished with eight button-holes (four on each side) as both sides of the

skirt fasten on the same button, in the back. I know, every one says, "Oh, that is so much work," but let me say that it is all in the habit. If one once gets their wearing apparel arranged right, it will be no bother to keep it so. I hope this will escape the waste basket and help some undecided sister to cast away her corsets and take up a healthful life. You are opening the eyes of thousands, and putting hope and new life into many a hopeless soul. And may you ever be able to down such frauds as Anthony Comstock. I have been a silent reader and practicer of physical culture for two years and let me tell you, that it has raised me from a flat-chested, round-shouldered, lifeless individual to one who can find a vast amount of pleasure in being able to breathe, stand and think right. I might give you my whole experience but my improvement has been so great that it would sound more like a patent medicine testimonial, than anything else.

NINA FITZPATRICK.

Walkerville, Mont.

Mr. Baggs Tries a Fast

By JIMMY SUNN

MR. BAGGS came home from his office one evening with a doleful face.

"I've got a headache," said he in response to his wife's questions, "And my mouth tastes like a Chicago packing house! I tell you, Sarah, we have too much cookery here. Too darn much stuffing! You women put so much on the table, just to show off, that a man is tempted till he wads himself as full as a balloon; and then he gets sick. You've brought this on me; brought me to the verge of the grave!" He laid his hand on his abdominal protuberance and shook his head lugubriously.

"Oh, you'll be all right in the morning" said Mrs. Baggs cheerfully as she took his hat and coat, "It's just a little bilious attack. I'll make you some gruel, and you had better take a physic—"

"No" he interrupted, shaking his head again "No Sarah, no pills for me! I've got too much sense now for that. I've been reading PHYSICAL CULTURE, and I know just what I need. I shall go on a fast. I've arranged matters at the office so that I can stop home for awhile. I propose to transact my business by telephone and take a fifteen or twenty days fast!" And his face took on a look of magnificent resolution.

"Fif—teen or twenty days!" she gasped. "Why, you would starve to death!"

"Starve nothing!" said he with lofty scorn; "That's all you know about it! That's your darned ignorance; think a man'll die if you ain't stuffing him every minute. Well, I'll show you; I shall just sit around here in perfect comfort for three or four weeks and let my weight reduce and my system return to the condition it was in before you began to make a dad-blamed kitchen cabinet of me!" and he glared at her with a sense of injury expressed on every line of his countenance.

He went to bed without his dinner, and lay late the next morning. That was not, as she feared, because he was growing weak, however, for he swore at her with great vigor when she ventured to suggest the advisability of a light breakfast. Fasting did not appear to sweeten his naturally irritable temper; and after he had arisen at nine o'clock and transacted his business with the office by telephone, he sat down to read with such a lowering brow that she did not dare to go near him. The hours wore away until six o'clock in the evening, the hour at which they usually had dinner; and the cook, secretly instructed by Mrs. Baggs, prepared an unusually appetizing repast. Frequent and purposeful openings of the kitchen door disseminated the tempting odors throughout the house. Mr. Baggs, who was very fond of good things to eat, lifted his head and smacked his lips as the first gust of savory smell was wafted to his nostrils. Then, remembering himself, he leaped to his feet and hurried into the hall, seized his coat and hat and preparing to go for a walk. His wife, in some perturbation, headed him off at the front door.

"Dinner's most ready dear" she twittered "And I've got some of that veal loaf you like so well! Don't you want a little—"

"No!" roared Mr. Baggs with a shout that made the windows rattle, and caused the cook to come running from the kitchen in affright; and brushing his wife aside, he dashed out, and charged wildly up the street. He did not return from his walk until late, and then sat reading until bedtime. As he was preparing to retire he suddenly addressed his wife:

"Sarah! Don't ask me to eat! Don't offer me food, or mention it in my presence! I'm going to fast! Do you hear me? F-a-s-t, fast. Keep your gum-dasted grub in the kitchen," he roared the word at the top of his voice,

"And keep your measly smells there too; and go there to *eat* and let me alone! I'm going to fast forty days!" He bolted into the bedroom and leaped into bed.

The next day passed in much the same fashion, except that Mr. Baggs' irritability appeared to be increased. How pleasantly he felt may be guessed from his conversation with central when he called up his office at two p. m.

"Hello! Nine-five-six-four, please. What? *What!* Can't you talk, dad burn it? No, not ni' fi' sik' snore! *NINE!* Get that? *Five!* Hear it? *SIX* and *F-O-O-O-U-R-R-R!* (The last in a long drawn howl, shaking his fist at the telephone) "Get it! Thought you would if you wern't a deaf mute or a dad blamed Egyptian mummy. A-w-w-w-w-! Report and be darned!"

Mrs. Baggs, in the next room, trembled in her shoes. During the entire evening she watched him apprehensively. True, he manifested no visible signs of weakness, but who could tell? Two whole days without eating! Had anyone ever heard of such a thing? Mr. Baggs retired early, and she slipped out to consult her next-door neighbor, the Rev. Mr. Snorkins, pastor of the Presbyterian church. She came back very little reassured. The Reverend Snorkins was as ignorant on such matters as herself, but he had promised to call the next morning, and endeavor to induce Mr. Baggs to partake of nourishment before it should be too late.

Accordingly, the next morning he came. Mr. Baggs received him with strained politeness, but with a truculent glare at his wife, whose interference he suspected. The clergyman's beginning was unfortunate.

"I am informed, Brother Baggs" said he "that this is your third day without food. Might I ask your reason for such an extraordinary proceeding?"

Mr. Baggs looked at his wife in fury. "Yar-r-r-r-rh" he said showing his teeth at her; and then to the Reverend Snorkins, with sudden explosive rage:

"I wanted to see how many gum dasted idiots would come in to ask me about it!" he roared. The clergyman looked shocked.

"But don't you know" said he "that you will certainly perish if you continue this—ahem—exceedingly unwise proceeding?" Mr. Baggs jumped up.

"Perish!" he shouted "Perish! Well can't I perish without having a gum dasted lantern-jawed lop-eared sky-pilot yammering around about it? Get out, gol darn you, and let me—*p-e-r-i-s-h!*" The Reverend Snorkins left in haste, leaving Mrs. Baggs in desperation.

She watched her husband covertly all day, until in the afternoon he lay down for a nap. Seeing him as he lay on his back on the sofa, apparently in a profound slumber, and with his mouth wide open, she had an inspiration. She hurried to the kitchen and came back with a large section of layer cake, a kind of which he was particularly fond. She stood beside him for a moment, hesitating in fear; but the thought of his imminent peril strengthened her courage. Three whole days! What if he should die right now? In a sudden panic she broke off a small piece of the cake, and dropped it into his mouth. His deep drawn breathing ended in a sudden snort; but his eyes remained closed. Slowly his mouth closed also, and when, after a moment, he resumed the regular breathing of a sleeper, and his jaw relaxed, the cake was gone. She dropped in another, and larger piece, and the process was repeated; and bit by bit the entire cake disappeared. As the last morsel went, Mr. Baggs opened his eyes, and seeing her standing beside him with the empty plate, sat up with a snort and a roar. (He had not really been asleep since the first mouthful).

"Been feeding me, darn you!" said he "Bound to kill me, aint you? Well, I'll give it up. No use for a man to try rational and scientific methods of health culture among a pack of gol-darned idiots that stuff him in his sleep! I'll eat! Yes, blame you I'll eat! Bring on your dog-goned grub, and let me kill myself; you'll repent it when its too late!" and he glared at her in virtuous indignation.

"Never mind" said she to the cook a little later, "Never mind! I saved his life, I know I did. I don't believe he would have lived a single hour longer."

Women's Question Column

By BERNARR MACFADDEN

Sore Throat

Q. Kindly outline natural treatment for sore throat. Cold applications as recommended by you have failed to benefit.

A. Cold applications are valuable as a local remedy, but at best, can only be considered as a part of the natural treatment for this trouble. The actual treatment must be of a constitutional nature for the cause of the trouble is to be found in constitutional conditions, which indeed is also true in the case of all other complaints. Without such a treatment, you could hardly expect a cure, though local cold applications should afford temporary relief. The occasional use of alternate hot and cold applications would also be more or less effective. In addition, fast absolutely or live on pure fruit juices until the symptoms have disappeared; the absolute fast is preferable. Be sure that you have a constant supply of fresh air. Flush the colon and drink freely of water. Any natural means of inducing copious perspiration will help you greatly, though active or prolonged exercise, if you are strong enough to take it, is the best thing for this purpose. For instance, a brisk five or ten mile walk could be recommended. Stimulate activity of the skin by means of air baths, sun baths and dry friction baths. These methods, if strictly followed, will not fail to relieve your sore throat, and will cure it far more quickly than any other form of treatment. Do not form a habit of coddling or wrapping up your throat too much through the winter, for this will only make it more susceptible to trouble of the kind from which you are now suffering.

Sleep in the Morning

Q. I have a habit of awaking at four in the morning, and therefore, rarely get more than six or seven hours of sleep. How can I cure the habit?

A. It may be that you are one of those who do not need more than six or seven hours of sleep. At all events, if you cannot sleep after that hour, I would suggest that you get up immediately on waking and busy yourself in various ways, say, by taking a good vigorous walk. The early morning air is the most delightful and stimulating. By following this plan, you may be more tired and sleepy when night arrives and will probably be inclined to go to bed earlier and sleep later. Activity is absolutely necessary to health, and you should secure enough physical exercise in the course of the day to make you

sleep soundly. The usual difficulty of those who suffer from sleeplessness is, that they cannot fall asleep when they first retire. But if you do not have this trouble, you need not worry.

Cracked Skin on Fingers

Q. I am continually annoyed by the chapping and cracking of the skin on my hands, especially around the tips of the fingers. Have used ointments and salves with no benefit, and have consulted a physician who says it is scrofula. Could you suggest a remedy for the complaint?

A. It may be an ordinary case of chapping of the skin due largely to the use of too much or too strong soap. Try to keep your hands out of water as much as you conveniently can, use as little soap as possible, and that a pure castile. If you wash them in warm water, rinse in cold water before drying and then dry thoroughly with a towel. A drop of pure olive oil, carefully rubbed in, would be as good or better than any ointment or salve. On the other hand, the fault may lie partly in imperfect nutrition, in which case it is obvious that your diet and general health should be considered. Even if it were true that the trouble is the expression of a scrofulous tendency, yet persistent right living and a natural diet would enable you to obliterate such tendency. A good circulation of rich, pure blood, will build up a normal, healthy condition. Meanwhile, the skin should not be subjected to the action of strong soaps or chemicals, nor exposed to cold winds when wet.

Varicose Veins

Q. I am troubled with varicose veins on the legs which at times are very painful, especially about the ankles. I wear elastic stockings for support and to prevent them from bursting, which I have been warned against. I am afraid to exercise. What can I do?

A. The trouble is caused by weakness of the tissues concerned, and both lack of exercise and wearing of elastic stockings will only serve to increase this weakness. Try to avoid the strain of long continued standing on your feet and adopt measures to strengthen and invigorate the parts. The use of cold water is of the greatest importance, frequently bathe the parts in the coldest water obtainable, and at night apply a cold wet pack, which should

remain in position until morning. If painful, relief can be secured by alternate applications of hot and cold water, finishing with a cold application. This will stimulate the circulation powerfully and invigorate the tissues. At first, take reclining exercises, and later, exercises on your feet. Avoid the stagnating influence of too much standing or walking slowly. Let your walks be brisk, but short. Gradually disuse the elastic stockings as you get stronger, that is, wear them only a part of each day if absolutely necessary, and it is probable that you will be able to discard them entirely in three or four days. For more detailed instructions, see my special treatment for varicose veins.

Diarrhœa in Infants

Q. Please tell me how to treat diarrhœa in a seven-months-old baby. Is castor oil of any benefit?

A. The treatment which would be suitable for an adult person suffering from this trouble, will suggest the treatment for an infant, for whom the usual measures should, of course, be modified and adapted. Diarrhœa is an effort on the part of Nature to eliminate waste and unwholesome matter, and it should be your endeavor to assist in her in every way. Castor oil is not to be recommended. The most important thing is the injection of warm water, perhaps twice a day. Since the trouble is invariably brought on by digestive disorders, the diet must be looked after. The child should be permitted to drink water if it will, but otherwise, its stomach should be given a rest; on recovery, feed very carefully.

