

# PHYSICAL CULTURE

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

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## THE EDITOR'S VIEWPOINT

**C**HARLES R. JONES, the National Chairman of the Prohibition Party, states that the sale of intoxicating beverages in the United States decreased during the months of July and August nearly one million dollars a day. Mr. Jones states that the greater decrease was in the beer production, and this in the face of the fact that July and August are said to be the two months of the year during which beer is most heavily consumed. His statements were based on the official figures obtained from the Internal Revenue Department at Washington. This is indeed pleasing news. It shows the trend of the times. It indicates very accurately that the people are awakening. The alcohol delusion has held sway with the human race for generations. It has made miserable, devitalized, drivelling brutes of millions of men. It has wrecked the hopes and ruined the lives of millions of mothers and children. It represents one of our greatest evils. It is a stimulant. It is a dope. It destroys the delicacy of the nervous powers. It takes away all that is best in human character. It interferes with elimination. It helps to retain the dead cells in the body. It helps to fill the body with death.

The alcohol guzzler is a dope fiend, because his mind is at all times befuddled. He knows not the meaning of a clear brain. The alcohol guzzler is a weakling. He is not a man in every sense of the word. Any good strong boy can handle a man who is in the habit of dopping himself regularly with alcoholic liquors of any kind. Alcohol lessens your strength, it almost obliterates your endurance. It lessens your ability to reason clearly and effectively. It distorts your views of life. It exaggerates your own conception of your ability and at the same time materially lessens it. A man who has so little respect for himself and for his stomach as to force his functional organism to handle this vile stuff deserves all the penalties that come to him. Alcohol in moderate quantities stimulates your appetite. It makes you eat more than you need, and then you are doped with food as well as with alcohol. Alcohol shortens your life, mars your talents, destroys your ambitions.

No man would dare use alcohol either temperately or otherwise if he actually understood its effect upon the human body, and a man who will thoroughly inform himself of the influence of this poison and then deliberately use it thereafter, is nothing more than a maudlin idiot. He is the king of all fools; for a man cannot drink alcohol

and remain a man. He will soon be a mere imitation, a cipher, a miserable, sneaking nincompoop. And when his manhood is all gone, his money has disappeared, and his family and relatives shrink in shame from contact with him, then the good fellows who flocked around him in former days, then his friends (?) make themselves "scarce." He can be "a good thing" no longer. He has been "worked" to the limit, and as a rule there is nothing left for such as he but to drag out a miserable existence, for with a brain steeped in alcohol, and with nerves preserved in the same poison, the alcohol tippler has long ago ceased to live. He is dead to himself and dead to the world, and the sooner his weakened and diseased carcass tumbles out of sight under six feet of earth, the better it will be for him and all those who have been so unfortunate as to depend upon him.

"Come on, boys, have a drink!" The invitation is resounding in every saloon throughout the land. It comes in more refined language in some of our magnificent club rooms, it comes often as a part of a sumptuous bill-of-fare in our great hotels; but whether it is in a grogshop or in a palace, it means the same thing. It is the same devilish poison. The figure of Satan is reflected from every drop of the fiery liquid. It is ruining human bodies, it is destroying human souls, and the man who respects himself, who wants to retain his manhood on to the very end of life, who wants to be a credit to himself and to his family, should rise up and assert himself, should learn to say no; and he should always remember that those who may sneer at his refusal to join them will be the first to turn away when, with self respect and manhood gone as the victim of the demon alcohol, he pleads for food and shelter.

No! Let the cursed stuff alone. Be a man! Stand up and learn to master yourself. Be a man not only to-day and to-morrow, but on, on, to the end of your life. The bleary-eyed, drunken wretches were men once, they were young and often fair to look upon, and in the cup that cheers (?) by befuddling the brain, they found an enemy that led them to ruin. Men, if you respect yourselves, your body, those whom you may hold most dear, leave alcohol absolutely alone. There may be other drinks that are harmful, but alcohol leads you on. A glass of beer is but mildly stimulating, but it leads you on to another and another. It leads you on to a stronger stimulant, and on and on you go until you lose everything in life that makes life worth the living. It is the duty of every male human being to be a man all his life, and you cannot be a man and a tippler at the same time. You may be able to indulge temperately for a short time, but even a temperate indulgence lessens your abilities and destroys your manhood and ends your life, a few years before your allotted time.

THE "Chicago Journal," in commenting upon the alarming result of the physical examination of nearly four thousand Chicago school children, states that though Chicago children are healthier than those in New York, even there the proportion of defectives is great enough to constitute a serious problem. It states that "the

#### SCHOOL CHILDREN AND DEGENERACY

school board should see that defective children under its care receive the best medical attention, regardless as to whether or not they secured a proper education. It is more important than the coming generation should be healthy than learned," and the editor also asks "what will be the citizenship of to-morrow if it is to be formed by the persons who are now three out of five suffering from disease?" Though the health of the average adult is perhaps of very great importance, the health of our growing boys and girls is of far more importance. It can be truthfully stated that there is nothing in human life more important. All our great inventions, the various indications of progress of which we are so proud, the elaborate and intricate curriculums of our various schools and colleges — take them all, measure their value at a certain standard, and then make a grand total of the value of

all these things, and still they are as nothing compared to the value of the health of our growing boys and girls. And how much attention is given to this subject? In Chicago recently, as has been stated in various publications, 3963 school children were examined, and 2389 were found to be in such a deplorable condition that they were advised to take treatment. Fourteen children were found to be suffering from nervous diseases, 807 had hypertrophied tonsils, 313 were suffering from defective nutrition. It would be interesting to know how many of these children that were found defective could blame their physical deficiencies to the ignorance that results from prudery. If the truth were known in regard to this, unquestionably we would find that a larger part of these growing boys and girls were suffering from diseases that had been caused almost entirely from vital depletion that has resulted from ignorance of the physiological laws of sex. The editor of the "Chicago Journal" advises that these defective children receive the best medical attention. Suppose they should receive the best medical attention. Would that mean much to them? What does the average medical man know of the science of dietetics? What does he know of the methods that are necessary for building the highest degree of muscular and nervous energy? In fact, what does he know of the science of body building? He knows absolutely nothing about it further than what he may pick up after graduating from his medical school. Nothing is taught on these subjects in medical colleges, and the doctors everywhere who know anything about them have acquired their knowledge either through long experience or careful study of the various theories presented by dietetic experts. There is more to learn of the science of dietetics itself than there is in the entire medical course that is given by even the best schools of medicine, and when the average medical man tries to give dietetic advice, he is compelled to guess from what is usually a very limited experience. I must heartily endorse the statement of the editor of the "Chicago Journal" that the coming generation should be healthy rather than learned. In fact, where health is not a part of learning, it cannot be called learning, for one who is so ignorant as to be unfamiliar with the fundamental requirements of his own body could hardly be called learned.

No doubt the same condition that exists in Chicago schools could be found in the schools of nearly all large cities, and is anything being done with a view to bringing about a much needed reform? In most cities practically nothing is being done. They are crowding the brains of these little mites of humanity with a lot of useless "stuff;" nine-tenths of the information that the average student secures in his educational environments is forgotten a few years after he leaves school, but the taint of the immoralities and the indecencies with which he comes in contact from various corrupt companions, in many cases adheres to him throughout his entire life. I most heartily agree with George Williamson, who states that our educational methods are monstrous. We compel children to memorize a vast accumulation of "frills and furbelows," but the really important things in life are entirely neglected. Why cannot children be taught something of scientific dietetics? Why can they not be taught how to eat and what to eat, to build the highest degree of physical vigor? Why must this vastly important subject be entirely ignored? Is it not important for a child to know that it could live and be healthily nourished on from three to ten cents a day? Is it not of some value to the child to know the relative values of the various food elements? Can not the values of various foods in building the highest degree of health and strength be scientifically determined, and can this knowledge not be easily passed on to these growing children? Certain kinds of food are capable of developing far more vigor than other foods. Foods when properly masticated will give to the body from two to four times more nourishment than food which is hurriedly swallowed. But can you find anything in our modern schoolbooks about these important facts?

Then there is the physiology of sex, a tabooed subject—that is, by school teachers and by most parents. But don't be such a ridiculous fool as to think for a moment that it is tabooed by the school children themselves by any means. It is discussed at recesses; foul minded boys talk it over with their companions; they spread their poison at every opportunity; they help in every conceivable way to pervert every decent minded boy with whom they can come in contact, and fathers and mothers every-

where have an idea that they are doing their duty to their children. This government has given us the public schools, and boasts of the marvelous privileges that it has extended to its coming citizens; and at the same time, the fundamental principles of the educational process of every boy or girl, are being neglected in the most diabolical manner. His satanic majesty himself could not think of a better plan than that which has been devised in this age for demoralizing our youths, for perverting their minds and their morals, and for tainting their bodies and their souls. I would like to know when the real solid men of this country are going to awaken to the pitiful need along these particular lines. Manhood and womanhood of the highest character can easily be developed in practically every boy and girl, but they all grow up like weeds in a garden. The very attention that they receive is in most cases the means of assisting them towards weakness and degeneracy. It has been said that the country owes every man a chance to make a living. Though this may be true, the country owes to its coming citizens a legitimate opportunity to start in life with a strong, well-developed body. That is a capital that is worth more to a man or a woman than all the money in the world. As you mature into manhood, into womanhood, if you can say that you are a man, that you are a woman, that you possess health and strength of a high degree, you have a capital in life that means something. That is the capital that this country owes to every one of its future citizens. What is the country doing to insure these physical resources to every boy and girl, as they come to maturity? Scientific dietetics have been ignored. Prudery, clothed in the garb of the devil himself, has stolen into the hearts and into the lives and into the innermost recesses of almost every human soul. What is this country doing for boyhood and girlhood? What is it doing to protect them? What is it doing to give them the physical capital that is surely due to them at maturity? These are questions that are a hundred times more important than the principles advocated by any of the political parties. If you saw your child drowning, being slowly smothered, gasping for breath, shouting for help, would you stop to consider some financial problem? Would you stop to ask whether or not it would pay financially to turn this way or that way? Would you not rush to the rescue with the greatest possible speed and by the nearest route? Now that is exactly the condition of the new generation which is now growing up around us. They are being drowned, smothered, they are often gasping for more vitality, more strength, as their growth is restricted, as their development is retarded because of the monstrous evils which they come in contact with everywhere and from which they are not being warned, and about which they know absolutely nothing until they learn of their character by terrible devitalizing experience.

I would like to plead with the mothers and fathers of this land. I would like to plead with them that they might learn of their responsibility. There is no lack of love for their children, but the ignorance as to their requirements as to that which is essential in growing into fully developed maturity is simply appalling. The average parents know absolutely nothing of the divine principles that we are attempting to teach in this publication, and if all those who have the care of our growing children in their hands were to immediately learn the scientific principles of physical culture and apply them to the children in their care, the marvelous improvement in their charges would simply be beyond human belief. Where there is now weakness, there would be strength; where there is sickness, there would be health. The miserable, emaciated specimens, or the half-men and half-women that we see everywhere at the present time, would soon cease to exist, and in their place we would develop a magnificent race, a race that would enter into a new existence, a new life, for then men would be men, not miserable puppets; women would be women, not emaciated, or obese, sickly pretenses.

Would such a reform be worth anything to the human race? Is all the excitement that we see everywhere around us at the present time that appertains to political questions one-thousandth part as important as these magnificent subjects? Think it over, and if you do not believe that every statement herein contains a verbal sledge-hammer, then I am a fanatical dreamer.