Exercises During Pregnancy

Q. Is exercise injurious or beneficial during pregnancy? If advisable, what form of general exercises can be recommended?

A. Physical activity is as necessary during this period as at any other time of life. Indeed, if anything, it is more important than at any other period, since more depends upon it. Appropriate exercise may not only insure the prospective mother being able to survive the crisis, which is a dangerous one among women who live the conventional civilized life, but it will also give health and vitality to the young life to come. In the way of general exercises, I would suggest that you simply practice those that you find most enjoyable, and suited to your individual needs at all other times. Walking is most beneficial and you should take a daily brisk walk of five miles at least, if strong enough. I also strongly recommend the special movements illustrated in my book, "Power and Beauty of Superb Womanhood."

Salt Water

Q. Is salt water good for the hair?

A. There is no special reason why one should use salt water on the hair. Neither is there any reason to be afraid of it. Of course such water has certain disinfectant properties which make it useful in some ways, and sea-water has an unmistakable tonic property. Still I would suggest that, after the hair has been wet in salt water, it should be thoroughly rinsed in pure water, but more for the sake of comfort, than anything else.

After Appendicitis Operation

Q. Can one who has had her appendix removed, be perfectly healthy again? Since I submitted to this operation two years ago, my once rosy cheeks have become hollow and mud colored, and I suffer from eruptions on face, back and chest. Is there hope for me?

A. There are some who seem to enjoy fair health after this operation, though in most cases, the victim is never as well afterwards as before. Neither is one likely to acquire the most perfect health, but there is nevertheless a great deal of hope for you. Without doubt, you can greatly improve your present condition, but it is now ten times more necessary than before, that your habits of life be as nearly right as you can make them. Your diet especially, should be a rational one, for there is constant danger of constipation and digestive disorders. It is probably this last that is largely responsible for your bad complexion.

Imitation Coffees

Q. We recently purchased a package of a so-called "malt coffee," supposed to be a hygienic or "health" preparation. We made it according to directions, and noticed an unusually bright and energetic feeling after drinking. Do you suppose that it contains drugs? We have used other standard cereal coffees which have had no such exhilarating influence.

A. I am not in a position to say anything definite in regard to the "malt coffee" to which you refer, but if you are positive that you are not mistaken in regard to its stimulating influence, then it would be best avoided. An unknown stimulant is surely as objectionable as one that we know thoroughly. It is likely that the preparation in question does contain some property which will produce the temporary exhilaration and feeling of brightness that follows the use of coffee. It may, too, be the design of the manufacturers to employ a stimulant as a means of making the "coffee" gain favor with the stimulant-loving public, many of whom reject the ordinary coffee substitute because of the lack of this quality. At all events, nothing is surprising in this age of wholesale poisoning by "foods."

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.

Dancing and Immorality

TO THE EDITOR:

I have just received my August issue and note your editorial "Is Dancing Immoral." I can't resist the temptation to write. I am a church worker among boys and have under my control, among many, some half dozen boys who attend dancing school, age 11 to 16. I select this age because these boys, unless self-restrained, are more susceptible to evil. From an extensive observation I find them to lead lives of unusual purity and sweetness. They seem to carry the idea of purity into dancing and everything else. For the most part, they are the sons of substantial, well-to-do families and self-restraint is in the atmosphere of the family life. Dancing doesn't hurt them, or anyone else, because they are taught not to look for anything wrong in it. On the other hand I have some boys who know nothing of dancing and I am sorry to say their lives are not blameless. Now it is not a question of dancing or not dancing, but one of self-restraint.

Furthermore, these boys are horse-back riders. They have ridden for years. Some writers claim horse-back riding is inducive of immorality. The oldest of these boys, who is almost sixteen, is just coming to puberty.

Mr. Editor, I believe that sexual immorality is in nearly every case the product of an unclean mind, influenced and brought on by unrefined environments and not by dancing, or any innocent amusement. With correct ideas of manliness and all that it means—and a proper degree of self-restraint, a young man can't be hurt by dancing, or by the society of women good or bad in any way.

E. B. P.

Dancing Recommended

TO THE EDITOR:

In reply to "Is Dancing Immoral?" in August **PHYSICAL CULTURE**, I send you the enclosed copied from Prof. O. S. Fowler's "Sexual Science."

"The objections of some religious people to dancing are not well taken. Its late hours,

suppers, drinking, etc., are most objectionable, yet no necessary part of dancing proper.***

"Since it must be expressed, how much better thus in purity than sensuously? All proper dances, fairs, parties, etc., make every participant more accomplished, and lady-like or gentlemanly, and prevent sensuality.

"Catholics, Episcopalians, Unitarians, and many others allow, while Presbyterians, Methodists and some others, though no more pious, condemn it unsparingly. Now, who shall decide when D. D.'s disagree.

"The plain fact is, God wrote 'dance' all through human nature; and religionists may as well 'bay the moon' as preach against it. Proclaim its evils all you like and show a 'more excellent way,' but for your own sakes do not array Christianity against this divine ordinance. By all means send children to dancing school before amativeness is fully developed by puberty."

ROBERT ROTH.

Kansas City, Mo.

Dancing not Immoral if Environments are Moral

TO THE EDITOR:

Relative to the matter of dancing on which you wish the opinions of some of your readers, allow me to say that I believe in the sentiment expressed by a very well known minister of Philadelphia and this city.

He said, "If it's right for the young folks to shake hands together, I don't see any reason why they should not shake feet together."

Dancing is to me one of the best of exercises, it brings you into fellowship with other people and is a pleasure and a benefit.

When clean minded people meet for an evening's dancing frolic there is no harm either at the time or as a result of it.

But when people meet in a hall where liquor is sold and drink, hug the girls, make questionable dates for later in the evening, or dance till four a. m.—well, that's different. It's not my style and according to my way of thinking is filled with harmful influences.

Which brings the whole question down to this: it all depends on the people who engage in it. With the people I associate with, it is like tennis, a pleasant pastime.

It is good for those who do it properly and bad for those who do it improperly, or associate drink and sensuousness with it.

If you dance merely for the pleasant recreation, in a hall of the best repute only, with people of good reputation, and not hold your partner or be held too close, with your mind pure, no drinking of liquor, stopping your dance at about midnight, and don't dance more than you have energy for, or dress more expensively than you can honestly afford, and go directly home after the dance you won't go far wrong.

But under opposite conditions you may go to the bad, not because dancing is corrupting, but because you used it as a means of corruption. A dollar is good, but that is not saying it can't be used for a bad purpose.

Don't blame the dance when people go wrong, but investigate the conditions surrounding that dance.

C. C.

Milwaukee, Wis.

Dance Reform Wanted, Not Abolishment

TO THE EDITOR:

I gladly avail myself of your editorial invitation to express my views on the question, "Is Dancing Immoral?" I answer no—and then yes!

I have thrashed the problem out all the way from Quebec and New Hampshire to Pueblo and Custer Battlefield.

Dancing is primarily a form of bodily exercise and as such, cannot be an evil thing in itself. In ancient times, the sexes did not dance together. Men or women danced alone and for the purpose of religious worship. "David danced before Jehovah with all his might." Even now, many dances are individual, such as the Scottish sword dance or the clog. But no one will deny that the two-step and the waltz are by far the most popular forms of dancing extant. When I take my two-year-old on my shoulders and prance about the house keeping time to a tune my wife plays on the organ, I am dancing, and we both get good exercise out of it, too. Now it is all nonsense to say that because some young people have fallen into sexual sin through dancing we should condemn all dancing.

Should we never eat fruit because Eve got into trouble by over-eating it? Should we never walk because some have injured themselves by walking to excess? The same with dancing. By itself it is merely a physical culture exercise. But it seldom is by itself. The modern dance is composed of a lot of showy unhygienic dressing, an orchestra producing music of an exciting nature, perfume, flowers, late hours, vitiated air, heavy suppers and dancing, always with the opposite sex. Rev. Stall's real objection is not to dancing *per se*. It is to these artificial adjuncts that go to make up a modern ball.

In a conversation on dancing some sweet

young misses valiantly defended the modern variety. I asked them why, if it was the dance alone they cared for, they did not dance in the morning and without music or male partners. They thought I must be crazy to ask such a question. Now this is the very center of the whole controversy. Not dancing, for dancing's own sake or the physical exercise, but dancing plus exciting adjuncts certainly results in much evil.

What we want is a dancing reform. Let it be started at once. In fact, it has been inaugurated in Physical Culture City with sensible clothing, at sane hours with clean music and pure air. Let the good work go on.

A canvass of the harlots of Los Angeles, Cal. brought out the fact that 283 out of 302 of them blamed their ruin on the dance halls of that city. So I say that while dancing in itself is no harm, but a good exercise, yet associated with the evil things I have mentioned, it becomes a pitfall for the virtue of both boys and girls. It is foolish to try to abolish dancing. Let it be cleaned up and made safe for all.

THE FATHER OF TWO PRETTY GIRLS.
Zion City, Ill.

Is Dancing Immoral?

TO THE EDITOR:

Is bathing immoral? Is rowing or is boating immoral? Are picnics immoral? What, indeed, is proper these days? Is Comstockery proper? What rot these alleged reformers are guilty of. With regard to dancing being one of the most dangerous and destructive foes to virtue, many have fallen, as the Roman Catholic bishop states.

However, I have attended dances many years and have never been smitten with sudden passion as stated. The "sensual feeling" did not ever attack me. Does dancing lure people to the lusts of the flesh or to the pomps and vanities of this wicked world? Well pomps and vanities will continue I am afraid till the end of the world in both clerical and lay circles.

A. RIGBY

West Manchester, Mass.

Opinion of One Who Does not Dance

TO THE EDITOR:

You ask for an expression of your readers opinion on dancing. Here is mine. I believe dancing is all right among the people of the right kind of mind and education. In such classes, it is a healthful, exhilarating social exercise, a most pleasurable and proper thing. But as society is now constituted and by society I mean the mass of people, it is a source of much evil. Take for instance, a young couple who have never danced before, meeting for the first time. In both it arouses all that is sensual in them and makes them weaker to withstand the next onslaught, if it results in nothing worse. This is true in nine cases out of ten. This is not because they are inherently bad, but through false education. I myself have never danced, but know of boys and men, who if they happened

to see a girl or young lady that struck their eye as the saying is, thought and said, that if they could get to dance with her their desire was half way accomplished. Even if they were unable to seduce her they were able to squeeze her body and do other tricks of the same sneaking sort that she couldn't just say anything against, for if she did, why they were as innocent as doves. What can she say—and some times she don't want to say anything either. Expose a girl or a boy for that matter, to this continually and they finally become indifferent to it and down they go. All this can be remedied by an education of the people. Dancing is all right, but entrusted to wrongful hands is a great source of evil. There are people who can dance and not have impure thoughts. These are not many, though they are increasing, thanks to PHYSICAL CULTURE and its readers. So what we need to do is to keep on with our campaign of education, get all the new subscribers and readers for PHYSICAL CULTURE, talk it night and day and last and most important live it.

Greensburg, Md.

A. J. H.

Dancing Among Normal Men and Among Degenerates

TO THE EDITOR:

I cannot refrain from taking this opportunity to express myself about such ideas as Dr. Stall holds on dancing. I have heard several condemn dancing in just the way he does, and it always seems to me that such people lack judgment. We will all admit that the dance as it flourishes at beer gardens and cheap Saturday night resorts has a most demoralizing influence. To visit one of the poorer class of public dances and see young girls whirled around by men they know nothing about, and then quench their thirst with some product of the breweries, cannot but impress one with the fact that here is the source of many ruined lives.

But our friend fails to look at the home or the dancing academy where clean-minded young people gather for an evening's enjoyment. I suppose Dr. Stall would argue that because there are a good many Stanford Whites, all wealthy men are profligates. His theory must be: "partly bad, therefore all bad."

I cannot conceive of "any strong, vigorous, normally-developed young man having the strongest sensual tendencies and propensities of his nature aroused by the personal contact, suggestive attitudes" and so on. That is the last thing I should think of when dancing. A person that would be so aroused would certainly not be a vigorous, normally-developed young man, but a vicious degenerate. What a pure mind the reverend gentleman must have to think of such a condition! I am glad to say that the number of ministers are decreasing who preach, "Thou shalt never dance under any conditions." We need lots of men in these days to fight the devil, but we want broad-minded men who direct their energies against things that are entirely wrong and have no good in them.

There are plenty of these and they are in plain sight. There is no need of hatching up imaginary evils in one's mind.

I am a constant reader of your magazine and am sure you are doing a great work. May PHYSICAL CULTURE prosper.

BRainerd L. GILMORE.

Detroit, Mich.

Dancing Brings Health and Grace

TO THE EDITOR:

In perusing the August copy of PHYSICAL CULTURE I've noticed an article entitled, "Is Dancing Immoral." There are many people that decry dancing, but I do not think that the art deserves to be condemned.

There is nothing like dancing with congenial partners that are good dancers, as it tends to elevate one's character, is a good exercise, (especially so for the calves and ankles) and gives the body a certain grace which I think cannot be obtained any other way.

Open air dancing is very beneficial indeed. That it makes the body graceful is proven by the awkwardness of a beginner.

True it is that the fall of many girls is attributed to dancing, but as a general rule those girls have either been visiting dance halls of low order, or a very high order, a la Thaw-White and so forth.

Let me say right here, *the immorality, if any, is not in the dance but the people.*

A person accomplished in the art, will, according to my observation, only visit dancing places of high repute.

Undoubtedly many will say that if you eliminate the dance, and separate the different sexes, there would be no opportunity for immorality.

Not so, however. Bring them together whenever possible and more pure-mindedness would result. Furthermore, I feel quite certain that an attempt to separate the two sexes almost entirely would increase immorality.

In conclusion I may say that some of those gentlemen of the cloth ought to get at the root of all evil (immorality) which is improper living and mainly prudery.

I am yours for upholding dancing and stamping out prudery.

MAURICE G. HERDLICKA.

Cincinnati, Ohio

Is Dancing Immoral?

TO THE EDITOR:

The editorial, "Is Dancing Immoral?" in August PHYSICAL CULTURE, was very interesting reading, by reason of the subject being so widely discussed in many circles of life.

Out of the twenty-three years of my existence, the largest part of my pleasure has been derived from dancing, and I have yet to detect the slightest trace of immorality during a dance.

The music, the motion and the exhilaration, are inspirations rather than degradations. During a dance, one's mind is, nine times out of ten, engrossed with the pleasure one is

receiving from the repetition of motion, with never a thought of anything but the enjoyment they are deriving.

In a recent conversation with a young girl who spends nine hours a day in a dingy office, she stated that the weekly "hops" she attended were the only bright spots in a week of dull routine, and to them she looked forward as eagerly as to her meals. "Somehow or other the dances take all the monotony out of my existence, and I go at my work next day with renewed vigor and zest," she said.

Surely to such as these, dancing cannot mean immorality? What a Godsend similar weekly meetings are to the hundreds of young men and women shut up in offices and factories from early morning till dark, with never a breath of God's pure air. How selfish we appear when we brand their only enjoyment as "immoral." This is prudery of the worst. To pure minded persons nothing is impure. Their minds are not befogged with suspicion. When observing dancers, they are not thinking of attitudes, or so-called appeals to the sensual nature. Their minds are too broad for such small thoughts and they view the scene with sympathetic eyes.

There are a number of good, if somewhat self-righteous souls, who would not breathe the contaminated atmosphere of a dance, but on slight suspicion would murder the reputation of an innocent person without one pang of conscience.

We have all met this type and to these we attribute the shadow of immorality which has been cast on the terpichorean art.

Naturally there are exceptions to all rules but I believe the exception in this instance fades away in the presence of the generality.

Among the crisp sayings of C. P. Watts, in the *Nautilus*, we find this: "Think sweet and you cannot be sour. Verily Solomon hath said it."

L. F.

Kane, Pa.

The Use of Cattle and Poultry for Food an Economic Necessity

TO THE EDITOR:

You condemn meat and various other things in common use for food and advocate, nuts, olive oil, whole wheat, etc. Now many of these things are all right, but they are very high-priced and out of the reach of the masses. Nuts take many years to grow. English walnuts for instance are affected with a blight so that large orchards are dying in California and there is a large prize offered for some one to discover some remedy. So they are bound to be high and scarce. And the trees are slow growers anyhow.

Now wheat is a very good food. (We eat mostly graham and corn meal at our house) but in a few more years the new lands of the world even the new parts of Canada will no longer be new and they will have to do as the farmers in olden countries on high priced land (\$50 to \$100 per acre) are obliged to do, in order to maintain fertility, viz., grain crops have to be rotated by clover or alfalfa to

restore fertility. This in turn must be fed to cattle as hay or pastured to hogs, and the manure applied to the land. Here are economic necessities that people in moderate circumstances must comply with. We as a race, must do without milk and butter unless some economic use can be made of the old cows and the small calves. One cow will only last a few years and to give milk she must be fresh (have a calf) about once a year. You recommend or allow the use of eggs. A hen is profitable as an egg producer only two years. There must be some economic use made of the old hens and of the young roosters that are bound to be hatched when one is raising more hens to take the place of the old ones. So you see that the various kinds of agriculture are interdependent, and are bound to be so after a few years of fertility are exhausted on a virgin soil. Now in your food menus don't forget that the great mass of people have got to get for food what they can afford to get.

Now would it not be well to teach common people how to prepare or cook (which ever term you prefer) common things like potatoes, the use of graham, rye, oats, beans, vegetables and the least harmful way of cooking meat.

I was born in Turkey, the son of an American missionary. I have seen people *starving* for food, not a comparative expression, but honest starvation. I lived in New York City and near Boston a good many years and have seen people that as a class ate too much. Now I am out on a nice farm in the Beaver Valley and I am going to stay here as long as I can. And I expect to adopt all the practical information I can get from PHYSICAL CULTURE.

WALTER N. GILES.

"Cosy Nook Farm," Wilsonville, Neb.

Porridge a Satisfactory Food

TO THE EDITOR:

In answer to your editorial in the June issue. I think that oatmeal porridge is the best breakfast food one can have. For months, I have had it with milk and sugar only. Many people complain that porridge is not staying, and that about 11 a. m. they feel exceedingly hungry. I must confess that I never felt so and have found it most excellent for a sedentary or active life—more particularly the former, as the ease with which it is digested prevents that slightly drowsy feeling so annoying to one who has a good day's head-work to face.

Previous to making a regular diet of porridge for breakfast, I found that on many occasions, I had this drowsy and heavy feeling. But, after two days trial of a porridge breakfast, the drowsiness did not appear and I felt clearer, brighter and more active.

I always have porridge made from the coarse oat, and not crushed, same as that so extensively advertised. The true taste of the oat appears to be lost in the crushing and I should think that any loss of the outer skin of the oat is to be regretted.

W. R. GRAHAM.

Huddersfield, England.

General Question Department

By BERNARR MACFADDEN

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

The Drug Habit

Q. Kindly advise the physical culture method of treating a victim of the morphine habit, if it can be broken off by such methods.

A. This and other drug habits can usually be cured by simply following a strict physical culture regime, providing that the victim of the habit can be persuaded to do this. The adoption of a rational diet is sometimes sufficient in itself to eradicate the tobacco and alcohol habits, and will do much toward overcoming any of the common drug habits. I have known a two weeks fast to obliterate all desire for tobacco, and the same results have been brought about by two or three weeks of an exclusive diet of milk, following on a short fast. In general, we may say, that the more nearly normal one's physical condition is, the less is he inclined to desire stimulants or narcotics of any kind. Since a perfectly healthy organism will not tolerate the presence of a drug of any kind, it should be your first aim to improve the state of your general health. To this end you should adopt every possible natural means that will tend to purify the system and build increased physical vigor and vitality. An out-of-door life, or one which affords plenty of active physical exercise, should be yours if possible. Keep the mind interested in wholesome things and free from all morbid speculations. Take sun baths, air baths, dry friction baths and cold water baths. One might even make it a practice to take a cold water bath every time he feels a desire for the "dope." Drink water freely between meals. Keep the bowels open and regular. Take long walks each day and sleep with windows wide open. Eat two meals a day, avoiding stimulating foods and drinks, as tea, coffee, meats, condiments and rich, fancy dishes. Avoid white flour products in every form and be cheerful. The habit can be broken off either suddenly or gradually, though in most cases, it would probably be best to do it gradually. As the victim acquires a more perfect state of

health he will find his craving for the drug to gradually decrease.

With or Without Underwear

Q. Would you advise a young man to go without underclothing in the winter? I work in a warm room all day. I am an enthusiastic physical culturist as far as my understanding goes.

A. My advice is, that you wear just as little and as light clothing at all times as is consistent with needed bodily warmth and comfort. Naturally this excludes the use of underwear wherever possible, especially in summer, when the outside garments are of such a nature that they can be washed as for instance, light linen trousers. But when one wears the same suit of outside garments day after day, as is so frequently the case in winter, I would most emphatically advocate the use of underwear of a light weight, for the sake of cleanliness. Even with this arrangement, however, it would be the best plan to wear a different suit every other day, so as to give your garments in general an opportunity to air. Underwear too, is best aired every other day, and should not be worn more than two or three days before being washed. This plan may seem to call for a somewhat extensive wardrobe. But rest assured that you will wear out no more clothing in a lifetime, following this plan, than by adhering to the one-suit-at-a-time arrangement. Never wear wool next to the skin. Linen is best, though cotton garments are satisfactory if very light, and preferably, of an open-mesh. If you work in a warm room, wear as light a suit of clothes as possible, and take off your coat if it is permitted. Then when you leave your employment, you can keep warm in the open air by resuming your coat and brisk walking. Individual circumstances, together with the exercise of a little intelligence, should enable every one to decide this question of clothes

for himself. Naturally, an inactive policeman or a teamster, exposed to severe weather, requires a dress that is radically different from that of an office worker.

The Question of Climate

Q. Would you advise deep breathing in a climate where it is foggy and damp with frequent cold winds?

A. Our very lives depend upon the oxygen of the air, either in a dry or a damp atmosphere, and upon our securing this oxygen through the exercise of the lungs. If deep breathing is an advantage and shallow breathing a disadvantage in dry air, the same is true of a damp atmosphere. By all means, I would advise the practice of deep breathing in your climate. Do not shrink from the weather. You will find that a rational, natural life is of just as great advantage in one climate as in another, while abnormal habits are equally detrimental in one as in another. If anything, the more trying or unhealthy the climate, the greater the necessity for strict obedience to the laws of health. Dampness can affect one in only two ways. In the first place, damp air is a better conductor of heat, and will, therefore, chill the body more quickly than dry air. On the other hand warm air charged with moisture or "humidity" is very oppressive. In the second place, the perspiration from the skin cannot evaporate so readily in a damp atmosphere, with the result that elimination of bodily impurities through the pores is less perfect in a humid climate. It is for this reason that damp climates are inducive of catarrh and allied diseases. And in such localities, one should be most careful not to wear an excess of clothes, and breathe more deeply and thoroughly than in dry climates. Nevertheless the general mode of life of the individual is of far greater importance and usually superior to the climate.

Inflammation of the Ear

Q. Will you kindly suggest treatment for inflammation of the ear? I have almost constant noises in the organ, with frequent sharp pains and soreness to the touch.

A. It would be well to remember that inflammation in any part of the body can be reduced by fasting, free water drinking, colon flushing, and local application of cold wet cloths. In the case of severe pains, use hot applications. What you mainly require is constitutional treatment; for detailed suggestions along this line, I would refer you to my special treatment for diseases of the ear, obtainable as per the note at the head of this column.

Spinal Meningitis

Q. Is there any natural cure for cerebro-spinal meningitis? Is it con-

tagious? We have had four children from one school room die with this malady.

A. This disease is usually considered contagious, but it may be stated that there is not the least danger of contracting it unless one is in a susceptible physical condition, that is to say, unless his body is clogged with impurities and more or less devitalized. The natural treatment for it would be much the same as for other fevers. First flush the colon, very thoroughly. Let the patient fast absolutely, and drink pure water freely. Let him have an abundance of pure air. Apply cold wet compresses to his spine, back of the neck and head, or even ice packs. If the patient begins to show signs of depression, or is chilled, place warm applications to the feet, or remove the cold packs temporarily. If proper measures are adopted immediately, the disease should never reach a serious stage, but if it should do so, this treatment is more certain to effect a speedy cure than any other.