# Chest-Weight Exercises in Bed

By Bernarr Macfadden

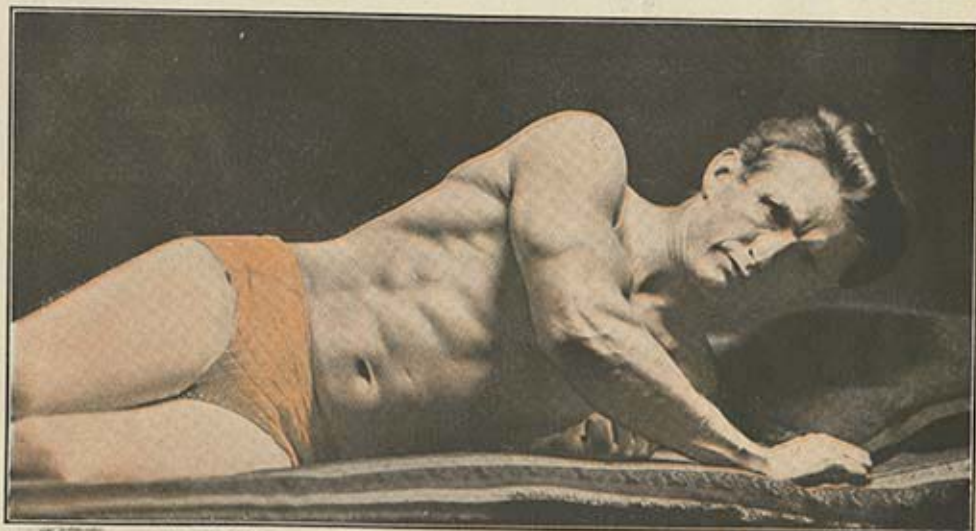
A SERIES OF EXERCISES WHICH GIVE ONE THE SAME OR GREATER BENEFIT THAN IS SECURED FROM THE USE OF CHEST WEIGHTS, AND WHICH CAN BE TAKEN IN BED WITHOUT APPARATUS OF ANY KIND

## FOURTH LESSON

THE fourth lesson that I am presenting in this series of exercises is especially devoted to the development of the upper arm and shoulder, though one of the movements uses the muscles on the front of the chest fairly vigorously. In taking these exercises, I would advise my readers to begin with the first exercise of the series, and add to this the various movements that I have given in each issue up to the present time. Be sure, however, to remember that whenever you start a movement always continue it until you feel fairly fatigued. One secures far more benefit if this suggestion is followed. As a rule, in beginning the movements you will find that from fifteen to twenty-five repetitions of the exercise will bring

about a feeling of fatigue, though after you have continued them for a few weeks you will be able to increase this from forty to sixty times, without serious fatigue.

In order to secure the fullest possible amount of benefit from exercises of this character, it is necessary that they be performed in an energetic manner. Exercises of this nature lack the incentive of competition or the social features which render gymnastics and athletic sports absorbing to the participants. In order to compensate for the absence of these features it is essential that one take a thorough interest in the performance of the movements. It will even be found of advantage if the mind is concentrated on the object which the exercises are



Photograph No. 9. Exercise No. 5—Recline on the left side, as shown in the above illustration, with the right hand flat on the bed directly in front of the face, as shown. Now push upward, raising the body from the waist as high as you can, as shown in the next illustration.

intended to accomplish in the particular part of the body affected by the movements.

However, if the movements are persisted in, and are performed with a proper degree of energy, it will be found that they will bring about results that are as marked as those produced by any form of exercise. Then, too, it must be borne in mind that in those cases where the movements are performed in the morning, they will result in securing a degree of exhilaration, and buoyant spirits, which will enable one to meet the

sisted in during the exercises, will enable one to inhale fully and deeply while asleep.

I have called attention in previous issues to the necessity for deep breathing while taking these exercises, and the importance of this can hardly be emphasized too strongly. Of course, while continuing the movements you should breathe deeply, and between exercises, while you are resting, several deep inhalations should be taken, expanding fully and thoroughly in the abdominal region, and each time the breath is exhaled, you should force out as much of the air as



Photograph No. 10, Exercise No. 5, continued—Be sure to raise the body as high as you can. Then return to former position and repeat until fatigued. Take the same exercise with the position reversed; that is, lie on the right side instead of the left. This exercise uses the triceps, muscles of the upper arm, the breast muscles, and a small muscle of the upper arm that is often termed the twisting muscle.

problems of the day with a vastly improved mental and physical equipment. It will also be found that if one encourage the habit of breathing deeply and fully while exercising in the morning, he will be likely to breathe properly during the entire day, even while engaged in engrossing occupations. On the other hand, when the movements are performed after retiring at night, and before going to sleep, proper breathing, if per-

possible. In this way you will use every part of the lungs, and will not only secure more endurance from the exercise, but the benefit will be greater because of this habit.

Now that cool weather is approaching don't be afraid of fresh air. Keep the windows of your bedroom wide open, and when taking these exercises you can begin them with the ordinary covers over you that you use during the night,



Photograph No. 11, Exercise No. 6—Recline flat on the back, arms bent, and elbows as shown in the above illustration. Now raise the body upward by forcing the elbows down against the bed, pushing down as hard as you can until assuming the position as shown in the next illustration.

but as you continue the exercises, of course, you will very greatly accelerate the circulation and the body will be gradually heated, and I would then advise you to gradually remove the bed clothing, one cover at a time, until it has all been removed, and then I would advise that even the night clothes be removed. I would, of course, not suggest this until the body has been so thoroughly warmed that you can feel comfortable with the clothing removed in

this manner, but if you are able to "work up" to this, you will then secure the advantage of an air-bath at the same time you take your exercise, and this will add very materially to the benefit. The air has a direct effect upon the skin that cannot really be fittingly described. It quiets the nerves and absorbs the impurities that have been eliminated through the pores, and from this standpoint, has a cleansing effect upon the entire surface of the body.



Photograph No. 12, Exercise No. 6, continued—Be sure to push the elbows down vigorously. Return to former position and repeat until tired. This exercise can be made a little more difficult if the head is also raised from the bed as the elbows are pushed downward. This movement exercises the muscles of the back of the shoulders and upper arm.



Grand Parade Grounds of the Naval Training Station at Goat Island, Bay of San Francisco.  
Sports of the Naval Apprentices—A Three-Legged Race.





The Barracks, Naval Training Station.

## Life at a Naval Training School

By Arthur Inkersley

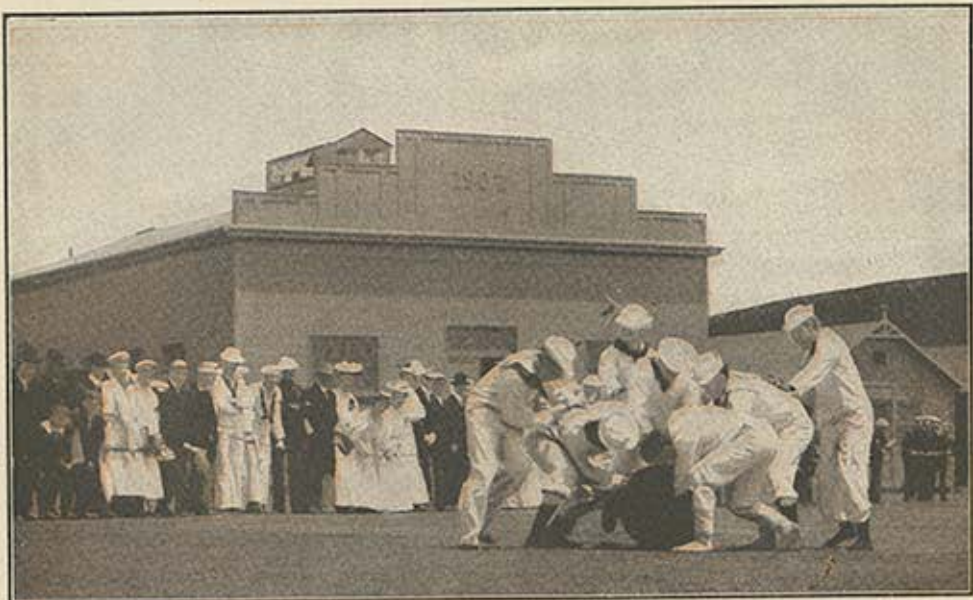
### UNCLE SAM'S TRAINING STATION AT GOAT ISLAND, BAY OF SAN FRANCISCO.

THE United States Naval Training Station on Yerba Buena (good herb), or Goat Island, in the Bay of San Francisco, is the depot for all youths between the Mississippi River and the Pacific Coast who desire to enter the Navy. The island lies about midway between San Francisco and Oakland, facing the Golden Gate and is excellently adapted for a training station. Though it is divided between the Army, the Navy and the Lighthouse Service, the Navy exercises dominion over its central zone, which forms far the largest part of its area. It is irregular and hilly, its highest point being 342 feet. On the north side it is wooded and of pleasant aspect, but its west side is exposed and bare. Its area is about 130 acres, of which 23 are covered with dense wood and brush.

The Station was established in 1898, under a liberal appropriation from Congress, by Captain (now Rear-Admiral) Henry Glass, U. S. N., who was its first Commandant. During the last ten years the island has been beautified with lawns

and flowers near the buildings; vines and fruit trees have been planted near the sheltered spots, redwoods on the fog-swept sides, pines on the promontories, and vegetable gardens in suitable spots. The ground in front of the barracks has been levelled to form a parade ground 350 feet by 450 feet in its greatest dimensions. Water is supplied by an artesian well.

The food at the Station is of excellent quality and variety. Here is the bill of fare for one day: For breakfast, fried fish, baked potatoes, bread and butter, coffee or cocoa; for dinner, roast lamb, peas or other vegetables, mashed potatoes, bread and butter, coffee; for supper cold roast lamb, bread and butter, fruit and tea. Another days' menu is as follows: For breakfast, rolled oats and milk, boiled eggs, bread and butter, coffee or cocoa; for dinner, roast beef, potatoes, parsnips or other vegetables, bread and butter, coffee; for supper, cold roast beef, potato salad or macaroni, bread and butter, tea. The quantity is practically unlimited and the cooking is

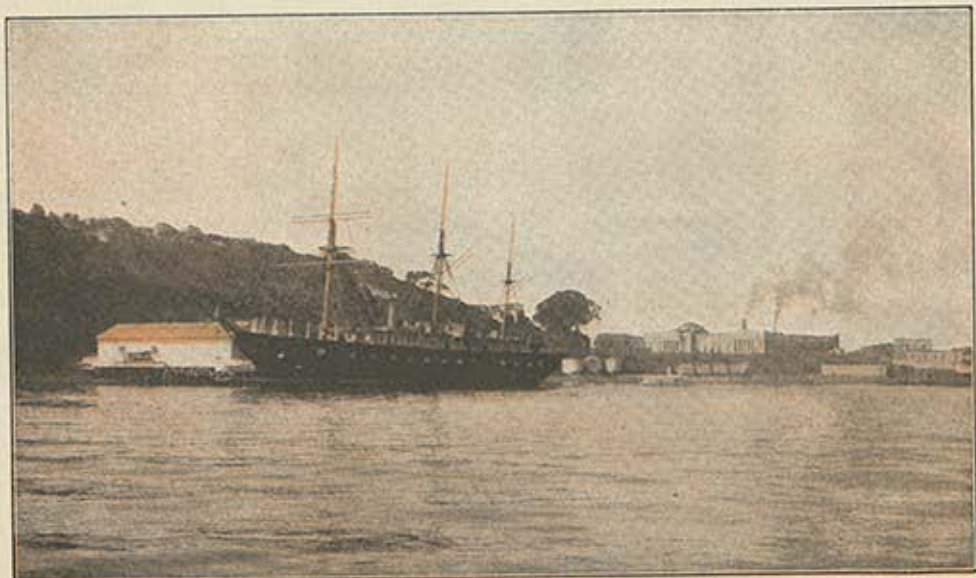


Push Ball on the Parade Grounds by the Naval Apprentices.

good. A special dinner is served on holidays.