Position During Sleep

Q. When young I formed the habit of sleeping on my stomach, and cannot sleep comfortably in any other way. Is this a healthful position? What is the best position, hygienically considered, during slumber?

A. The best position for sleep for a given individual is the most comfortable position that he can assume. There is no reason why you should change your habits in this respect. I have known others who slept best in such a position. More frequently, however, the favorite position is on the side, unconsciously changing from one side to the other during the night. Any position which is restful, and which permits you to relax perfectly, is satisfactory.

Consumption Again

Q. After one who was afflicted with lung trouble has been relieved through "ranching it" in Colorado, can he safely return to his former home without expecting a return of the disease?

A. I have often answered similar questions in this column. The return or absence of your disease will depend absolutely upon your habits and conditions of life after you reach home. If you live the old life, under the same conditions which first brought on your trouble, then you must expect the same causes to operate again in the same way. But if you live an active life in the open air, as in Colorado, with natural hygienic precautions and wholesome dietetic habits, you need have no fear of the disease recurring. As a matter of fact, you could have cured it at home by living a right life.



THE VIRTUES OF OUR METHODS PROVEN

Valuable Experience in Fasting

TO THE EDITOR:

I have been, for all of my life, subject to more or less trouble with my stomach and bowels. When only a small child, I had frequent attacks of indigestion, which, in later years, were aggravated by improper diet, irregular habits, jolting and mental strain, mainly due to nearly fourteen years service on the street-railway system of Denver. Finally my indigestion developed into gastritis, gastroptosis and enteroptosis.

Since coming into the light of physical culture a few years ago, I have been much benefited by such natural methods as no breakfast, vegetarianism and raw food.

Towards the close of last March, I had an acute attack of intestinal trouble and after suffering several days, I concluded to take a two days fast. The two days demonstrated that my system was in a fearful condition and I determined to continue my fast, indefinitely. As a result, I fasted thirty-four days.

During the first six days, I kept up as usual, but had an abnormal appetite, which I controlled with the greatest difficulty. On the seventh day, I became so weak that I took to bed where I remained ten days, during the early part of which time, my unnatural appetite left me, and I had no desire for food. Then my strength began to return and I was able to sit up, read and write, and soon I was able to be up all day and out in the fresh air and sunshine. During the first three weeks, my tongue was thickly coated and there was a bad taste in my mouth, especially during the night. Some days, the coating would become quite thin but would increase again the following day or night.

I had no desire for cold water, in fact it was repugnant to me during the entire fast, although I ate some salt for several days, endeavoring to create a thirst but without avail. Cold water produced gas in the stomach and intestines and upon one occasion, produced an overflow of bile, resulting in regurgitation. Sometimes, instead of water, I took orangeade or lemonade, using salt instead of sugar. But the effect was always better if the drink was hot. From this experience, together with others, during the past few years, I have concluded that cold drinks are injurious to those cases where there is a tendency to gastritis, whether it be during a fast or at other times.

Hoping that this experience may be of value to others.

H. M. FROST.

Kirkville, Mo.

Natural Treatment in Typhoid Fever

TO THE EDITOR:

I have been a reader of your magazine four years. Your teachings are invaluable. Long may you live and continue to make converts is the hope of a follower of yours. I wish to relate my experience with natural treatment. Five years ago last winter there was a scourge of typhoid fever in this city. The doctor that treated me had nine cases. Having been bedfast seven days and growing weaker, against the wishes of doctor and friends, I resolved to try the cold water treatment.

Having a tub filled with water direct from the well I was assisted into it by a nurse. I remained in it about twenty minutes. That night I rested easier. When making his call the next day the doctor was surprised to find my fever abating. I continued the treatment three or four times a day, until cured, cutting out the drugs meanwhile. The other eight patients under the customary drug treatment died. I consider this a great victory for the natural cure.

WM. A. MARCH.

Cambridge, Ohio.

Strengthened Hearing at Sixty

TO THE EDITOR:

The article published in PHYSICAL CULTURE, "One of the Many" has brought me so many letters that I wish you to print in your valuable magazine this statement: I am 66 years old, 5 feet 8 inches high, weigh 165 pounds. I had nearly 4 years of army life. I sleep in a cold room, windows open with a blind to keep out rain, etc. Cold water is applied to my head, hands and feet daily and a horse brush does the rest. I use the brush every morning standing before the open window. I go out night and morning barefooted for two or three minutes. Sometimes the thermometer is 16 below zero. I never have colds or indigestion.

My food consists of oat flakes, hickory nuts and peanuts—raw, cold and dry—once per day say, about six ounces. I drink one quart of sour milk and three or four quarts of water each day, use one-quarter pound of sugar. Two years ago last fall my hearing got dull; I went to a specialist. He washed the ears out, "Three dollars, please." In three weeks they were as bad as ever. I then started on raw food and in four months they were all right and they keep so. Now, if anyone is troubled that way, eat raw nuts, fruit and cereals, look over PHYSICAL CULTURE and find lots of good advice, and don't write to me for my education does not admit o my

writing a decent letter. With the help of PHYSICAL CULTURE I know enough to do what the learned doctors failed to do for me.

Apart from rheumatism I consider myself quite well. Eighteen years ago the doctors did not give me three months to live.

Dalton, Ohio.

JOHN A. EDDY.

An Experience in Experiment

TO THE EDITOR:

I have been experimenting and give you the results herewith.

Two years ago I enjoyed average health, which means that I suffered from the usual ills to which humanity is heir, according to the generally accepted theory. I had especially a very weak throat. At times I lost my voice for days, and severe sore throats were of frequent occurrence, so that I was in constant fear of diphtheria.

For seventeen months from October 1904, I followed physical culture principles as advocated by you. During that time, after the first few weeks, I had never an ache, pain, nor ailment of any kind whatsoever. I have known what it is to *live*. My health has been bounding, joyous, radiant. My spirits bubbled over and I have felt I could shout aloud and sing for mere joy of living.

Now as to my experiment: In March of this year, I returned to the average manner of living with the exception of wearing corsets and shutting out the fresh air, for these I could not stand. I did nothing in the extreme but just what everyone else does—partly neglected exercise; ate the average amount, including meat and seasoned foods; took a little stimulant; only warm baths and to make the experiment complete, took some mild medicine as a "precautionary spring measure." On April 1st a sore throat manifested itself—Aconite, pills, fruit salts, as well as "feeding the cold" were unavailing, and for ten days I was confined to bed with such a cold as I never want to have again.

As this might have been a mere chance, I continued the same method of living, with the exception of taking medicine a little more frequently to "clear my system." On the morning of the 16th of May, with glands all swollen and throat like a nutmeg grater, I knew only too well from the experience of years that I was in for another severe cold. "And how I caught it I cannot imagine, for I have done nothing rash!" would exclaim the average individual. Thanks to you, I knew its cause and the remedy, and promptly fasted two days following with very light diet for a week, with as much water as I could comfortably consume. What promised to be a severe attack was completely conquered and with no interference in my daily duties. Henceforth, not even to convince my friends will I depart from physical culture rules.

As to vegetarian versus meat diet; last summer, while a vegetarian I met with a severe accident while horseback riding. In ten days I had completely recovered and was riding again. The doctor said that a month

was the usual time required for recovery from a shock of that kind.

The following are the simple, general rules which I observe and I would guarantee them to maintain perfect health indefinitely:

Fresh air, exercise, no corsets, deep breathing, an abstemious vegetarian diet well, masticated, no stimulants (including tea and coffee), no medicines, light clothing with linen next to the skin, cold, air, and friction baths.

(Miss) EMMA TRIPP.

Rhinebeck-on-Hudson, N. Y.

Neurasthenia Cured

TO THE EDITOR:

I received the physical culture treatment for Neurasthenia some time ago and feel ashamed that I have for so long neglected thanking you for your great kindness. The treatment has improved me so much that I am now able to do light housework and to resume my music lessons. Every evening I take a walk and for exercise I take the lawn mower and go over the lawn several times. I have gained so much within the last month that no one would believe that I had been so desperately ill. I thank you again for your kindness.

I have seen a great deal in PHYSICAL CULTURE about sour buttermilk, and I will tell you of the good it has done me. I have lived on sour milk and whole-wheat bread since April, I don't prepare the milk as you do; we churn every day and I set some away for next day. It agrees with me better than anything.

MRS. W. A. WARREN.

Carrville, Ala.

An Englishman's Regeneration

TO THE EDITOR:

With regard to experiments, I adopted one a short time ago which I have christened "A physical regeneration." Probably there are many of your readers who like myself have experienced that awful malady, inflammation of the bowels, brought on by chronic ignorance and indifference to the health and nourishing value of the food we eat. Apart from chronic constipation, the rotten condition of my internal system was made manifest by the stench from my breath and sweat. After reading your magazine and using a little common sense, three things I resolved on were in need of reform and attention, viz., diet, skin, and bowels. Accordingly I bought a friction brush and used it night and morning, in addition to frequent hot baths I now use cold baths. I then purchased a hydrostatic douche to flush the colon. The result is apparent by my increased weight, health and energy. I feel regenerated, my breath is now sweet, my skin is healthy, and my bowels are easy and regular in their action. My eyes have a healthy brightness, my cheeks are round and rosy and I can honestly say that the cost and trouble of the experiment has paid interest a hundred-fold.

Principal, Coalville CHENRY E. BROWN
School of Physical Culture.

A Practical Home-Made Gymnasium

THERE are without doubt, many individuals who would be glad to reap the benefits that accrue from the use of gymnastic apparatus, only that they are prevented from so doing, because such apparatus is not available, either because they do not know how to make it, or because there is no gymnasium in their neighborhood.

As a matter of fact, it is not at all difficult, neither is it expensive, to have a gymnasium at home, provided that you have the space in which to place the apparatus and in which to use it. This is more particularly true of dwellers in the country, where barns are available and where dwellings usually have spare attic room or more or less spacious basements. Indeed, the writer has known of the apparatus being erected in the open air, where, if constructed of good material, it will not only resist the influences of weather, but in addition, will afford capital sport and exercise pretty nearly all the year round.

In this connection *Popular Mechanics*, gives some capital suggestions in regard to a home made gymnasium as follows:

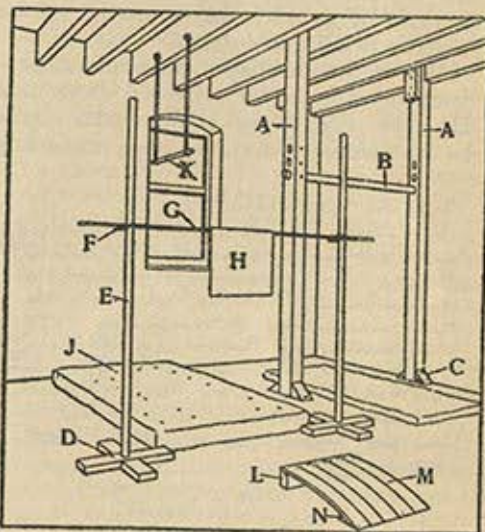
"Most of the apparatus for gymnasiums is so expensive to purchase, and so easily made, that many have been induced to use their ingenuity in constructing the same. The apparatus shown in the sketch, represents a small gymnasium such as could be built in one corner of a basement or in a barn.

"The horizontal bar is made by fastening two four-by-fours, A, A, in a vertical position and placing the bar, B, in holes bored through A, A. The bar can be either a piece of pipe or a strong wooden pole, and should be drilled at the ends to receive large steel wire nails, which slide through similar holes in the uprights, A, A, and hold the bar from sliding out. If the floor is of wood, the uprights may be fastened by cleats as shown, but if it is cement, a hole large enough to receive a $\frac{1}{2}$ -inch rod, which should extend up into the four-by-four a distance of two or three

inches, should be drilled. The drill for making the hole in the cement can be made from an old file.

"The high-jump apparatus consists of two standards, E, mounted in bases, D, and supporting a thin strip of wood, G, by means of two wire brackets, F.

"These brackets may be bent from heavy steel or brass wire, to the shape of a screw-eye, making the hole in the eye a trifle larger than the vertical poles, E. It will be found that brackets



Arrangement of a Basement Gymnasium

made in this way will stay where placed, as the weight of the wooden strip, G, causes the eye to bind on the standard, E. In practicing the high jump, it will be found that a handkerchief or towel, H laid over the bar will be more easily seen than the strip and will prevent one from losing his step.

"An old mattress, J, will take the place of the expensive mats found in gymnasiums, which frequently cost \$20.00 or more. It may be used in connection with the high jump apparatus, or may be placed under the trapeze, K. The trapeze is too well

known to need any description, and the materials used in its construction are somewhat varied, depending on what is available. The bar may be either hard wood or gas-pipe, and may be supported by sash-cord, heavy wire, or strong braid.

"The spring-board, M, can be made by nailing a number of barrel staves to

the wooden strips, L and N. If the barrel staves sag too much, another narrow strip should be nailed across the middle on the under side. If rubber-soled shoes are not used, this board might prove too slippery, in which case a small piece of carpet should be tacked on the top and will serve the purpose nicely."

A DEFENDER OF A BABY-KILLER

The man who undertakes to defend a quack is of necessity an ass, when he is not a participant in the crimes of the charlatan. If he belongs to the first class, he is, of course, an ignoramus of the worst, while, if he belongs to the second, he is inevitably a stench in the nostrils of all decent men.

Below, we publish a fac-simile reproduction of a letter received from one Hassett—suggestive name—who came to the defence of a quack who, according

Bernard Maguire
 Sir, you ought to be ashamed of
 your behavior when you write
 about the property of Baby Friend
 of the town. I know Mr K to be
 a conscientious & member of
 the Heidelberg Reformed church
 & a liberal contributor to it - would
 you or editor can say as much
 well and good. Tell them what you
 have said ~~in your paper~~
 with much respect
 L. E. Hassett
 where is Spotswood (Virginia)

to official documents is a professional murderer of babies. We leave it to our readers to decide from Hassett's curious communication whether that he is more fool than felon, only calling attention to the spelling, lack of punctuation and general characteristics of the letter as proving just what type of man, the quack-defender usually is.

If readers of PHYSICAL CULTURE will turn to page 158 of its August issue, they will see what this precious "conscientious member of the Heidelberg Reformed Church and a liberal contributor to it" is. They will find there, that the officials of Utica, N. Y., decided that Adam and Eve Gnad, twins, "died from

a dose of Kopps' Babies Friend." Also that a baby in Omaha took four drops of the "Friend," made by this ornament of the Heidelberg Reformed Church, and promptly "passed." That another baby, three and one-half months old, in the same city took the "Friend" and became a little angel, which remark stands good of yet another Omaha child. Regarding which deaths, the State Attorney of Nebraska made remarks that must have been very painful to the godly Kopp. These deaths, be it remembered, are only a few of those due to the "Friend" that have come to light. If more information is desired in regard to the man who is a liberal "contributor" to the church funds, perhaps the City Clerk, of Knoxville, Tenn., the editor of the *Journal of the American Medical Association*, the editor of the *Homeopathic Envoy*, and Doctors Jas. G. Hunt, H. F. Preston, C. Nelson and others, all of Utica, may be able to furnish it. Indeed, Mr. Stanislaus Gnad of No. 25 Kossuth Ave., Utica, probably would not hesitate to express his opinion of Kopp and his "Friend" and his church membership, for Stanislaus is the father of the two babies killed by the Kopp nostrum.

We congratulate the Heidelberg Reformed Church on having such a distinguished member, who so liberally ladles into its treasury a portion of the thrice-tainted money derived from killing babies by his Friend; but most of all, we congratulate Kopp on having such an eloquent defender in the person of the enthusiastic if uneducated Hassett. And on re-reading Hassett's letter, one is inevitably reminded of the lament of one of Shakespeare's characters, "Oh, that he were here to write me down an ass."

Rounding up the Quacks

There are, at the present day, so many charlatans—medical quacks, fortune-tellers, get-rich-quick concerns, proprietary medicines, mail order swindlers, and scoundrels of a similar sort—enriching themselves at the expense of the sick and the ignorant, that it would be impossible for us to expose and dissect each individual fraud, even if we had the space of a dozen magazines at our disposal. We propose, however, to do the best we can in this direction, within the limitations of this department. In most cases, the impostors upon which we have turned the search-light of inquiry in the past, were representative of a given class of frauds. This same policy will continue in the future, and hence our readers may know that for one "Sure Cure" or "No Pay Until You are Cured" or "Nerve Force" humbug spoken of in these columns, there are hundreds of others of a like type that we would like to flay only we lack the space that we would gladly devote to the process.—Bernarr Macfadden.

THE crusade against quacks and quackery inaugurated by PHYSICAL CULTURE and now being participated in by a number of reputable publications and prominent individuals is not confined to this country alone. Copies of the *New Zealand Times* have been forwarded to this office, containing an interesting report of a lecture recently delivered at Wellington, N. Z., by Dr. J. M. Mason, the Chief Health Officer for the country in question. The subject of Dr. Mason's address was "Frauds, Quacks, Dupes and Patent Medicines," and during his remarks, he flayed the scoundrels and charlatans in a manner that was as refreshing to his hearers as it must have been unpleasant to the impostors themselves. So much of his address was pertinent to the attitude assumed by PHYSICAL CULTURE in regard to the quacks, that no excuse is made for quoting him at length as follows. Dr. Mason said in part:

"You have all heard of the little band of men who advertised that on a certain day a man would stand on London Bridge and give a sovereign to everyone who asked him for it. This offer was advertised widely all over London, yet, strange to say, no one asked for the money; people realized that no man could possibly be such a fool to do as promised. The same gentleman advertised a week afterward, that a man weighing two hundred and fifty pounds would get inside an ordinary quart bottle. There were thousands to see what their common sense ought to have told them was an absolute impossibility. It does seem ridiculous that these people

should have gathered in the hope of seeing something which they knew was impossible take place. But wherein is the difference between these fools and the man who religiously smoothes his bald head with an ointment or potion in the hope that the hairs which have as surely gone as last winter's snow, will come back again and make him once more able to pass his hands through his raven locks? What is the difference between the benighted Indian and his patient belief in the efficiency of his 'totem' and the scraggy individual who is assured that by using 'Venustro' she can bring her bust to those dimensions which the advertisement tells her is the envy of all other women and the admiration of all men? Did any one outside of an asylum ever hear such nonsense, you say. But the fact remains, that thousands of scoundrels are living, nay, making fortunes out of such unimaginable fools as I have indicated.

"Were it merely a question of obtaining money under false pretenses from wealthy, silly men and women, we might, as Jack Point says, 'laugh at ourselves.' But there is another and more serious aspect to this question. How much heartache, how much of disappointment does the sufferer from such diseases as cancer and consumption suffer through paying heed to these wily tempters? Picture the man or woman who has just been told that he or she is suffering from such a disease as cancer. They entered the doctor's consulting room, probably light of heart in the belief that at most, the small lump upon their lips was nothing more

than an angry spot. Look at them now as they leave. Downcast and haggard, they are face to face with one of the eternal problems. They have been told that safety lies only in complete removal by means of the knife, and with a natural reluctance to submit to such a painful and drastic course, they ask leave to consider. Days, nay, weeks, do they spend in mental perturbation, unable to face the ordeal which the surgeon has set for them. While such a man believes what his medical adviser has said, yet he hopes and desires that another way out may arise. It is easy to imagine with what joy he sees it set out in large, leaded type that "Professor Curesem"—you will note that most of them are professors—can cure cancer by means of some ointment or salve. Bearing in mind the mental unrest in which the sufferer is, you cannot blame him if against his better judgment he listens to the wily statement of the tempter and determines to take up the line of treatment of the quack. I have no desire to unnecessarily harrow your feelings, but any medical man who has been in practice for some time, could, from the pages of his case-book, read you many tragic stories. Months of valuable time are wasted, and very often, ill-spared money is thrown away in this will-o'-the-wisp search for health. Despite the fact that the patient sees no improvement, he is urged in language which only such scoundrels can command, to go on. It is only after weary months of alternate hope and disappointment that he seeks again the counsel of the surgeon, whose painful duty it not infrequently is to say 'It is too late.'

"This is no fancy picture. Not only has the man been robbed of money he could perhaps ill spare, but he has been bereft of all possible hope of cure. I don't know how it appears to you, but I find no difficulty in deciding that the quack who thus swindles by his 'cure' has also been guilty of murdering his victim.

"Let us look at that other great enemy of the race—consumption. You cannot pick up a newspaper or a magazine, but that you see a big burly gentleman, sometimes with his wrong

eye at a microscope, or holding in his hand some mysterious-looking vessel. His face is usually cast in such a mold as would prevent any sensible person from trusting him with the change of a shilling; yet because of his skilfully arranged advertising bait he draws thousands, whose only hope of cure lies in the leading of a rational mode of life, into his net. No simple rule, no counsel, however wise, appeals to the poor sufferer from this fell disease unless it be supplemented by the giving of some medicament which is to 'kill the microbe,' as the wily charlatan phrases it. He turns aside impatiently when advised to live in the open-air; eat plenty, but not too much, clothe warmly, but inhale a pure atmosphere, eschew irregularities of conduct and order his whole life in soberness in the best sense. He seeks for some short cut which, alas! exists not, but which the quack assures him he alone sells. Despite the failure of one, nay, of many vaunted 'cures' he spends his money upon the newest remedy boosted up by paid testimonial givers and suborned newspapers. Only when his, and very often his friends' money has all gone into the pockets of the 'professor,' of many aliases, does he try to recover the time which he has spent and irrevocably lost. 'Who steals my purse, steals trash,' says Shakespeare. Who steals the poor unfortunate's only chance of recovery steals life and deserves the condemnation of all honor-loving people. What, therefore should be your verdict regarding such thieves?

"For the folly of the old woman who spends her time and money on agents, which are alleged to make her forever look 'young,' we have only pity; for the elderly gentleman, who has wasted his energy in riotous living and who searches the advertisements for an *elixir vita*, we can only have contempt. But while nothing of the tragic enters into this branch of the question, the guilt and venality of the vendor is just as great; but even here tragedy not infrequently gets mixed with Vanity Fair.

"One of the greatest inducements held out to such people is the statement usually set out in very large letters, that

every communication is treated with the utmost secrecy; that no sooner is a document read than it is destroyed. This is far from the truth. It would doubtless astonish the maiden lady who, after long deliberation and searching of heart, has decided to set out her disabilities, to learn that the secret document, which has caused her so much heart searching before she could decide to write it, will, in all probability, be handed on as soon as the quack to whom she has written has decided that no more money can be got out of her. These so-called 'confidential' letters are listed very much in the same way as shares in a gas company are. We read of '360,000 general debility letters' being hawked about; but for the fact that you see an advertisement to that effect, it is hardly conceivable that any sort of man, no matter how debased he might be, could stoop to such a procedure. Not only is this maiden lady's desire for something to hold back the hands of time made public in this wholesale manner, but many other communications of even a more secret nature are bandied about from hand to hand for the sake of the money which this knowledge may bring to the vendors of alleged remedies. It comes with considerable shock to the man, woman, boy, or girl who has thought fit to write to some of these gentlemen to learn that someone, with whom they have had no previous communication whatever, has apparently learned of the cause which prompted them to originally write.

"A gentleman, who is contributing a series of most remarkable articles on quacks to an excellent magazine published in the United States, has spent much money and a great amount of time in unearthing and showing up the various devices by which the so-called patent medicine vendors and other quacks, not only destroy the health, but the mental comfort of their victims. Take the case of a well-known patent medicine which is largely advertised on the American market. It goes by the name of 'Lydia Pinkham's Pills.' The advertisement is ingeniously worded so as to indicate a special ailment for which these pills are said to be an

absolute cure. Anyone reading between the lines can understand quite well what conditions are referred to. If you will note the date of the advertisement, you will see that apparently in 1905 this admirable lady assures the woman world at large that she is prepared to consider in the utmost confidence, any letters which may be addressed to her in such matters. Her ability to either read or advise can be assessed, by a consideration of the picture which is now thrown upon the screen. This lady, who apparently is now capable of advising women people, has been dead for considerably over twenty-five years.