The boys lead a thoroughly healthy life. They are out of bed at 6 a.m., and have till 6.30 to wash and dress; at 7 a man-at-arms inspects them, with their shirts off, to see that they are clean; at 7.30 breakfast is served, after which the

boys prepare for "quarters" at 9.15, when they must have their shoes blacked and clean clothes on ready for inspection by the officer of the day. Inspection is followed by the first drill period and a short recess, after which comes the second drill period of the morning. At noon dinner is served. At 1.15 p.m. the



The Pensacola, Receiving Ship at the Goat Island Naval Training Station. Barracks in the Distance.

first of the two afternoon drill periods begins; the second ending at about 3.15 p.m., after which the boys may scrub clothes. Those who have been reported for dirty clothes *must* scrub them, their bags being examined to see that nothing is left dirty.

The whole number of apprentices is divided into sections, the new boys being placed in sections by themselves. Each section has two boy petty officers, who wear chevrons on their sleeves, exercise authority and receive certain privileges. The daily drills are so arranged that the sections alternate on the days of the week, each section getting the same total time at one drill. Almost immediately after enlistment the boys are put on duty as messengers and orderlies. They deliver messages to persons in various parts of the ship, thus learning their way about, who the petty officers are and what their relations are to each other, and the ship's company.

Crews of twelve boys are sent out in boats and are taught to handle oars and sails; they are instructed in knotting and splicing; learn the names of the parts of a ship, of the sails, spars and ropes; and are exercised in setting, reefing and furling a small sail. In order to accustom them to going aloft, all climb to the masthead each afternoon. They engage in daily setting-up exercises, being taught the facings and marchings without arms till they are proficient, when they learn the manual of arms with rifles and the ordinary evolutions of a company of infantry. Twice a week each boy receives instruction in reading, writing, geography, American history and arithmetic from the chaplain of the Station, who also takes charge of the Sunday morning service.

A bugle squad is formed of boys who display musical ability. These learn the bugle calls and become ship's buglers, receiving higher pay. Though the apprentices' time is pretty well occupied, they find leisure for swimming, fishing and boat sailing. They are encouraged in healthful recreations of all sorts, such as foot racing, baseball, football, boxing, wrestling, dancing, pool and billiards. At the end of a day, what with work and play, the boys are pretty well tired and

are ready at 9 p.m. to turn into their hammocks for nine hours of sound sleep.

On one afternoon of the week their blankets, clothes and hammocks are laid out for inspection and on another there is a battalion drill. On Friday and Saturday the boys scrub their quarters and wash their clothing. At 11 on Sunday morning there is a religious service, followed by a general inspection by the Commandant. On alternate Saturdays half the boys get shore leave from 1 in the afternoon till 8 on Sunday morning. As they cross over to San Francisco or Oakland in the tug, proof of the wholesome life they lead is evident in their cheerful, ruddy faces and their smart, clean, blue uniforms.

Since March, 1899, the old man-of-war "Pensacola" has been stationed off the island and is used as a receiving ship for recruits. The barracks is a spacious building of classic design, having a frontage of 300 feet and a wing 250 feet deep at each end. It is of two stories, with a dome in the center; on the second floor is a gallery containing enough space for 500 boys to sleep in hammocks. Drill Hall is 300 feet long and 60 feet wide in the clear, extending up through both stories to the roof; the gallery overlooking it on three sides. The Mess Hall is 80 feet by 60 feet, the kitchens and pantries being near it.

American boys between 17 and 25 years of age may be admitted to the school, minors serving until 21 years old. Young men of more than 21 years enlist for four years. The applicants must be of good character (for the school is not a reformatory) and physique; they are examined by a naval surgeon at the Training Station to see that they are of robust constitutions and free from bodily defects; the physical requirements being so severe that two out of three boys fail to pass. They must be able to read and write, and, if not yet of age, must have the written consent of their parents or guardians.

The moral conduct of the apprentices is looked after carefully, and great attention is paid to their health and physical development. Boys who have been convicted of crime or who are known to be incorrigible are not accepted at the

Station. The instruction is merely preliminary, being intended to fit them for cruises on the training ships, and takes from two to four months, according to the intelligence and industry of the boys. When sufficiently advanced, they are sent on board the new steel training barque "Intrepid" which makes regular ocean cruises to the ports of Southern California, Puget Sound and the Hawaiian Islands.

When first enlisted, the boys are ap-

war's-men, and there are at the Training Station about 700 boys, 20 chief petty officers, four line officers, three naval doctors and two paymasters.

The apprentice, although only a student, has free board, lodging and medical attendance, with \$16.00 a month as spending money. After four months' instruction he gets \$19.00 a month; and at the end of a year his pay is advanced to \$24.00 a month. He is now a seaman and eligible for promotion to the grade of



Some of the Naval Apprentices on Shore Leave.

prentices of the third class and receive from the government an outfit costing sixty dollars. After a week on the receiving ship "Pensacola," the newcomer spends the second week at the detention camp, as a precaution against contagious disease. This camp is hidden from view in a grove of oaks. The boys are then transferred to the barracks. The attention directed to the Navy by the cruise of the battleship fleet has caused a great increase in the number of youths who wish to become man-o'-

petty officer, third class, with \$30.00 a month pay; at the end of the next year to petty officer, second class, with \$35.00 to \$40.00 a month; next year to petty officer, first class, at \$45.00 to \$50.00 a month; and next year to chief petty officer at \$70.00, with a permanent appointment from the Navy Department. A chief petty officer who has been in the navy seven years from the time when he enlisted is eligible for promotion to the rank of Warrant Officer, with pay from \$1200.00 to \$2100.00 a year.

## Trousers a Menace to Health and Morality

By Horace Symes Wright

A MOVEMENT TO ABOLISH THE OBJECTIONABLE GARMENT AND REPLACE IT BY AN ARTICLE OF WEAR WHICH SHALL BE BOTH ARTISTIC AND HYGIENIC

I am of the opinion that the skirts worn by women are many times more objectionable than trousers. The writer of this article has, however, made out a strong case against this conventional garment, that seems so necessary to civilized man everywhere.—Bernarr Macfadden.

FOR a good many years past, not a few artists, physicians, physical culturists and people of common sense in general, have voiced their protests against the trousers, a garment which has been described as "a brace of stovepipes made of cloth." Aesthetic as well as hygienic reasons have been advanced by the score why trousers should be abolished, and their place taken by something which should be pleasing to the eye and healthful to the wearer. A number of sporadic attempts have been made to bring about the desired reform by those who might be supposed to have influence with the public in such matters, including royalty itself. Nevertheless, the obnoxious garment remained, and the "forked radish"—as somebody has called the man clad in modern clothes—continued to suffer and look homely in consequence.

But hope now seems to be dawning for male humanity. France has inaugurated an anti-trousers movement in which a whole lot of influential people are interested. Great Britain has followed suit with much enthusiasm. It is averred that the matter is receiving the attention of the German army officials. In certain hygienic circles in New York it is being given that consideration which its importance deserves. In Paris and London the services of well-known artists have been enlisted to submit designs for garments which shall take the place of the now despised trousers. Before long then, we may look for the appearance of those courageous individuals

who are to undertake the task of introducing the much needed innovation to the public.

Trousers are comparatively a modern invention. They are copied from the military dress introduced into the British army by the late Duke of Wellington during the Peninsular War. In the early days of their use they were known as "Wellingtons" in consequence. Before that, knee-breeches and hose, of common or costly material according to the social position of the wearer, were in general use. This was a combination that enabled a man to "show a good leg" if he had one, and it may be remarked that such a leg was looked upon as a sign of gentlemanly birth and breeding.

Trousers were not received with favor by the religious or fashionable worlds at the time of their introduction. The Methodists of England, for example, were particularly bitter against them, describing them as "lewd, loathsome and butchering wear", the last adjective hinting at their army origin. "Father" Reece, a famous member of the sect in question, in 1801, preached a bitter sermon against trousers. At a conference of the Methodists held a few years before, the question was discussed whether it was possible for a man to be religious and clothe his legs in the objectionable garments. And it was decided that he couldn't. It was further averred that "he who wore this hellish fashion (trousers) was in the sight of the Almighty, like unto the wanton or the sot."



From stereograph, copyright by Underwood & Underwood, N. Y.

The Mayor of Tokyo and his Daughter in the beautiful gardens of his home at Tokyo, Japan. Note the voluminous, though light trousers that this official considers necessary.



Copyright by Underwood & Underwood, N. Y.

King Edward VII. in the costume of  
Scottish Highlander

Judging by this the conference was evidently in the confidence of the Almighty so nobody seems to have contradicted it.

A clause in the trust deed of an old Nonconformist church in Sheffield, England, provides that "under no circumstances whatever shall any preacher be allowed to occupy the pulpit who wears trousers." Added to all this denunciation from the pulpit, the trousers had to face the ridicule and worse of the young "swells" of the time. These didn't hesitate to strip the garments off an offender, if the fancy seized them, as a whole lot of court annals of the time attest. But for all that, trousers seemed to grow in popularity, mainly, so it is said, because of the quantity of soldiers and officers who, discharged or invalided home, were to be found everywhere wearing the much discussed garments. Then the fashionable

tailors took them up, and the doom of the shapely knee-breeches was inevitable. But for all that, the latter wear made a gallant fight of it. In the memory of the writer, some of the oldtime farmers of the British Isles, wore a sort of tight fitting knickerbocker and comfortable hose that were to all intents and purposes, the leg-garments of their grandfathers. And in out of the way places on the Continent of Europe, the knee-breeches survive in all their grace and dignity.

And now let us consider somewhat wherein trousers sin against health and the art instinct—especially the former.

There are a whole host of reasons, declare the leaders in the anti-trousers movement, why the garments should be discarded altogether, or be so modified in form and shape, that they shall be incapable of working future harm to humanity. Some of the more radical of



Japanese Jinrickshaw Man. Note the Remarkable Development of the calf and the loose comfortable character of clothing, trousers included



From micrograph, copyright by Underwood & Underwood, N. Y.

A High Caste Chinese Family, the Mandarin (Mayor) of Kinkow, his young wife, sons and daughters, showing the loose costume worn by Chinese Royalty

the reformers advocate the total abolishment of the "stove-pipes" and the substitution thereof of a garment which shall be free from the objections which are now urged against the former. It is also pointed out that one can never hope for health of the highest type unless entirely healthful clothing is worn. Hence the importance of the proposed reform. This gives two phases to the matter as follows:

In the first place, in what way or ways, do trousers interfere with the health of the leg directly, or of the body indirectly? The reply is not difficult. Thus, they deprive the lower limbs of that supply of fresh air which is as necessary for the well-being of a part, as it is for the whole, of our bodies. A "well out" pair of up-to-date trousers—to use the tailor's phrase—fit snugly over the shoe on a line drawn from the instep to the upper part of the heel. Fashion also demands that they shall fit so tightly around the waist as to be independent of belt or suspenders, if needs be. The result is, that

each leg is encased in a practically airtight box, and this too, during those hours of the day in which their freedom is most desirable. For where there is much exertion, there should be a plentiful supply of oxygen. Because of their "cut", the air inside the trousers has but little chance to escape or renew itself. The legs are, therefore, constantly subjected to a bath of air which is charged with the gases and impurities thrown off by the skin. This is courting weakness and disease.

Then too, the trousered legs never get a chance of being exposed to the healthful influences of the sunlight. Now, the light of the sun does much more than yield warmth to the human body. It assists in cleansing the system by destroying the effete matter thrown off by the pores, while the tonical value of the rays, is proven by the good which arises from sun-baths. Is it any wonder then, that the leg of the average city dweller has a pallid hue like unto that of the flesh of a corpse? Contrast such legs with those



of an athlete or, better still, with the lower limbs of a regiment of kilted Highlanders. In the latter cases, the limbs are well rounded, sturdy and of a hue that bespeaks their health and that of their owner. How different are they from the legs which have known the debilitating influences of the trousers from the time that these last took the place of the comparatively healthy knickerbocker! Trousers are foes to light and ventilation, two of the hygienic essentials of life!

Again, the trousers are to be greatly condemned from a purely physiological standpoint. They are so constructed that they continually irritate some of the most sensitive parts of the human body, whether their wearer is standing or sitting. This would be bad enough as far as the general health is concerned, but there is a moral aspect to the matter which cannot be overlooked, although it can only be hinted at. It is even possible that many a young man who can date his introduction to private or public vice to the donning of his first pair of trousers; and many a man of riper years, if he will

but take the trouble to trace cause and effect, will have no difficulty in ascribing the arousing of his passions to the same cause. Not without a reason indeed, did the old Methodists describe trousers as "lewd". And the maladies which are the outcome of the irritation of the garments are well known to physicians as the most stubborn and persistent as they are the most debilitating and demoralizing of diseases. They keep portions of the human body at a high temperature, when normally such parts should be cool. A writer of international repute has stated that, "The crotch of the trouser of civilization is a perpetual menace to the health and continence of the male. If sumptuary laws (those dealing with the clothing of citizens) are permissible at all, they certainly are in the case of this outrage on the bodies of men, this self-same crotch." Even the green student of the medical colleges can tell you that if there is any part of the body which should be kept free of annoyance or pressure, it is that alluded to. And yet the trousers both annoy and press. But civilized



From stereograph, copyright by Underwood & Underwood, N. Y.

The large commodious trousers worn by the younger male citizens of Holland

humanity, in its idiotic obedience to the demands of fashion, doesn't attempt to help itself or change the shape of its leg-coverings.

As for the small evils such as chafing, skin abrasions and general discomfort, but little need be said. Yet even in these things, there is no reason in the world why a man should suffer, except that fashion decrees that he shall. But suffer he does, and in all probability will continue to do so, unless he is relieved by some of his more courageous fellows of



The flowing trousers worn by Greeks and Albanians

the sort that are now trying to improve the trousers out of existence.

Another thing against the trousers is, that they are very unclean and where uncleanliness is, there health cannot be. It is true that the under-garments generally worn with trousers absorb a portion of the incidental perspiration, but a good deal of it goes through these to find a permanent and putrifying lodgment in the cloth of the outer garment. As trousers are never washed, the perspiration gathers until the material is simply

soaked with it. At the same time, there is a growing accumulation of dirt, dust and disease germs that makes the garment a sort of peripatetic pest-house. Turn your trousers inside out, reader, and examine the seams.

As for the artistic side of the question, there can be but one opinion. Trousers, whether they be of the "pegtop", "military", "horsey", "coster", or "medium" variety, are most homely, and some of the fashions just named, accentuate their native hideousness. Contrast trousers with the kilt of the Scottish Highlander; or the "petticoat" of the Greek and Albanian; or the admirable leg-covering of the Japanese rickshaw man; or the loose leggings of the Turkish soldier; or the sensible garments worn by the Chinese, or any of the leg-garbs affected by nations untouched by the unhygienic customs of civilization, and see how this pet abomination of ours suffers in consequence, as far as the art sense is concerned! It is a fact that the nearer an article of wear or use is fitted to the purpose for which it is intended, the more beautiful it becomes. Judged by this standard then, the trouser is a lamentable failure and the sooner we obtain a substitute for it the better it will be for us and our long suffering legs.

Some of the substitutes for trousers have just been alluded to. It is not intended in this article to discuss these at length, but from what has been said, it will be seen that there is a variety of garments ready to hand when the substitution is decided on, even if the artists did not come to our help. The leg-covering of the future must be in accord with physical culture principles in that it must afford an abundance of fresh air to the limbs; a reasonable amount of light; freedom from restraint or constriction or friction; be as washable as a shirt, and be pleasing to the eye. Is there such a garment in existence? The kilt seems to pretty well fill the bill; so do the abbreviated "pants" worn by athletes. It would in this connection, be instructive to ascertain whether any of our readers have anything or garment in their minds which would take the place of the trousers in the way indicated.

But the trousers must go!

# The Average Man

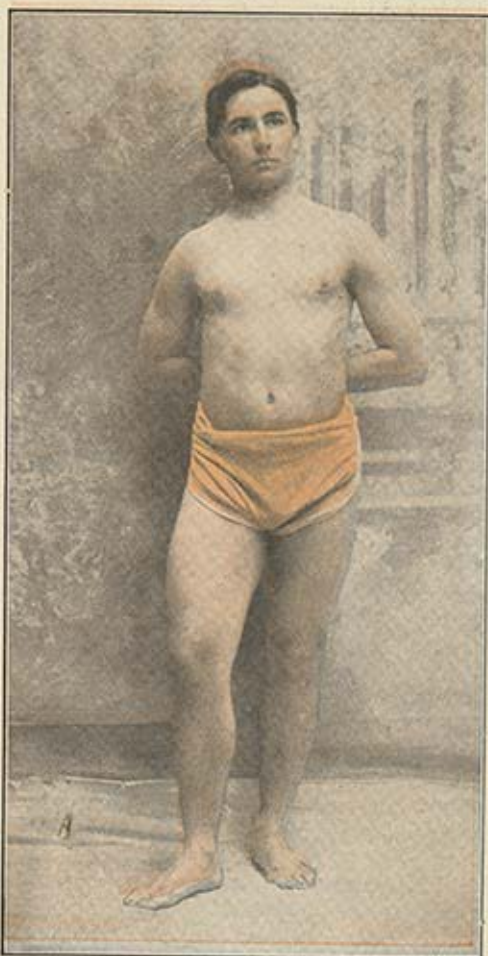
By Charles Merriles

(Concluded)

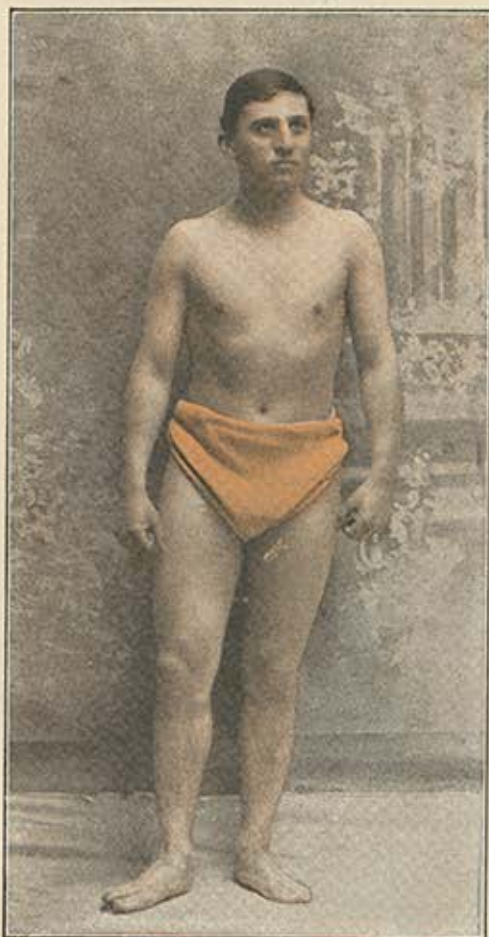
THE outlines that are necessary in a perfect figure are very clearly described by the word harmonious. Each part of the body should harmonize with all other parts. For instance, if the arms and chest are large and the lower limbs are not proportionately developed, there is a lack of harmony and of beauty, a need of more symmetrical proportions. Now in practically every case the human body, if it is given an ordinary amount of use, will gradually, as it matures, round out and develop symmetrical proportions. There is really no need of any complicated system of physical culture in order to bring about this result. It is natural under what we might call perfect conditions. The evils that the average growing boy and girl has to come in contact with in life at the present time, however, make it difficult for one to grow to complete maturity without being seriously handicapped through coming in contact with conditions which are almost sure to lessen the vitality and to a certain extent destroy the beauty and strength of the body.

Man should be a most beautiful specimen of animal life, but as a rule, he is far from being beautiful in his proportions. In fact, he might not infrequently be termed misshapen and even ugly in appearance. Where there should be beauty, there are angular outlines. Where there should be curves, there are uneven or straight lines. When we view some of the magnificent specimens of physical life that we find not only among athletes and gymnasts, but even among average working men, one secures a fairly accurate idea of what the human race as a whole might easily approximate. The average boy grows into a man heedless of all the grand possibilities in the way of developing superior

manhood. He is strongly impressed with the value of money, the necessity for success is preached to him from his earliest moment. He hears much of theological doctrines as to the future life, but he hears nothing as to the wondrous value of developing his body to the



Samuel J. Miller, a student whose figure at his age, (eighteen) promises a high degree of strength and superior symmetry of proportion.



John Mousse, a Hotel Clerk who shows more than average development. A strong, well-made figure.

highest degree of perfection, as to the needs of building strength, health, and all those superior physical gifts so fundamentally essential to a successful and happy human career.

Though the photographs I have presented in the last issue and a few of which I am publishing with this article, show physical proportions that might be termed surprising in an average man, I am none the less convinced that these photographs do not by any means give us accurate views of the average man. In physical vigor and general health these men are far above the average.

The additional photographs that I am presenting in this number show more

than usual symmetry and should really encourage the average young man to strive for more physical power and beauty. Many young men who now possess what might be termed the ordinary physique could be devoting a comparatively small part of the time each day to developing their muscular system, soon develop a physique of which they could be proud, and a well developed body does not mean merely strong muscles. You must remember that it means a better brain, clearer blood, a stronger stomach. It means that not only the functional processes of the body will be performed more satisfactorily but your brain will be clearer as well.



Another view of John Mousse, that shows symmetrical proportions and more than average strength.

# Three Years in Hell

DETAILS OF THREE YEARS EXPERIENCE  
IN THE RHODE ISLAND PENITENTIARY

By Prof. Charles James Budlong

Our usual method of punishing those who happen to be caught breaking our laws is monstrous. It can be fittingly described by no other word. Our jails and prisons are in most cases nothing more or less than schools for crime. If a man thoughtlessly commits a small offense, and is cast into one of these prisons, the influence of practically every association is of the lowest and the vilest character. He may have been a comparatively decent person, with even high ideals and superior motives, but unless he possesses a strong will, the degenerating process with which he comes in contact within our prisons brings out and develops his lowest characteristics, and at the end of his sentence he is really and truly a criminal by instinct and by nature. Read the description that the professor has given of his experiences. And the object of this institution, mind you, is to reform criminals as well as to punish them. He states that innocent men are often confined in these institutions, and that a merely technical offence, in which there is no moral wrong intended, may send one to a penitentiary for many years. Is this not a deplorable state of affairs indeed? And is it not about time that the real men of this country should take action with a view of making some effort to reform, as well as to punish, those who are so unfortunate as to infringe the laws of the land.—Bernarr Macfadden.

## HELL DESCRIBED

THE theological hell may or may not exist. Opinions differ upon that point. No really satisfactory definition of hell has as yet been formulated. All agree, however, that hell is the most awful place, state or condition that the human mind can conceive. In the beautiful little state of Rhode Island, with its magnificent four million dollar State house, not yet paid for, and its four hundred thousand population of Rhode Island greening, Johnny cake eaters and clam-devourers, there is an institution known as "Hell," to which persons who have in some way offended the powers that be, are sentenced. It was my misfortune to spend three years in this place and it is of this hell that I purpose to write.

Men are sometimes kept in dungeons—damp, foul and rat inhabited, chained to doors, with only a crust of bread and a cup of water twice a day to sustain their miserable existence. I have seen poor fellows beaten with clubs or "black-jacks" until rendered unconscious and bleeding and then thrown into one of these dungeons and kept there for days. One fellow in particular was kept thirty-eight days in this condition and when at last released he resembled an animated skeleton more than a human being. The

"rules" of the place are very rigid and the inmates are "punished" for the merest trifle. I have known mere boys to be placed in a "straight jacket" and laced so tightly that they could only breathe with the greatest difficulty, and kept in this condition for from one to twelve hours for the awful offence of "talking in their cell" or passing an apple or something their folks had brought them, to a fellow convict, and when released from this sorry plight they could not stand upon their feet, and their hands and legs would be covered with welts and ridges made by the ropes with which they had been tied. One of these unfortunates told the head warden that he could not work right away after coming out of this treatment and the reply was "You'll work!"