"Then, again, let us look at the large number of advertisements which hold out hopes of a sure and speedy cure of drunkards or so-called dipsomaniacs. In nearly every other publication which we take up, we see assurances that men or women, who during the whole course of their lives, have been addicted to the excessive use of alcohol are able, by having something dropped into their breakfast cup, to entirely rearrange their internal anatomy in the course of a few weeks. We have pictures of the devoted wife who sends her testimonials out of the gratitude of her heart for the alteration which has taken place in her beloved husband; you are asked to believe that this man, who has for many years lived a besotted life, has been entirely rejuvenated, not only mentally, but physically, by the addition of a tabloid of something or other dropped into his tea or coffee. I am perfectly certain that if any person made such a statement outside of a comic opera, no one would believe it; yet we must assume that thousands do believe in such advertisements, or the advertisers would cease to spend money and time in the circulating of them. Any person conversant with the disease or condition termed 'inebriety,' knows quite well that without a firm determination on the part of the patient himself, a long abstinence from alcohol, and the living under conditions which will rehabilitate his nervous and physical organization, no salvation can be hoped for whatever. These cures are termed 'gold cure,' 'alcoio,' etc. [Some of the most widely-

known have been analyzed by expert chemists, and absolutely no gold what-
ever has been found in the nostrum. One curious feature as Mr. Labouchere of *Truth* has pointed out not once, but many times, is, that when one "institute" for the cure of such people has ceased to be popular, another immediately crops up in some other part of the world. Inquiries there, however, as a rule, show quite clearly that the man who originally assured you from the distance of New York that he would cure you of inebriety, is identical with the man who is willing to send you a newly-discovered remedy, but who hails from the Rue Royale, of Paris.

"Then we have the man who assures you, despite the Scriptural injunction that you cannot add one cubit to your stature, that by paying for, and using special apparatus which he alone can sell, you may, say in two to three weeks, cease to be an insignificant individual and become tall, stately, and in some other ways acquire an individuality which previously you did not have. You will notice in the advertising cut which sets out the cunningness of the discoverer of this marvelous machine, that he has skilfully suggested height by increasing perceptibly the length of the skirt of his coat.

"I have spoken of the electric belt swindles. Great are its varieties—if one may judge from the diversity of names. They differ from each other in 'feature, form and height,' to use the words of Longfellow. Only one thing have they in common—that is an absolute absence of anything in the shape of electricity in any of the ordinary meanings of the word. Like the men who write the 'will you walk into the parlor' invitation, which the printer sets up in best leaded type, they have many appurtenances which make a brave show. The fraud which is said to be the invention of one McLaughlin, has a beautiful little arrangement at one end, fashioned so as to suggest a 'coupler up.' You have all seen an ordinary battery—the kind of thing used at parties in order to 'shock' your friends. The operator, by simply moving a knob a fraction of an inch, transforms the

pleasant sensation into a painful one. This purveyor for fools, anticipates the buyer with a little knowledge. At one end of the cincture which has been bought by the man who 'blushes in society' is a peg, 'easily accessible under the most trying circumstances.' By pushing this peg, the wearer is told that he can nerve himself, so to speak, for the most trying situations. Suddenly called upon to make an after-dinner speech, if you see the orator engaged in what you imagine is loosening the top button, don't misjudge him—he has not eaten too much; he is only pushing the rheostat on a peg. Those of you who have yet to receive your sweetheart's passionate appeal, please don't imagine that your beloved is letting go those useful articles which are attached to buttons—I am not permitted by the canons of good taste to name the garments to which these buttons are attached. He may be stout, and it may be difficult for him to kneel at your feet, but please raise your minds above such mundane matters as apparel—he is simply nerving himself for the awful ordeal; he is pushing the rheostat on a notch. Poor man! The man, or woman who once starts to indulge in the expensive hobby of trying to remove that 'fulness after meals' of which so much is made by these nostrum vendors rarely has time for anything else. His week-ends are spent in assaying the importance of his latest pain, or interpreting the significance of various spots he sees after stooping. Victims of the drink or opium habit sometimes escape, but the confirmed imbibor of patent medicines hardly ever."

In next month's installment of these series we shall give more of Dr. Mason's remarks and we shall also pay attention to yet others of the quacks which infest this country, including those whose quarters are to be found in Chicago, Atlantic City and elsewhere. Especially shall we devote some amount of space to those quacks who seek to justify their impudent claims by brazen reiteration of the same, or seek to bribe this publication into silence by offers of advertisements of their wretched nostrums.

Nudity as an Aid of Purity and Health

By MILDRED L. TRACY

NOT so long since I saw that rarest of sights—a baby as the Almighty intended babies to be. It was four months old, nude as at birth, beautifully browned by the sun, full of infantile grace, perfectly molded and exhibiting a high degree of life and vitality. I never saw a prettier sight than it presented. It seemed to be a specimen of the new race that is to be—the race that will be evolved by physical culture.

As I have said, it was clothed in nothing but its native purity. No garments hid the curves of its exquisite little body; nothing interfered between it and the blessed influences of the air and the sun. It was a "natural" child and hence was as lovely as it was healthy, and as suggestive of purity as both.

Ought any one to have been shocked at the sight of the dear little creature? No. Yet probably there are those who would hold up their hands in prudish horror if they had seen it as I saw it. To such, let all pity and compassion be extended, and however much we may personally condemn such mistaken beliefs, let us nevertheless try to educate those who hold them to look upon the human body as the finished work of God, wonderful in its construction, and perfect in its functions. Let us help these mistaken ones to throw aside the veil of the immorality that is woven by prudishness, and so enable them to see the Truth as it is—the Truth that there can be nothing unclean, or unholy, about those physiological structures and their functions which were designed by the All-Supreme and All-Wise Power.

Prudishness is the deformed daughter of ignorance. It is utterly opposed to the scientific spirit of the age, for science is, above all things, truthful and courageous. Science, unlike prudery, realizes that knowledge cannot come without

examination, hence it throws down all obstacles between itself and the truth, such obstacles including that mock modesty and self-induced blindness which are characteristic of the prudish. By science, I mean physical culture science more particularly, for this last recognizes the fact that that which is literally the naked truth, is the only truth. And truth is at the basis of health—moral, intellectual or physical.

If the prudish had their unchecked way, it would be considered improper to look at anything with the naked eye. And to think that the nude limbs of the trees are visible! From the prudish standpoint, they certainly ought to be draped, and the same remark applies to the legs of chairs, tables, and pianos. Indeed, I have heard of one prudish lady who refused to walk over a potato field on the plea that potatoes had eyes.

The truth is, that because of the prudish, the benefits to be derived from nudity, wholly or in part, have not been noted or taken advantage of. Many people's bodily conditions have been improved or their ailments cured, through nudity. The air bath is now admitted to be a bodily benefactor. The same remark applies to the sun-bath, which, of course, has to be taken in a state of nudity. If there are those who take exception to this statement, I advise them to exercise before an open window while the rays of the sun are playing on their body, and if they do not feel that their beings are aroused to greater activity, if they do not experience the sensation of being new men or women far more fit to solve the problems of life than they are under ordinary conditions, I will admit that I am laboring under a very great mistake indeed.

It is obvious that if air is so necessary



Two photos of Miss Mildred L. Tracy, the first in graduating costume, the second in a favorite out-of-door pastime, showing a wholesome, healthy combination of both mental and physical training.

to our internal organisms, they being brought in contact with it through the medium of our lungs, it is equally necessary for the health and welfare of our external persons. Hence, the freer the access that the air has to our skins, the better it will be for us, and, following out the same line of reasoning, it is evident that the therapeutic value of nudity cannot be overestimated.

It cannot be repeated too often, that the immoral are usually the physically abnormal. From this it is to be reasoned that the more physically perfect we are, the better developed morally we shall be. Now as nudity, and its contingent air baths and sun baths make for physical perfection, it follows that they must make for moral

perfection also. This removes any idea of immorality in connection with that nudity which is possible in appropriate times and places. Furthermore, a well developed physical personality assists in the management of the moral personality, which is an added argument for the advantages that arise from nudity, actual or partial.

Clothes are supposed to be worn as a protection from cold or heat. But how often are they sheer exhibitions of human folly or vanity! Our modern theory of clothes is totally wrong, and that in every respect. They have lost their original purposes, their total tendency is harmful, and worst of all, they absolutely deprive our bodies of the benefits that arise from air or sun being

permitted to play upon them. It is the belief of the writer that most of those people who resent an improvement in modern dress, are those who know that, what may be called a natural mode of dressing, would call attention to those physical imperfections which they wish to keep from the eyes of others. This probably explains why they raise the cry of "immorality" when the subjects of sensible garments or nudity are discussed. Such will even think it improper to roll the sleeve to the elbows, to allow the neck to be seen, or to go barefooted.

I suppose that I shall be credited with being very radical if I declare that if the community would consent to a year's nudity, the health and appearance of people in general would be im-

proved to a miraculous degree. False teaching produces false manners, and false manners are productive of false modesty and the evils which follow in its train. How numberless these evils are, let the doctors tell who treat tightly corseted and high-heeled unfortunates, and the multitude of victims of "fashion" in general.

"Nudities" Dryden says, "are naked parts which decency requires to be concealed." The indecency of the present age so decrees, but we hope that the decency of future generations will see nothing indecent in nudity, and so will reverse the poet's verdict. And when this Golden Age is reached, prudishness and its twin sister immorality, will be abolished from off the face of the earth.

CHEW THOROUGHLY, EAT LITTLE MEAT, AND GROW STRONG

A series of interesting experiments have been conducted by Irving Fisher, a professor of political economy at Yale University, the results of which were recently published in the Yale Alumni Weekly. The experiments were made with nine Yale students, and were continued for about five months. Their purpose was to ascertain whether the thorough mastication of food increased its nutritive efficiency, especially its strength-producing efficiency.

The students engaged in the experiments made no change in their occupation or habits of life. They led, for the most part, sedentary lives, with no increase of exercise. They made no arbitrary change in their diet, eating whatever they relished. During the first half of the period, the practice was to thoroughly masticate all food eaten, with attention fixed on getting all the enjoyment possible from it for the palate. It was found that by this manner of eating, the men gradually lost their desire for meat and came to prefer cereals, fruits and nuts. In June, it

was found that they had, entirely as a matter of individual preference, reduced their consumption of meat to one-sixth of what they had desired at first. In the middle of the experiment, the men were improved 50 per cent. in their power of endurance, and at the end of the term, they were able to do double the amount of physical work, as shown by the gymnasium tests, that they could do in January.

According to Prof. Fisher, "the practical conclusion from these experiments is, that it is in the power of a healthy individual to double his endurance in five months by thorough mastication, prolonging the enjoyment of food and acquiring a more sensitive choice of amounts and kinds to meet the varying daily needs of the body." Unquestionably there is a kernel of wisdom here. It is another demonstration of the old physiological maxim that when the initial digestive operation is properly performed in the mouth, the remaining operations will secure the best nutritive results.

A NATURAL DELUSION

The Patient—"When I awoke from the operation I felt as if I was burning up."

The Doctor—"I see. You must have thought that it had been unsuccessful."

Anthony Comstock in Very Hot Water

THAT pestilent and perennial nuisance Anthony Comstock, seems to be getting a sample of that which he will eventually get in bulk. Meaning the punishment that waits upon prigs, prudes and panderers to prurency.