Yet this head warden delighted to preach and admonish and exhort and was known in the outside world as a man of great sanctity; in fact he belonged to a sect that claimed they cannot sin because they are *holy!*

When tied up in the "straight jacket" men would frequently faint away or become unconscious at other times the cries, screams and pleading of the unfortunate victims of man's inhumanity to man would be heart rending in the extreme. In case visitors chanced to

hear their cries and inquired into the cause they were informed that a man had just been brought in with "the horrors" and the physicians were trying to quiet him! God knows "the horror" part was true enough, but it was all a lie just the same.

Andrew Coffee, was of good parents, well-educated, and had studied for the priesthood. In an evil hour he committed some small offence but in such a way that technically he was guilty of a more serious one. He was sentenced to prison for five years. The rigorous treatment to which he was subjected so worked upon his sensitive nature that in a short time he became insane. I have seen this man beaten and kicked and knocked down many times. After suffering in this way for several years he was transferred to the Insane Asylum and one of the burly guards told another guard that "Andrew had had several ribs broken and his collar bone broken and gets punished regularly twice a week just to keep him in trim whether he needed it or not!"

#### HOW I CAME TO GO TO HELL

It is generally thought by the majority of people in the ordinary walks of life that a man must commit some awful crime before he lands in a penal institution. This is by no means the case. A very small thing will suffice to put a man in prison if the right combination of circumstances conspire to place him there.

You would naturally suppose you had a perfect right to ask any man that owed you a sum of money to pay the bill, would you not? Yet if you were to write a simple request on a postal card to this end you could be arrested and imprisoned for so doing. This is hard to believe, but ask any competent attorney if this is not true. If in the mail order business you would suppose you could mail art studies and in fact almost anything, that your patrons ordered so long as the mails were not injured thereby, well, TRY IT AND SEE; but you had better not.

In the Providence *Journal*, of the 27th of March, 1908, appeared the following, which speaks in a loud voice for itself:

"After serving more than three years

in State Prison for a crime he never committed, Albert W. Clark, of Taunton, walked out of the institution pardoned by the Governor. Clark's accuser was a girl of fourteen, Nora Greeley. Though he pleaded his innocence before a jury he was convicted, and in November, sentenced to State Prison for not more than twelve nor less than eight years. Now the girl has confessed that she lied, because she feared the man who was known as her father until his death some months ago. She also told the police that Greeley himself was the author of the crime against her."

Sometimes, as in this instance, the wrong is detected and the victim is "pardoned," but where there is one innocent person released there are probably at least twenty equally innocent ones that have to bear their imprisonment with only God and the Angels to sympathize with them and understand their condition. But supposing an innocent man is restored to liberty, what is given him in payment for the loss of his time and the indignity to which he has been subjected? Nothing—absolutely NOTHING. He is simply "pardoned" and that is all. Think of the awful IRONY in the words "pardoned" in a connection like this! How is it possible to "PARDON" a man for an offence he did not commit? In like manner how can you PROVE a man GUILTY when he is absolutely INNOCENT?

There are many waiting around ready to get you into trouble if they can pull fat witness fees, traveling expenses, etc., out of your trouble. Do not give them a chance. I had been in the mail order business a score or more years, and had been reasonably successful. My specialty was books and art subjects. One day I received an order for some goods, filled it all unsuspectingly and a few days thereafter was arrested, charged with sending obscene matter through the mails. I was taken to Providence, arraigned before the U. S. Commissioners and placed under \$4,500 bail. Being unable to furnish bail in that amount I had to wait nearly five months for trial and was at last sentenced to terms aggregating three and a half years, in a certain penal institution.

It was a hard rub, but I learned a great deal while there that will be of benefit to me in after life. It has already proven useful to me in many ways. But it may be said that in this case I was guilty, yes, technically so, but not morally. The question of what constitutes an obscene book or picture is a wide one. The meaning of the word **OBSCENE** according to Webster's dictionary is simply "objectionable." What would be objectionable to one would not be so to another, and no two men would be of exactly the same opinion on that point. But here are facts that will be of great value to people engaged in the mail order business. I gained these from practical, personal experience and paid a good price for the knowledge. If you are arrested on any charge short of the highest, and possess no money or if you have a little money, but do not wish to throw it away and you are really guilty, even technically, do not bother with any attorney. Plead "Nolo" at once and ask for a light sentence. This will be by far the better way, for the U. S. courts, and in fact all the courts rarely lose a case. A lawyer is often more of a hindrance to a man than a help; and if he is one that is assigned to you by the court he is worse than none at all. It is not to be supposed that he would try very hard to win a case, from the one that gave him his position and to whom he is to look for his remuneration.

Lawyers usually work for those that pay them best. I have known lawyers to keep a case in court, term after term, in order that they might sponge all the money their client had, while all this time the man was lying in jail awaiting trial. At last the case would be tried and the man would be sentenced to a much longer term in jail or in prison than he would have received had he secured no attorney at first, but had at once pleaded "NOLO" and received his sentence; besides the time a man puts in, in jail awaiting trial **DOES NOT COUNT ON HIS SENTENCE.** A man sentenced to prison by the United States Court gains six days per month for good behavior this reduces his sentence very materially if he is so fortunate as to be able to keep on the right side of his jailers and thus be enabled to gain time.

#### THE INHABITANTS OF HELL

Some of the finest people I ever knew resided in this place. One, a physician, had been there twenty-two years. He was well educated, refined, and was generally well-liked by the men, and was a great help to the guards as he could do for them the clerical work that some of them received big pay for doing. This man, like many more, was ever expecting a pardon, but did he get it? Bless your dear soul, no. He is far too valuable to the management to be allowed to go free and he is still there as I write these lines, still hoping to get pardoned "as soon as the Legislature meets again."

Joseph Kerns is at this time thirty-two years old. He has been in this place about seven or eight years. He is a fine young fellow, in every sense of the word, possessed of a good education a well-stored mind, very religious and assists each Sunday at the altar. He became acquainted with some fellows of a rather wild nature and with three others broke into a car barn and stole a few articles of not much value. The trio were arrested and one was sentenced to twenty-five years, another to fifteen years, and this one, Joseph, to thirteen years in State prison. Mr. Kerns is a good civil engineer, and a smart man generally. To my mind he is the most devout, and really from a religious point of view, the very best man in the whole institution of about 300 men.

The most noted man in the place is, no doubt, Arthur G. Webster. The management has considerable trouble to manage him. He is a smart man, but will not allow them to impose upon him. He is very ingenious and makes many fancy articles and goods of considerable commercial value. One time he made a revolver and it was so good an imitation of the real article that it nearly scared the life out of one of the guards when he pointed it at said guard's head and told him to throw up his hands.

This man is polite, well-read and a thoroughly good fellow. Treated properly he would give no trouble and would be the meekest man in the whole lot. He is serving a twenty-five year sentence and no wonder he sometimes gets the blues. There are no women in the State

Prison here. Sometime ago there was a woman named Kate Judd, who was sentenced to twenty-five years imprisonment for burning buildings. This woman was "marked" at birth with a flame of fire and could not resist the impulse to set fires wherever the opportunity offered.

She escaped several times, but was recaptured each time. She finally finished her *bit* and was released. She was a young woman when sentenced, very pretty. It is said she had a child while in the prison, a very common occurrence in female prisons, where male attendants have admittance at all hours of the day or night.

Thomas Powell, is serving a ten year sentence on "a put up job." This is absolutely true. Powell is a genuine artist. He paints the most beautiful pictures and frescoes and has done thousands of dollars worth of work for the State, for nothing whatever, save the regulation fare.

Charles F. Stewart, eighty years of age is a most remarkable man. He has a long flowing beard of snowy whiteness, is tall and distinguished looking. He has been celebrated all over the country as a forger and has made thousands of dollars, yet to-day he has no money. This is a case of the "easy come, easy go" style. While in the institution, Mr. Stewart was librarian. He possessed a well cultivated mind and was quite an imposing figure in the life of the place. There are many others worthy of mention.

Scientists claim that in the midst of a burning flame of fire there is a space that is cool and comfortable. In like manner in the midst of this hell there was found many elements of peace and comfort. The institution possessed a good library of about 4000 volumes and the inmates passed most of their spare time reading.

On holidays the inmates were allowed to be out in the yard and have games and were given a good dinner. We all used to say jokingly that we lived on six square meals per year.

The absence of the society of the gentler sex was the most serious disadvantage in a social way that the men had to contend against. There is something in the heart of man that reaches out

after the society and enjoyment of good, pure, true woman.

Failing to get this, the man must get along with as good a substitute as he chances to find. In this place the men lavished on the boys the love that would have satisfied the soul of a sweetheart or a wife.

In some countries the inmates of penal institutions are allowed to marry or if married at the time of commitment to have their conjugal mate with them, but this wise measure is not in effect in this country. Sometimes the men were permitted to arrange little theatricals and there was displayed considerable talent in the histrionic line. An old actor named Bates chanced to be there and another named Roach, and still another named Merrill, and these would produce very creditable entertainments. In some similar institutions debating clubs are organized and the inmates can exercise their argumentative powers in the lyceum, but this was not permitted in the Rhode Island institution. The inmates might exhibit more intelligence and knowledge than the officers and of course that would be an awful thing.

Wednesday of every week was known as "visiting day." On this day scores of people would come to look at the prisoners, same as they would go to the park to look at the wild animals in the Zoo. It always appeared strange to me that people would care to go to such places and stare at the poor unfortunates gathered there. It looks as though such people expect to sometimes get there themselves and so they want to learn all they can about the place before they go. Of course, I feel sure that many of such people have none but the kindest feelings towards the prisoners, but prisoners are very sensitive and they feel that they are fully as good as those that are staring at them, and that it is only chance that has placed them behind bars, and the other outside and this is generally the case for it is no doubt true that no man or woman boy or girl, from ten years old up, of normal mind and body, that has not in his or her life done some little thing or other that would put that one in jail or prison, were the facts generally known and the person arraigned in a court of justice.



## A Remarkable Experiment

THE SUFFERINGS OF A VICTIM OF DRUGGING—  
HOW SHE OBTAINED PHYSICAL SALVATION  
AND RESULT OF HER EXPERIMENTS IN  
ELIMINATING THE MENSTRUAL PERIOD.

By Olga L. Howe



OLGA A. HOWE

the details of a regime she followed in order to absolutely eliminate what is considered the normal female function, menstruation. I feel sure that her statements will be followed with interest.—Bernarr Macfadden.

I SUPPOSE most people would call me a peculiar character, for I have a mind of my own, though it did take quite a while for me to develop the self-confidence that was needed finally to remedy my various troubles. The first fifteen years of my life were spent on a farm. As soon as I was old enough to be of any assistance, I became very much interested in all kinds of farm work. As I always preferred out-door-life to remaining in the house to perform the daily duties usually assigned to young country girls, I was soon helping my father with all sorts of farm work. Strangely enough, my elder brother preferred household work and for several years we exchanged duties. As a result, I was much stronger and healthier than he.

I can definitely remember many occasions when the snow was knee-deep and the thermometer registered many degrees below zero, when I would be out with a fur cap, gloves and felt boots, and would assist my father in hewing down monstrous trees and then sawing them in lengths, slabbing, splitting and piling great quantities of cordwood. Of course I was considered peculiar because, if for

no other reason, I was the strongest girl throughout the neighborhood, and on this account I was never compelled to endure the taunts and jeers that boys usually proffer to girls in country schools. It always angered me very greatly to see a strong boy tormenting a helpless girl. I remember on one occasion witnessing a scene of this kind (at the time I was about twelve years of age), and it aroused my anger to such an extent that I deemed it my duty to protect the girl. Of course, the boy turned and made fun of me too, and, to use a school day's expression, I simply pitched into him and gave him a good sound thrashing. Ever afterward, the girls in that school considered me their natural protector, and I can assure you they were never molested.

Though I spent a great deal of time in outdoor exercise, I knew absolutely nothing concerning diet. I was taught that it was right to follow the dictates of my appetitel which I fully realize was abnormal at that time. I would eat all kinds of indigestible foods, at any time of the day or night that I might desire them, and in addition to this I was eating three meals a day. Of course, this is not

very unusual, as practically everyone who is not a follower of physical culture theories makes a similar mistake. Notwithstanding my superior physical strength, from the time I was ten until I was fifteen, I suffered severely from catarrh. Some nights it was so bad that I had to be bolstered up on pillows, and was compelled to use salted water at intervals to induce sleep.

When I was eighteen years of age, I contracted a very serious cold which caused a suppression of the menses for several months. Different physicians were consulted, but they failed to aid me. They finally feared that my complaint would terminate in quick consumption. My system was certainly overloaded with impurities, for in a short time I was stricken with typhoid malaria. After a prolonged illness, I recovered from this complaint, but I was unable to walk alone. I gradually gained strength and the menstruation periods again appeared, but my eliminative organs were defective and incapable of throwing off the poisons in the system. Then, too, my habits of life, instead of being arranged to assist the body in purifying itself, were the reverse in character, and therefore the poisons were constantly accumulating within my body. A short time after this, I began to be pestered with boils, and on one occasion I had forty-three large ones at one time. This cleansed my blood to such an extent that I soon regained my usual health and strength.

At this time, bicycling became my favorite exercise. One day I received a telegram which informed me that a cousin, whose home was twenty miles distant had suddenly died. I was greatly shocked, as I was not even aware of her sickness. My grief and excitement were so intense that I thoughtlessly mounted my wheel and rode in the direction of her home as fast as I could. At that time I wore a corset and unfortunately it was the menstruation period. As a result of this trip, I was taken down with intense pain in the left side. It steadily grew worse, and naturally I consulted a doctor. I swallowed his medicine, but all in vain. I consulted another and another, until I had em-

ployed every physician in my own village and all the neighboring cities.

It would be impossible to fittingly describe the suffering that followed thereafter. For eighteen long, weary months I suffered a degree of agony that no tongue nor pen can portray. My periods would last from ten to thirteen days. At times the pain was so great that I was unable even to walk across the room. Every time I sought a new doctor, it was with the hope that at last my sufferings might be alleviated. Each physician diagnosed my case differently. Some said peritonitis, while others pronounced it floating kidney. Finally four of them held a consultation and decided it was peritonitis. As a result of their combined knowledge, I was instructed to go to bed and remain there on my back, in one position, for six or eight months. That was a part of the instructions that they advised in my case in order to effect a cure. It was certainly a terrible sentence, but I was willing to endure almost any treatment if I could regain my health. Consequently I went to bed, though it was not long before I found out that the remedy was worse than the disease. Two days later I was up and around the house again.

An old doctor who looked more like a farmer happened to see me and he told me that I had enlargement of the spleen, caused by over-exercise on the wheel, and advised me to apply plasters of antiphlogistine (the base of which, I understand, is nothing more than perfumed Colorado mud), and I was slightly benefited.

About this time I happened to see a copy of the *PHYSICAL CULTURE* magazine, then about a quarter of its present size. The statement on the cover, "Weakness A Crime," attracted me, and I read the articles in the magazine over and over again. My enthusiasm was so aroused that I could scarcely wait for the next issue. First of all, I discarded my corset forever. I opened my bedroom windows wide. I commenced taking exercise upon arising, followed by friction and cold baths. Instead of eating breakfast, I would drink freely of cold water and then take a

morning walk. Two meals daily satisfied me entirely, and they consisted of whole wheat bread and butter, cereals, fruit, and green vegetables. I repeated my exercises in the afternoon, taking a walk followed by a cold bath. The improvement I made was almost miraculous.

Now the editor of this magazine has asked me to give the readers the advantage of knowing some of the details of my experiences. When I think of the suffering I might have been saved if I had come in contact with literature of this character in the beginning of my sickness, I can fully realize what many of my readers might also be able to avoid.

Suffering is unquestionably a teacher of infinite value. When your lessons have been learned in this emphatic manner, you do not forget them. They are stamped on your mind with cruel emphasis.

As my readers can well understand, the startling results of following out physical culture ideas entirely revolutionized my life. I was a changed woman in every respect. My ambitions and my ideas of life were altered in every way, and I expect to give my entire life to extending the interest of the general public in this great reform. I have

already mentioned the suffering that I had endured at my periods. After becoming thoroughly imbued with the theories advocated in Bernarr Macfadden's literature, I became convinced that this function which is considered normal by the average woman was nothing more than a means used by the system to eliminate surplus impurities. When I became absolutely convinced of the truth of this theory, I began to experiment, and the result of this experimenting was the gradual cessation of this flow and when I arrived at a point when I felt that my body was thoroughly purified, the flow ceased absolutely, thus proving that from a merely physical standpoint, we do not differ greatly from the lower animals. The females of the lower animals, for instance, are not bothered with this flow (which I would term unnatural), and I am convinced that every woman could so purify her body that this flow would cease, provided she should adopt the methods necessary to bring about this result. In the next issue of the magazine, I will give the readers some details of my dietetic and other experiments, with a view of bodily purification, for the purpose of entirely eliminating the menstrual flow.

(To be continued.)

#### FINE TYPE OF BABYHOOD RAISED IN ACCORDANCE WITH OUR METHODS



#### TO THE EDITOR:

We have been reading your suggestions for babies, and are very much pleased with what we have learned from them. We have been readers of your magazine for a number of years, and are in favor of all you publish for the good of the body and soul. We have a baby to whom we are giving your exercises for infants, and take advantage of all other information we have secured from your literature. You will find her picture enclosed. We think she is further advanced than most babies

of her age. She is six months and one week old, weighs nineteen pounds, is thirty inches high, and has four teeth and more coming. She can sit alone and hold on until we raise her to a standing position. She weighed only five and one-half pounds when she was born. She is never sick, and causes us very little trouble, and sleeps all through the night. We eat scarcely any meat and do not use tea nor coffee.

Mr. and Mrs. SAMUEL T. CLARK.  
Alameda, Calif.

## Some Useful Hints on Shaving

UP-TO-DATE RAZORS AND OTHER AUXILIARIES OFFER MANY INDUCEMENTS TO THOSE WHO PREFER TO SHAVE THEIR OWN BEARDS FOR HYGIENIC OR OTHER REASONS

**T**HAT shaving has been in order in all times and ages of the world, is proven by the museums and the libraries. Thus, we have evidences that pre-historic man scraped his chin and cheeks with the keen edges of flint-shards. In classic periods the barber was a person of consequence, not to say dignity. Still later he combined the offices of both surgeon and "tonorial artist," to use his modern and self-chosen title. And in these days of ours he furnishes much material for the comic artist, has added all kinds of contraptions to his original razor, strop and towel and, if the truth must be told, comes in for no small amount of criticism from the hygienists and those whose office it is to look after the public health. But we shall speak later of this aspect of the barber and his work.

No small proportion of the great ones of the past used the razor religiously. Alexander the Great, Julius Caesar, George Washington, the Duke of Wellington, Napoleon Bonaparte, Nelson and scores of others, proved that valor and wisdom and hairless countenances went together. Beards and other hirsute adornments are just now becoming increasingly rare, at least in the larger communities. Consequently, the question of shaving is becoming of more and more importance to the individual. Hence, too, the vogue of those razors which, in some form or other, enable one to be independent of the barber and the dangers which attend him.

Let us speak of these same dangers before we go further. Not so long since, the possibility of certain diseases being propagated through the medium of the barber's shop was considered worthy of the attention of the Legislature of the State of New York. As a consequence, laws were passed to the end of protecting the public from the possibilities for evil which lay in the towels, razors,

brushes, cups, powder-puffs, and so forth, of the "tonorial artist." For a short time there was much inspecting by officials, a great display of red crosses in shops, and an apparent, although unwilling acquiescence with the new statutes. Then the whole thing seemed to gradually flicker out until, just at present, affairs are pretty nearly the same as they were prior to the passage of the bills. But the dangers in question remain, nevertheless. Of course, there are barbers who do their utmost to protect their patrons from the danger of infection, but for all that, "barber's itch" is unhappily too common, while some of the most horrible maladies known to humanity can be passed from person to person by inoculation; in other words, by a disease-laden razor or unclean towel or a powder-puff that has been used on a dozen faces in succession, coming in contact with a scratch, or a pimple which has been decapitated. If you have your individual cup and razor, and so forth, the risk is considerably reduced. In order to be consistent, however, you should, or rather *must*, be possessed of linen all your own. But who is there who thinks of this when he stretches himself on the barber's chair?

It is right here that the various modern appliances for self-shaving appeal to the man of ordinary sense and, it may be, of limited time, for toilet purposes. The man who shaves himself saves not only money, but a good many precious hours during the year. For him there is no waiting for the cry of "Next," neither is there that feeling of exasperation which comes from a near-at-hand engagement and a finding that there are three ahead of him in the barber's shop.

Now, whether a growing sense of the hygienic advantages of self-shaving has brought into existence the many things which make the act pleasant and easy, or whether those things have in themselves brought the subject home to the

mentalities of the masculine sex, doesn't matter so very much. The point is, that, thanks to the inventions and appliances in question, there are thousands who shave themselves who, once on a time, looked on the barber as an absolute essential of their existence. And financially and in other ways they have learned to bless the people and devices which have brought about their independence.

If the writer were asked to name the inventions which, in particular, have wrought this revolution, he would unhesitatingly speak of the strops which, with the aid of a mechanical attachment, insure even the tyro getting a good edge on his razor; and those razors which have a cutting edge prepared by a secret process owned by their makers. Such an edge will yield many shaves before becoming blunt. Many of the most popular "safety" razors are fitted with blades made of this hardened steel, and hence no small amount of their popularity.

But to refer for a moment to the strop. In the old days the barber shop drew a large proportion of its patrons from those who couldn't or wouldn't strop a razor even when they had one. The knack of getting an "easy" edge on the instrument was never acquired by some men. Others made an indifferent job of it at best. In any event, there was bound to be a loss of time and an exercise of patience, which made the process a trying one except to the few who were born with the needed skill and temperament, so to speak.

Nowadays it is different. Provided that you are possessed of one of the new-fashioned strops to which reference has been made, you can't go wrong when you are endeavoring to renew the "life" of the blade, and this remark applies equally to the ordinary razor or the "safety." You simply follow directions and there you are, the owner of that most desirable of all articles from the shaver's standpoint—a "velvet edge." Mechanical arrangements take the place of the manual skill that was once needed, and the result is as told.

As has been intimated, the hardened steel which is such an important feature of the up-to-date razor plays an import-

ant part in both the modern "safety" and the razor of the usual form. Custom is a powerful factor in all things, including shaving; for this reason, there will always be a demand for the long, narrow blade folding into its handle and opening out when wanted. Fortunately, the difficulties of shaping these to current needs have been overcome, and the result is an instrument which, while satisfying the most conservative, is in line with the latest and best of razor improvements. And what is more, the claims made by the makers are pretty well warranted by the facts. Only those who have undertaken the lengthy and, in most cases, tedious task of sharpening a razor with the old-fashioned strop can quite realize the meaning of the statement just made.

The most significant of the features which mark the old as opposed to the new ideas regarding shaving is, perhaps, furnished by the "safety" razor, the vogue of which has increased marvelously within the past few years. The "safety" is an old invention as far as its name is concerned. But there is little in common with it as we know it today and the "safety" of, say, fifteen years ago. In the latter instance it was a cumbersome and unsatisfactory sort of tool that by no means did all that was claimed for it. And the work of re-sharpening its blades was alone sufficient to explain its non-success, while, somehow or other, it seemed to miss the corners of one's face, was given to scratching and in other ways was a poor substitute for the instrument that it was supposed to replace.