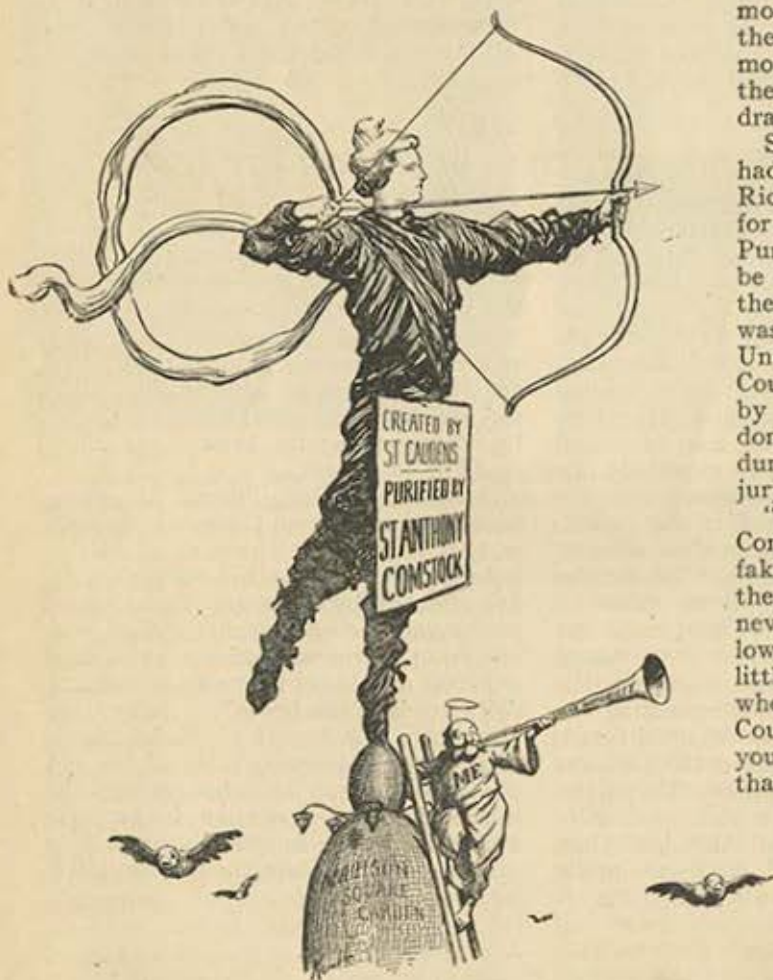
For instance, an organization of prominent women in Philadelphia pro-

posed to place Anthony on the list of speakers at one of their functions. Indeed, the invitation had already been sent him, and as is usual, when given an opportunity to solicit contributions for his alleged Society for the Suppression of Vice, and to voice his impure sentiments regarding purity, he accepted.

But when the fact became known to the most of the members, there was such a unanimous cry of protest that the invitation was withdrawn.

Still later, Anthony had caused one Ernest Richards to be arrested for what he, the Great Purifier, considered to be an improper use of the mails. The prisoner was defended in the United States Circuit Court of New York City, by Lawyer Hugh Gordon Miller. Mr. Miller during his address to the jury said this:

"I charge this man Comstock with being a fakir and a grafter of the first water. He never fights the big fellows but prosecutes the little ones. Yesterday, when he was in this Court, he did not tell you when he contended that he thought he had a moral right to charge the Government mileage that to get the money he had to swear to an affidavit that he had expended such sums in the Government's behalf. But swear to



Diana's Doom—if our Saint Anthony is allowed to have his way.

Drawn by E. W. Kemble. From *Colliers' The National Weekly*

it he did, until Marshall Henkel refused to pay him further witness fees and mileage. And all that time, he was riding to and from Summit, New Jersey, his home, on the pass that his commission as a Postal Inspector entitled him to. You gentlemen of the jury, heard him admit all this, and the fact that he did use the Government's pass for the purpose in question."

In other words, Anthony Comstock, the self-elected critic and conservator of morals, did not deem it immoral to swear on an affidavit that he was expending certain sums of money for railroad fares on the Government's behalf, when, as a matter of fact he was making the Government pay for transportation for private purposes.

Whether or not the Government proposes to prosecute Anthony Comstock for this—how shall we characterize it—economy of truth and purse, remains to be seen. There is an ugly word that might be used to describe the Saint's methods of getting transportation free, and under pretenses not borne out by the facts, that we will not use, fearing lest it might shock his sensitive tympanum.

"It is for you to decide," said Mr. Miller at the end of his address to the jury. "As a matter of fact it is not my client on trial as much as Mr. Comstock's veracity. After all that you have heard, which of the two men do you believe. This man Comstock, or my client?"

Just which they did believe, the jury intimated forthwith, for they decided that Richards was not guilty.

Comstock made a most indifferent showing during the Court hearings that have arisen out of his sensational descent upon the rooms of the Art Student's League of New York, and his heroic arrest of a girl stenographer there,



Cartoon from *Binghamton Press*, Binghamton, N. Y.
August 6, 1906

as well as the seizure of a number of unresisting art catalogues. When the young woman was put upon the stand however, her sense of outrage overcame her natural modesty and on several occasions, she flashed back replies to Comstock's questions that seemed to reduce the well-fed paunch of his Saintship. The case is still dragging on its slow and legal way, but it is safe to say that its outcome may be forecast, for it will surely end in the vindication of the League and the confusion of Comstock. But the League will not have finished with the inaugurator of the idiotic raid. PHYSICAL CULTURE is in a position to say, that legislative action will grow out of that raid, such action being for the intent of suppressing Comstock and Comstockery for all time. We shall advise our readers later and in detail, of how this much needed suppression will be brought about.

The *Sunday School Times*, from whom better things might be expected, has a short editorial on Comstock, defending him on the score that he possesses "rugged courage and self-denying love

to keep on faithfully serving those who return little thanks and much abuse for the services." The writer of the editorial heads it with the words "Working Without Thanks." By these same words he unconsciously expresses the attitude of practically the entire public in regard to Comstock. The man does indeed "work without thanks" for precisely the same reason that no thanks are extended to a mosquito who works, or a bedbug who works, or any other nuisance who "works." But on the other hand, Comstock works for financial results by "working" that silly portion of the public that always stands ready to open its mouth and open its purse in the presence of an hysterical and persuasive fanatic. For further information see the list of contributions to the S. S. V.

The *Sunday School Times* man as noted, says that Comstock "faithfully serves." Let us see if this statement is borne out by the facts. One of the most famous of English physicians and philosophers is Dr. Havelock Ellis, the author of many works of a medical nature and a profound student of phenomena of sex. One of the most remarkable of his books is "Studies in the Psychology of Sex." But this book, which has met with the admiration of the scientists of the Continent of Europe, is suppressed in this country as "obscene." More than that, books of a similar and equally instructive nature have been tabooed by Comstock and other reformers. Not so long since, a distinguished worker for social purity, published a wholesome little pamphlet entitled "Not a Toothache or a Bad Cold," which was suppressed by a threat of arrest made to the author. Dr. C. W. Malchows, of the Hamline University and College of Physicians and Surgeons, wrote a book on "The Sexual Life." Dr. Malchows is a well-known professor of clinical medicine, was the president of the Physicians and Surgeons' Club of Minneapolis, and a member of a number of medical societies. It should be added that the University in question is connected with the Methodist Episcopal Church Schools. "The Sexual Life" was generally commended by educational and medical

journals, and at a conference of Methodist ministers, its delicate treatment of a difficult subject was strongly commended. Nevertheless a Western imitator of Anthony Comstock caused Dr. Malchows and his publisher to be arrested for disseminating "obscene" literature, and incredible as it may seem, they are now both serving a sentence in jail.

Ida Craddock, a purity lecturer and a woman of excellent character, having the endorsement of the Women's Christian Temperance Union and that distinguished clergyman the Rev. W. S. Rainsford, of St. George's Episcopal Church of New York City, wrote a book on sexual subjects. Comstock unable to see anything in it but obscenity, had Mrs. Craddock arrested, and being a woman of highly strung nervous temperament, *she committed suicide* in order to escape his further persecutions.

Dr. Alice Stockham, the well-known author of *Tokology* and other works, also wrote a book for the instruction of the laity regarding sexual affairs, was arrested by a Comstockonian Post Office Inspector, convicted and heavily fined, although many members of the medical profession and prominent people socially, came to her defense. The list of those physicians and others who have been arrested by Comstock or his followers for giving to the public that information which is essential to human health and happiness, might be continued indefinitely. Now we want the reader to remember the foregoing in order to contrast it with what is to follow.

As PHYSICAL CULTURE has stated, there are twenty thousand medical quacks in New York City, a great majority of whom distribute literature of so filthy and suggestive a type as to be undecipherable. This literature comes to homes unsolicited, is distributed in the streets, or can be obtained in sheaves upon application to the quacks themselves. Much of it is illustrated with pictures, the frankness of which can only be equalled by similar pictures found in works that are supposed to be intended exclusively for doctors. This same literature, owing to the way in which it is scattered broadcast, falls into the hands of children by the thousands,

and as encyclopedias of unnameable vices it is without a peer in the libraries of obscenity.

But does Anthony Comstock take the slightest notice of this flood of filth? Does he make any effort to "faithfully serve" the public by seeking to dam it or cut it off at its source? Did he ever arrest a single quack in New York City for issuing his guide to viciousness? To the writer's belief he never did in one instance. As PHYSICAL CULTURE has stated, Anthony Comstock's office in Nassau Street, is embedded in a whole nest of these swindling, unspeakable quacks, but they continue their nefarious vocations, unhampered and unhindered by the presence of the Apostle of Purity. Why, who can tell? The ways of Anthony are like unto those of the Almighty in that they are past finding out. But it may be that as the quacks are among the most liberal advertisers in the daily newspapers, Mr. Comstock does not care to antagonize the latter by suppressing the charlatans and so cutting off no small proportion of the revenue of the adver-

tising department of the dailies. But we ask our readers to contrast the manner in which Comstock and his ilk treat physicians of the highest standing in the community, when they attempt to publish books for the public welfare, and the attitude that Comstock and his ilk assumes towards the lying, health-destroying and death-dealing literature of the quacks. As it stands, he puts a premium on the charlatan's literature and does all in his power to suppress legitimate and instructive literature. Nevertheless we are assured by the purblind and prudish man of the Sunday *School Times*, that Anthony Comstock is "faithfully serving those who return little thanks and much abuse for the service." In regard to the "faithfully serving"—this is a deliberate lie. Relative to the "little thanks and much abuse," we are glad that he is getting it. The manner in which he discriminates against reputable physicians and encourages the business of the quacks is such as warrants the general public in giving him this same "little thanks and much abuse."

RULES FOR THE "REGULARS"

Be sure to taste of the medicine left by the other physician and "wonder if it will kill you," says Dr. Ella H. Dearborn in a sarcastic article on advice to physicians in a medical organ. The remark is strictly original with you and impresses the patient and nurse with the brilliancy of your humor.

Be sure to mention the fact of your being overworked. "Neurasthenia," "ovariotomy," "operative work" and "uric acid diathesis" are words that impress the laity. Use them often.

When going by a patient's home, stop in socially and tell her some interesting case, and incidentally mention how busy you are.

Never be friendly with any other physician. It's unethical.

If you think another physician makes five dollars a month more than you do, cut him dead.

If another's physician's name is mentioned in your presence, bite your tongue and com-

press your lips, and the patient will understand that your hypertrophied good principle keeps you from "telling the truth, the whole truth," and a few other things about him.

If called in after another physician has been treating a case of meningitis, make your diagnosis "inflammation of the brain," and be sure to say that if you had been called in twenty-four hours earlier you could have saved the patient.

Never (or rarely) tell the truth; patients won't stand it. They will have you charge them up with one dollar and pay a liar \$75.00 in advance. "The Lord loveth a cheerful liar," so do the laity.

It is understood that you would not interfere with gestation—no, not for the whole world—but it is well to prove it by telling of the vast sums of money that have been offered and failed to tempt you.

"Physician, *heel* thyself," lest in old age the world say: "Well done, good and faithful servant; enter thou into the poor-house."

The Official Christening of Meat Products

THE Department of Agriculture has prepared a circular for the public use, in which is explained the workings of the new Meat Inspection Law, which went into effect a few weeks ago. In the circular, attention is called to the fact that the law provides for, or rather insists upon, every meat-product or every meat preparation being accurately labeled—such accuracy including the product itself, and the place of its manufacture.

For instance, there will be no longer any "Frankfurter sausages" on sale in this country, unless they are actually imported from Germany. The name for them, if they are made in the United States, will, in the future be, "Frankfurter style sausages." Also there will be no more "little pig sausages," but instead, they may be called "pigmy sausages," or "small pork sausages." "Potted chicken" must hereafter be known by its rightful name, which is "potted veal." And with this preliminary, we give the other meat-products in the list furnished by the Department of Agriculture, which, in the future, will be labeled that which they really are, and not what their mendacious manufacturers choose to call them.

Potted, deviled, minced or otherwise prepared ham. Name considered deceptive unless actually made of ham or ham trimmings. If any other pork is used in the mixture it can be called "pork meats" or "potted meats."

Potted, deviled, minced or otherwise prepared tongue—Must be made of tongue or tongue trimmings

Picnic Hams—Cannot be called "hams;" or "picnic shoulders."

California or Cala. Hams—Cannot be called "hams;" may be called "Calas."

Boneless Ham (as applied to shoulder butts)—May be called "boneless picnics" or "boneless butts."