The "safety" of the year 1908 is quite to the contrary. Apart from its simplicity, its compactness, its absolute practicality and, in most cases, its economy, the fact that in the majority of instances it is fitted with blades which will yield shave after shave without re-sharpening accounts for the favor accorded it by the public. In this connection the writer wants to bear personal testimony to the staying powers of the blades which go with his own "safety." For obvious reasons, it would not be proper to name the make of the razor, but it may be said that although the steel is called on to deal with a singularly stiff beard, each blades furnishes from fifteen to twenty

shaves of a quality that it is simply impossible to obtain in a barber's shop of the usual, or indeed, unusual, sort. And the annual saving effected by this same "safety" is about \$33.00.

In the meantime, has the reader ever tried an olive oil shave? If not, he had better do so without delay, because it will be a revelation to him not only as far as actual comfort while the razor is passing over his skin is concerned, but in the matter of subsequent effects. The oil should be of the best quality obtainable, and if it is too dark it may be lightened by being exposed to the rays of the sun for a short time. Rub it gently but firmly into the skin before

using the soap, which should be applied in the usual manner. Then employ the razor and enjoy the ease with which the hair is removed.

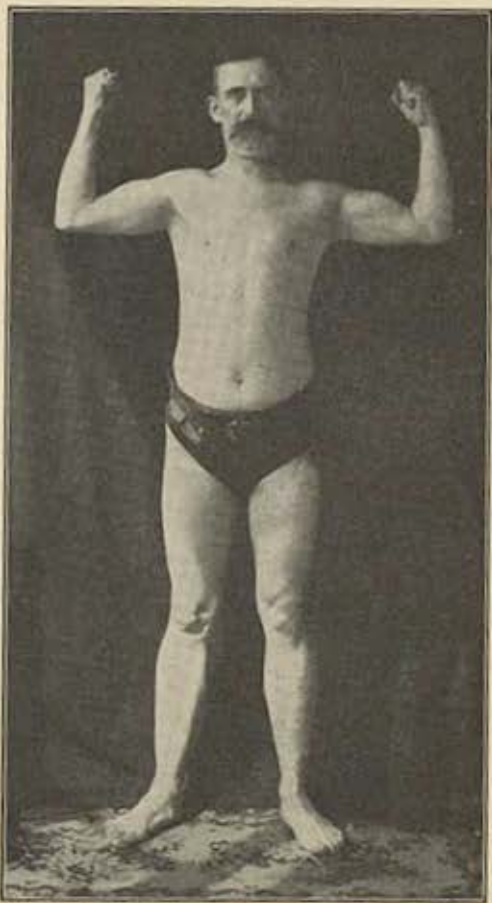
Some prefer to use the oil for the "second shave," the first being made in the ordinary manner with soap. This, however, is a matter of taste. In any event, the oil leaves the skin feeling delightfully soft and healthful, and there is no feeling of soreness even if the shave has been a "close" one. There is apparently a healing quality in the oil which makes itself manifest in the manner recited. Vaseline can also be used in the same way, but it has certain objections compared with olive oil.

### A New Zealander's Experience

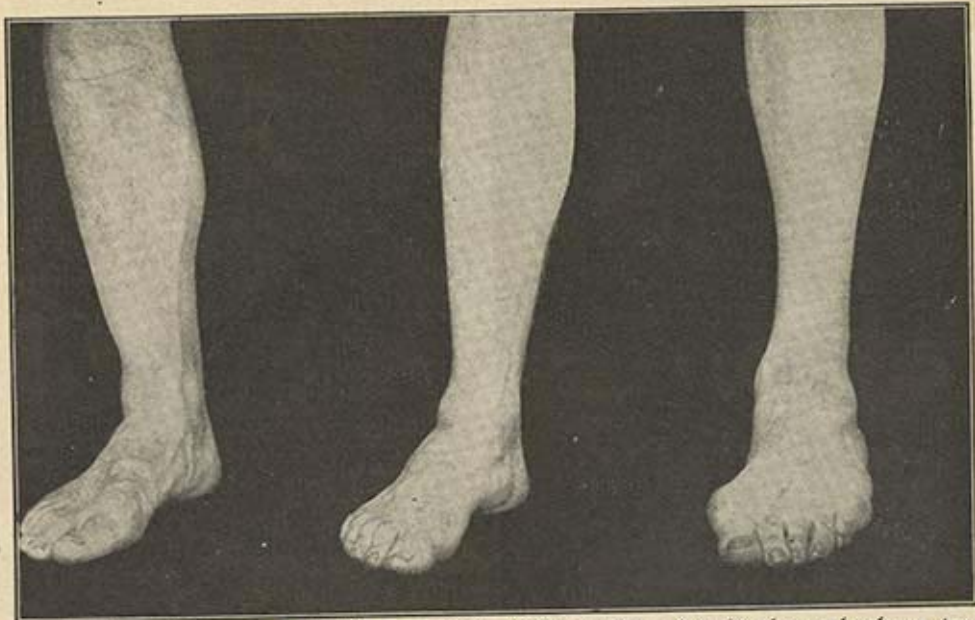
TO THE EDITOR:

I am pleased to see the increased circulation of PHYSICAL CULTURE in New Zealand. I always recommend it whenever I have the opportunity. As a youth, I had wretched health—was continually condemned to death by all doctors I consulted, and was rejected by insurance companies. About the age of twenty-five I, somehow, fell in with ideas similar to those inculcated in your magazine, and was enabled to build up a constitution, such as I had never before expected. In 1900, when passing through America, I made the acquaintance of PHYSICAL CULTURE, and at once realized its value. I procured all the back numbers, and have been a subscriber ever since. Though the teaching was not new to me, it enabled me to work more systematically, and furnished hints that I was glad to avail myself of. I am now forty-seven years of age and am engaged in a fairly sedentary occupation, but I never suffer from the slightest ill-health, and am quite convinced that my weakness and ill-health in youth was nothing but the want of exercise. Had I had then the benefit of advice such as is given in your magazine, my life would have been much happier and probably more useful. I may say that I do not exercise in order to put on flesh, but simply for health purposes.

H. R. HYATT.  
Coramandel, New Zealand.



CONDEMNED TO DEATH BY DOCTORS. REJECTED BY INSURANCE COMPANIES. NOW WELL AND STRONG—OUR METHOD DID IT



To the right is seen a startling example of the results of tight shoes, the large toe crowded far over against the second toe, instead of being straight, as in the case of the other feet at the left. Note the high instep and superior general condition of the feet at the left as compared to the other at the right. Also note the absence of any indication of "flat feet."

## Beauty Affected by the Feet

By Estelle Metzger Hamsley

**T**O a professional "beauty doctor" it is a matter of wonder that women, who aspire to be beautiful should pay so little attention to their feet.

Yet neglected, ill-shod or improperly treated feet will do more to discredit a woman's pretensions to "beauty" than the loss of five husbands in rapid succession.

Many women, otherwise dainty and fastidious in their toilet, will wear impossibly darned hosiery and ill-fitting boots without so much as a qualm of conscience.

It is a common thing for women to spend more money than they can afford on "vibratory" massage for the removal of wrinkles while they continue to wear the foot-gear that *produced* the wrinkles they are trying to eradicate!

One tenth of the time and money that

is expended on facial massage, if devoted to the care of the feet, would produce results of the most astonishing and gratifying nature.

I honestly believe that many of the diseases with which civilized people are cursed are traceable to their insane method of "dressing" their feet, and I doubt not at all but that a daily exposure of the feet to the earth, sun and air would not only improve the health but the appearance as well.

Who has not felt the delightful sense of exhilaration that comes with the first laying off of shoes and stockings in the spring? The earth seemed to caress your feet, and your feet, in response, to take hold of the earth and bask in the sunlight as though each of the five toes (to say nothing at all of the sole of your "tootsie") were gifted with a separate intelligence that fairly *loved* the earth.



The ugly, misshapen results of wearing so-called civilized foot-wear. Toes distorted and squeezed out of all normal proportion.

Who cared for a "stumped" toe or a bee-sting in those days? And what wrinkle eradicator did you use?

Have you never felt like daring the wrath of the "park policeman" by taking off the offending coverings and racing barefoot through the grass? I have! And I honestly think nothing less than my fear of the "Chicago American" kept me within the "bounds of decency"!

Talking of "decency" reminds me of a trip I made to a North Side bathing beach last summer. I went out with a friend, in the morning, my husband being slated to join us in the afternoon. We got into the conventional bathing beach suits (the friend bare-footed, I wearing stockings) and I was behaving myself in as orderly a manner as my "peculiar" temperament ever permits when my husband came on the scene.

He had no sooner donned his togs than he came racing across the beach to where the friend and I were sprawling on the sand and began in this wise, "Look here, Estelle, what the deuce are you wearing stockings for?"—Before I had time to answer "Bath-house decency, my dear,"

he had the left one off and was busy removing my right.

Close by sat a group of girls, who watched the proceedings with open-eyed interest. One of them called to the other, "I say, Mame, didju see that! *Positively undecent*, I call it." But "Mame" (who seemed to have a keener sense of perception than the others), answered in an indifferent and blasé tone, "Take it from me m'dear that's her *infinity*."

So much for the Chicago brand of "decency"!

In the giddy whirl of "rest cures" that are advocated by the wholesale I often wonder why nobody ever puts in a petition for tired feet.

Many an expensive trip to a "Rest Cure Sanitarium" might easily be avoided by a little intelligent resting of outraged pedal-extremities that always take their revenge for ill-treatment by nibbling the nerves to a ragged edge.

Suggest to the woman who throws herself, exhausted, on a couch for "a minute's rest" that she can't rest unless she removes her corset and she says "Simply impossible, I haven't time;" hint to



Instep too low. An example of the "flat feet" so frequently seen.



her that even with the corset off perfect rest is impossible until the feet are bare, she will raise her eyebrows and shrug her shoulders at you as though you had advised her to pillow her head on the innermost of Saturn's Rings.

Yet this same woman will find "time" to wait fifteen minutes to half an hour to keep an appointment in a "beauty" parlor, and as to the time she consumes in unprofitable reading, it is simply limitless!

It is a matter of common knowledge that the body throws off much of its waste matter through the pores of the skin, and that the arm-pits, the palms of the hands and the soles of the feet are important outlets of effete matter.

It is, therefore, of the utmost importance that these parts should have special attention. In addition to the morning "rub," should one's vitality be too low to permit of the tepid bath which should precede retiring (not alone for the sake of cleanliness but for the sheer joy of perfect relaxation as well), the arm-pits and the soles of the feet should be bathed at night.

If the feet are disfigured by corns, calloused spots, bunions or "chilblains" the services of a skilled chiropodist should be called upon and when the feet have been restored to as nearly a normal condition as possible the nightly bath should be followed by a vigorous massage with either olive oil or vaseline. When the foot has absorbed as much oil as it requires, wipe away the remainder, and if your feet don't sit up and take notice of this treatment in a week's time, in a way that will surprise and please you, then count me among the foolish "virgins," that's all!

It goes without saying, or would if people knew what foot-comfort really means, that the nails of the feet should be as carefully looked after as the nails of the hand. I do not mean that they need to be polished, nor that bleaching underneath the outer edge is essential, but that they should be carefully filed and that the "undergrowth" should be kept cleared away, I do mean.

Many a day's discomfort might be avoided by the girl who earns her living standing, if she gave more careful con-

sideration to the condition of her feet. Go into any of our large department stores and watch the girls as they "stand and wait." The lines around the mouth were not moulded by laughter, and the "frown wrinkles" were not graven by deep thinking. Just note the uneasy shifting from one foot to the other and you can guess, though you be "neither prophet nor son of a prophet," that the little lady's feet are taking their revenge upon their unhappy possessor for her abuse or neglect of them.

It is not always possible to secure the services of a good chiropodist, but half a



A foot that might be termed "better than the average," though still far short of perfection

dollar will purchase a fairly good home-chiropody outfit and the directions are so plainly written that a child, gifted with average intelligence, could use it to advantage.

If this is not obtainable, a toilet-pumice (to use in removing callous spots), a nail file, a reliable "corn-plaster," a box of talcum powder and a bottle of witch-hazel will work wonders if used properly. (Of course, oil or vaseline should be used after the pumice, being well rubbed in.)