Cottage Hams—May be called "cottage style ham sausage," if made from ham or ham trimmings.

Dewey hams are not hams. Dewey hams are loins. May be called "Dewey loin;" cannot be called "ham."

Westphalia Ham—May be called "Westphalia style ham."

York Ham—May be called "York cut ham" or "York style ham."

New York Shoulder—May be called "New York style shoulder."

English Cured Ham—May be called "English style cured ham."

Sausage—Pork Sausage—Cannot be so-called unless made from pork meat only.

Little Pig Sausage—May be called "little pork sausage," or "pigmy sausage."

Farm Sausage—Call "farm style sausage."

Bologna Sausage—Call "bologna style sausage."

Oxford Sausage—Call "Oxford style sausage."

Vienna Sausage—Call "Vienna style sausage."

Frankfort Sausage or Frankfurter Sausage—Names of other ingredients must be shown.

Lard, etc.—Pure Lard—Must be made of sweet, clean, clear hog fat. The addition of not to exceed five per cent. of clean, sweet lard stearine is allowed.

Leaf lard—Must be made wholly from leaf fat of hogs, without the addition of fat from any other portion of the carcass.

Kettle rendered lard—Must be actually rendered in an open or closed kettle, without the addition of pressure or contact of live steam with the product.

Open kettle rendered lard—Must be actually rendered in an open kettle, as above.

Country lard—Must be made in the country in an open kettle; can be called "country style lard" if rendered in an open kettle.

Home made lard—Call "home made style lard."

Lard compound—The pure lard must

be equal to or greater than any other ingredient.

Other products:

Roast beef or roast mutton—May be used provided a description of the method of preparation appears in letters of prominent size. Rump Steak—Cannot be so called unless made from rump steak only. Minced Steak—Clearly a misnomer, unless made from steaks. Brawn—Cannot be so-called unless made from pork only. Veal Loaf—Cannot be so-called unless the meat used is veal only. Extract of Beef—Must be actually made from beef. Mixtures—When the name plainly indicates a mixture, such as "sausage," "hash," "mince," etc., need not be marked compound." Other mixtures not so indicated by their names must be marked "compound." In the case of compounds containing lards, stearine or other fats, or cottonseed oil, and in compounds containing stearine and cottonseed oil, the names of the ingredients must appear upon the label. If the compound has a distinctive name such as "White Cloud," "Cottolene," "Cottosuet," etc., the word "compound" need not appear, but the ingredients must be stated upon the label. When the word "compound" is used it cannot be qualified by any adjective either before or after, nor can the name of any product be attached to the word "compound," unless that product is the principal ingredient of the compound.

Unless mince meat, or pork and beans, or soups contain a considerable propor-

tion of meat, they will not be considered meat-food products.

Sausage and Chopped Meat—the word "sausage" without a prefix indicating the species of animal is considered to be a mixture of minced or chopped meats, with or without spices. If any species of animal is indicated, as "pork sausage," the sausages must be wholly made from the meat of that species. If any flour or other cereal is used, the label must so state; for example, "pork and beef sausage;" "pork, beef and flour" (or other cereal); or "pork and beef sausages, cereal added."

Meat loaves, without a prefix indicating any particular kind of meat, are held to be mixtures of meat, flour (or other cereals), milk, eggs, butter or other ordinary loaf ingredients. If any particular kind of meat is indicated that kind must be the only meat used—for example, "veal loaf" must be made from veal and loaf ingredients only. If any other meat is used the label must so state—for example, "veal and pork loaf," "veal, beef and pork loaf."

The word "pate" is synonymous with "loaf."

Flour or other cereals may be used in the preparation of loaves, gravies or soups without being stated on the label.

Canned Products—If flour or other cereal is used in any canned product which is not labeled "loaf," "pate" or "soup," or which is not prepared with gravy, the label must clearly show the presence of the flour or other cereal used.

CHRONIC INDIGESTION CURED BY TWO-MEAL PLAN

TO THE EDITOR:

I have been a subscriber to your valuable magazine for two years. I consider it the most paying investment that I ever made. Its dividends have been health, payable every hour at a high rate of interest.

Two years ago, I was suffering from chronic indigestion with its accompanying ailments. I then tried your two-meal-a-day plan and it works marvels. After trying it for a year, I ceased to use meat, and felt better than ever.

In the summer of 1904, I worked on a farm for eight weeks. I ate three meals a day, including meat. My average weight

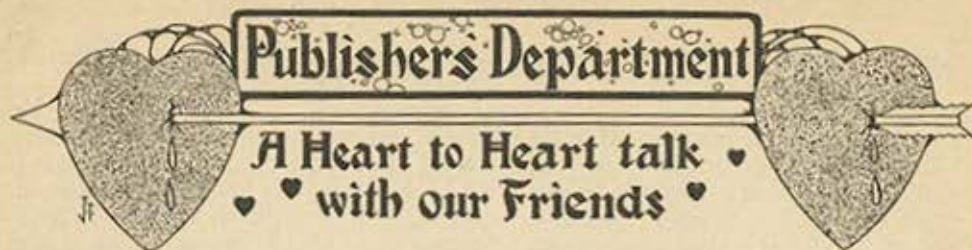
was 149 pounds, and my general health was poor.

In the summer of 1905 on a two meal regime, with no meat, I tipped the scales at 154, and felt in excellent condition. I am now experimenting on one meal a day, and find it even more satisfactory. I take the meal at 6 o'clock in the afternoon.

I am much interested in your fight against "Comstockery;" and, were I able, would remit some financial encouragement; but being one of those underpaid workers known as teachers, I can only make my encouragement verbal.

F. H. SPINNEY.

Oxford.

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 edge spans across the top, containing the text "Publishers' Department". Below the banner, the main title "A Heart to Heart talk" is written in a decorative, serif font, flanked by two small hearts. Underneath this, the subtitle "with our Friends" is written in a similar font, also flanked by two small hearts.

Publishers' Department

A Heart to Heart talk
with our Friends

WELL, how do you like our magazine in its present shape? We started this department a long while ago and it was our intention to continue it. But somehow, other articles which we thought would be of more general interest crowded it out. May be this was a mistake for we do want to get in close touch with our readers. We want them to feel that we are their personal friends and what is more important still, we want them to be our friend. The influence and the circulation of PHYSICAL CULTURE is continually growing and that at a rapid rate. Still it is the habit of publishers to be dissatisfied. If we had a million circulation, we would probably want a million and a half. If we had a million and a half we would probably want two millions, in other words, we are not and would not be satisfied, no matter how prosperous we were. This can hardly be called a fault though, because dissatisfaction of this sort means progress. When one arrives at a state of perfect satisfaction, ambition ceases and improvement ends. It is, therefore through dissatisfaction with current conditions, and environments, that one's energies are aroused and results are achieved.

Though our correspondence is large, we want every reader to realize that we are willing for it to be larger. We have had a lot of advice in the past but we want still more. We cannot get too much advice. Of course we cannot accept every suggestion that is offered to us, but every suggestion or criticism receives a careful consideration. We may sometimes neglect to promptly answer letters of this kind but that does not by any means indicate that we have not carefully read and passed upon their contents.

We are doing the best we can, but our readers can depend that we are going to do better still. We have received thousands upon thousands of letters from readers who have been benefited beyond money value through the information secured in PHYSICAL CULTURE. We recently received a communication from a reader who claimed that he had spent thousands of dollars in endeavoring to cure a chronic ailment but a one dollar subscription to this magazine gave him information which enabled him to quickly remedy his trouble. Of course, we would have appreciated a check for a few thousand. But at the same time we are thankful for what we receive in the way of commendation. If every reader who has been able to secure or maintain exhilarating health through the information we have given him, will, in addition to subscribing, call the attention of his friends to our publication he will be working in a good cause.

Do not forget to write and give us your views of our work. Tell us if you think the magazine improving, or what particular articles or departments of it especially please you. Of course, like all publishers, we can feel the public pulse by the sales and the receipts in the subscription department. But we would like to go still further than this, and if our readers will take the trouble to write us as suggested, their letters will be appreciated.

To conduct a publication is a wonderful education. If you do not know anything when you start, you can, by simply reading the advice you secure from various interested friends, amass a vast fund of valuable knowledge. You have the experiences of the world at your service. "Get all the advice you can and then do as you please in the

end" is a remark that has been frequently quoted. We might modify it by adding that we would like to get all the advice we can and then do as we think best for the interest of our readers. In other words, the advice that we consider good we will take. Improvements that are suggested that we feel would be appreciated by our readers, will be used.

Do not forget to write freely. If you think that we are doing well, say so. If you think otherwise, say so. No matter what your opinions may be we will be pleased to know that you are well disposed towards our efforts, and that you are sufficiently interested to take the trouble to write to us regarding them.

The world moves, and unless a man or a magazine keeps up with the procession, either or both cease to fulfill the purposes for which they were brought into existence. Now the only way to keep in step with the times, is to be a part and portion of them, and this in turn can only be done by constant intercourse and association with one's fellow creatures. This stands good for every individual, but especially for an editor, who in a sense is, or should be, a reflection of all that is progressive and beneficial to the race. Especially is this true of the editor of a publication like *PHYSICAL CULTURE*, the avowed purpose of which is, to make life worth the living by teaching how abounding health and strength of both muscles and mentality can be obtained through those means provided by Nature for the purpose.

It is true that the fundamental principles of physical culture are as fixed and unchanging as the eternal hills or the processions of the seasons. Nevertheless, there are continually arising new ways and methods by which these fixed principles can be applied, as the pages of *PHYSICAL CULTURE* prove. Thus, for instance, one of the permanent canons of physical culture is, that exercise is an essential to humanity. But there are a thousand and one ways of taking exercise, or of applying it for a specific purpose. Now while it is a part of our business to evolve and describe forms and applications of

exercise, yet it is obvious that we have our limitations in this respect—that is, within a specified period of time. Meantime, physical culturists in all parts of the country, by the very fact that they are that which they are, are working along similar lines as ourselves, and in consequence, very often discover some means or some type of exercise which has escaped our observation. In such cases, we shall be more than grateful if the discoverers would let us know somewhat of that which they have discovered. Grateful, because the publication of the same will add to the usefulness of this magazine, and will furthermore, increase the health, strength and consequent happiness of the race at large.

Physical culturists are, as a rule, the most kindly and considerate of mortals when it comes to furthering the well-being of their fellows. No small proportion of the communications which reach this office are from those who are anxious to share with others, the benefits of some new fact or theory; or some novel "stunt," or movement or exercise, which they themselves have discovered. And it is, to an extent, because of this that *PHYSICAL CULTURE* is the helpful publication that it is, inasmuch as it reflects the practical work of physical culturists in general on the lines just indicated.

But apart from this, and as has been intimated, there is unceasing effort on the part of the editor and his staff to present articles that shall embody the very latest and the very best of those things, which have to do with the natural means of developing and maintaining a sound body and the incidental sound mind. Promises are cheap, but unless they are given practical expression, they are, of course, valueless. Also the world soon learns to distrust the individual who makes promises without fulfilling them. It is because *PHYSICAL CULTURE* has invariably kept the promises made to its readers, that it occupies that position in their favor and respect which it does. And much of the same is the outcome of the hearty co-operation of work and similarity of purpose which exist between this publication and its readers.

Our "Free Treatment" Offer



THE photograph presented here is that of Mr. Arthur Michaud, of Salem, Massachusetts, another "incurable" case which we have accepted for free treatment. He is a medical student and has been a football player of considerable reputation. A year and a half ago, in a football game, he was kicked in the right lung, the tissues being badly lacerated. This left a small cavity. Two months later he found that he was a victim of tuberculosis. He was treated by the best physicians, but his condition gradually grew worse, and was finally pronounced incurable. He has tried all manner of drugs without avail, and has even had the advantage of a change of climate and out-of-door sleeping, though without benefit. In the end he came to us, suffering, among other things, with a violent cough, accompanied by the frequent expectoration of blood and occasional vomiting. We expect to cure him. This photograph shows his appearance upon beginning our treatment. Watch for photograph to be published in the future, showing his condition after treatment.

Remember that in connection with our offer for free treatment, the proposition refers only to those suffering from diseases which have been pronounced "incurable" by the medical profession.



Mr. Arthur Michaud, "incurable" consumptive, whose case has been accepted for free treatment

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