Stockings should be changed every morning and before putting them on, the feet should be rubbed with witch-hazel or dusted with talc. The day's work will be lightened to the extent that the feet are comforted.

It is economy to have at least two pairs of shoes to wear alternate days and time and money expended to obtain a perfect fit is time and money saved.

What has all this to do with "health and beauty?" Why it's at the very foundation of the feeling of "ease" without which both health and beauty are impossible!

If you have neglected the care of your feet and have suffered by reason of that neglect (as so many have) you will be more than rewarded for the extra exertion it takes to get and keep the feet in good condition by the "feeling" of the feet, themselves.

Which reminds me of a story my sister tells of her little ones:

She had the pair nicely dressed and sent them into the yard to play, until some out-of-town guests should arrive, with the promise that they could take dinner with the "grown-ups."

Imagine her chagrin when the little ones came racing in with clothes mussed and soiled, shoes and stockings off, and unmistakable proofs of a wading expedition on bare pink feet and legs.

The little girl took the lecture, which preceded the putting to bed, in tearful silence but the boy was having hard work to suppress his dimples when his mother turned to him and said, "James, are you not sorry, too?"

Around her neck went the chubby arms and his answer, punctuated by a soft gurgle of a laugh, was: "Yeth, ma'ma, my head *ith* thorry, but (here the irresistible laugh), my *feet* ain't!"



Hugh Elmer Nair, Jr., Lake Brady, Ohio, a remarkable example in a 16-year old boy of the value of Physical Culture Methods

### A Sturdy Sixteen-Year Old Boy

The photograph reproduced herewith illustrates the remarkable development acquired by a youth only 16 years old as a result of following the methods advocated in this publication.

Mr. Hugh Elmer Nair, Jr., of Lake Brady, Ohio, is the name of this young man, who was 16 years of age June 13th, 1908. At that time he had been exercising systematically for somewhat less than two years. The photo speaks eloquently of the result of exercise in his case.

Mr. Nair may well be proud of his physique, for it is of an unusual degree of excellence for one of his extreme youth. He may rest assured that his efforts to secure physical perfection will be amply rewarded. He already shows signs of promise of a virile and vigorous manhood, and no doubt the future years will see him improve in every respect, physical and mental, as a result of his adoption of physical culture at an early age.



THE AUTHOR

# Confession of a Divorced Man

By Horace Kingsley

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

protect her. He easily bests Morgan, who swears vengeance and keeps the officers on his track, but the author avoids arrest. One night he is awakened and finds the house in which he lives in flames. After hurrying out he is not able to find Miss Maxwell. He rushes back to save her, but nearly loses his own life in the attempt. Miss Maxwell was found the next morning. She had been visiting friends the previous night and this accounted for the author's inability to find her. He visits Miss Maxwell quite frequently and they finally become engaged. Miss Maxwell goes on a visit to her sister, and the author, feeling the need of a vacation, goes to a resort near New York. While waiting for the train he meets an old friend of his home town, who informs him that Grace Winston had married, but that her husband had turned out to be a drunkard. The author marries Edith Maxwell and for a short time they are happy. Edith tires of home life, she goes back to the stage. They quarrel frequently. He becomes suspicious as to his wife's fidelity and watches her. He is amazed by finding her with Morgan, his old enemy. The author's anger is greatly aroused, and he is at first inclined to be revenged upon Edith and Morgan. He accidentally encounters Perkins who had accused him of committing the crime for which he was arrested. The latter is but a wreck of his old self and cowers before the author's anger. He claims to have some information of great value to the author. The author meets his wife the next day and insists upon a separation. She finally agrees to this. He goes back to live with the Malcolms. As he leaves a train one morning he look ahead and sees Grace Winston, his old sweetheart in the car ahead. He tries to board the train, but the gates are closed in his face. The author realizes it is useless to make an effort to find Grace in a big city like New York. The bondsman for Perkins has the bond canceled and he is thrown into jail. He tries to induce the author to refuse to testify, in exchange for information he can give about Grace Winston and his wife. The author agrees to help him in any honorable way that he can. The author meets a Dr. Milford, who awakens him to the importance of drugless health-building methods, and who is the means of making a great change in the author's life. He receives a note from his wife requesting an interview. She suggests that they be divorced and that he should appear to be the guilty party. He refuses to accede to this.

## SEVENTH INSTALLMENT

HERE I was a married man according to the law, and yet in reality I had no wife. I was legally bound to a woman who did not want a home and would not assume the responsibilities connected with home life. I naturally wondered what her reason might be for desiring a divorce from me. Did she want to marry someone else? I could hardly think of any other reason. I hoped that her desires were of this character, because I knew that if such was the case it would be easiest to cancel the legal bond that bound us together. The problems presented, were not easy to solve, and I tried to eliminate them from my mind for the time being.

While I was on my way to work next morning, the question as to whether or not I should attend Perkin's trial assumed very grave importance. The case was scheduled to come off on that day.

I learned, however, that trials of this kind are frequently put off again and again, though I remembered Perkins saying something to the effect that he had definitely understood the trial would not be delayed. Somehow it was hard for me to fully make up my mind to testify against Perkins, realizing as I did that I might be the actual cause of sending him to the penitentiary, which in his present condition would undoubtedly mean a death sentence, for no man suffering with his disease could live long in confinement. Of course, all my resentment against Perkins had disappeared. Naturally I blamed him for his dishonesty, for I firmly believed in his guilt, but I did not feel that he deserved a penalty that might mean death, I had not as yet received a subpoena. I remembered his statement to the effect that he would see I did not get one, so I supposed my

failure to receive it was due to the influence he had mentioned that he would use. I had arranged my duties so I could easily be absent a large part of the day, and on arrival at the office, I found on my desk the following memorandum:

"Mr. Kingsley: The trial of Perkins is scheduled for to-day. Be sure to attend. I suppose you have received the subpoena. Wicks."

It was clear that Mr. Wicks intended to push the prosecution of Perkins. From a strictly business standpoint, I could not blame him. I realized that if dishonesty were to go unpunished, it would be taken advantage of in every conceivable way by unprincipled employees; but at the same time, I did not feel that I wanted to be used in the matter. Reasoning from Mr. Wick's standpoint, no doubt, it was my duty to go to the trial and testify. The reasoning of a cold, analytic mind could bring one to no other conclusion, but as I had not been subpoenaed, I concluded I would so inform Mr. Wicks.

"I haven't received a subpoena," I said as I entered his office holding his memorandum. "Is it your wish that I should attend Court anyway?"

"There is no need of attending Court unless the trial is to come off, and I should think you would have been subpoenaed if the trial is to be held."

"I believe that is the usual rule," I replied.

"I will call up my attorney and let you know," said Wicks.

I went about my duties and in a few minutes was requested to see Mr. Wicks again in his office.

"My attorney says that the trial is scheduled for to-day. He does not understand why you have not received a subpoena. You had better go over to Court at once," said Mr. Wicks, as I entered his office.

"All right, sir," I replied, and turned to leave the office. As I was going out of the door, I wondered if Mr. Wicks knew Perkins was ill. I knew it would be a little presumptuous on my part, but I concluded to broach the subject to him.

"Mr. Wicks, I beg your pardon, but I suppose it's really none of my business, but I have understood that Perkins has

already been very severely punished; in fact, I understand that he is suffering with consumption and if this trial should go against him he would be sent to the penitentiary and that would probably mean death."

Mr. Wicks looked at me critically with his keen eyes, and for a moment did not reply.

"Kingsley, a business man is not supposed to be sympathetic. At all times he should be cold and calculating. Anyway the matter is really out of my hands. As you know, the State takes up the prosecution of all cases of this kind."

"Yes, I know the state does the prosecuting, but if the complainant does not make a good case, he cannot secure conviction."

"Now, Kingsley, what do you want? You do not mean to tell me that you would suggest that I help Perkins by holding back facts which would tend to incriminate him? He has been dishonest and he must suffer the penalty for it."

"I realize it's none of my business beyond the assistance that would be required of me in convicting him, but I saw him recently and he is a wreck of his former self and possibly he may have been punished enough already."

"You are hardly in a position to judge as to how much punishment he may deserve. I suppose he worked on your sympathies and has been trying to get you to help him."

"Yes, I will admit he has."

"Well, Kingsley, if I had no one but Perkins to deal with in this business, in other words, if I thought there would be no more dishonesty in my institution hereafter, I would allow my sympathies to influence me, and would help him, but we are in business here and dishonesty of every character must be punished with a firm hand. If I should be lenient with Perkins, all the employees here handling money would feel that they would be dealt with in a similar manner under like circumstances. But what's the use, Kingsley? There is no need of discussing it. You go ahead and attend to your duties in a businesslike manner, and of course I expect you to attend this trial and tell the truth and nothing more."

He turned to his desk and I realized that there was no use of discussing the matter further. As far as Wicks was concerned, Perkins would undoubtedly get the full limit of the law.

I appeared at the courtroom promptly at the time designated by Mr. Wicks' attorney. I sat there in the Court and listened to the dull routine that is followed there day after day. The assistant prosecuting attorney who was to try the case, asked me some questions with a view of determining the value of my evidence. He told me to remain in the courtroom, but that the case would probably not be reached until the afternoon. I had been sitting there about an hour trying to find something of interest in the cases that were being hurriedly handled by the judge, when I was approached by a well-dressed, dignified looking man.

"Your name is Kingsley?"

"Yes."

"Well, the Perkins case will not be reached until this afternoon. There will be no need of your remaining now, though be back here by two o'clock."

As it was a little after eleven o'clock at the time, and I thought I could do little or nothing by going back to business, I turned towards home thinking I could have my lunch and perhaps secure some much needed rest, as I had not slept very much the night before. Had I known the character of the man who gave me this information and the results that would accrue therefrom, no doubt I would not have acted so thoughtlessly.

It was a bright, clear day. The sun beat down with pleasing warmth, although the atmosphere was quite chilly. As I made my way towards home, to a certain extent pleased with the brief freedom from my usual duties, I could not help but think of Perkins, who was undoubtedly at that time in a dingy, uncomfortable cell. It was really hard for me to determine definitely to return to Court that afternoon, and the closer the time approached, for the trial, the more I was inclined to balk at my part of it. But as I found out afterwards all my worries on this account were needless. I arrived at the courtroom a little early. The judge had not yet opened Court. I

had been there but a few moments when the assistant prosecuting attorney who had talked with me that morning entered. I noticed that he seemed a trifle flustered, and as he saw me, hurried towards me.

"Why, Kingsley, what's the matter with you? Where were you this morning?"

"Where was I? Why, I was here. What's the matter?" noting the unpleasant tone of his voice.

"Matter enough! What I want to know is, why were you not here?"

"Well, I was here until I was told the case would not be called until this afternoon, and that I would not be needed any longer."

"Who told you that?"

"Why, I don't know his name, but he was tall, and officious-looking, and I supposed he was connected with the Court."

"He told you the case would not come up this morning?"

"Yes, and said that I need not remain but could return this afternoon."

"Well I'd like to get hold of him. I'd make it interesting for him. Could you identify him if you saw him?"

"Yes."

"Look around and see if you can locate him."

"Why, what has happened?" I asked.

"Perkins' case was called, and as you were the main witness there was no one here with evidence of value to testify against him and he was released."

"It's all over, then?"

"Yes, but if you had been here, it would have been different. Look around and see if you can find the man who told you to go home."

I went into the outside corridors and began to search for the cause of the attorney's discomfiture. I will admit I was not anxious to find him; in fact, I did not try, and in a few moments I returned and told him that my efforts were fruitless.

"Nothing can be accomplished now, anyway," was the reply. "You can go back to your duties."

Maybe it was not right, but as I made my way towards the office I felt relieved. I was glad that Perkins was free. He had undoubtedly received a lesson that

he would not soon forget, and I felt that nothing would really have been accomplished in his case as far as he was personally concerned by any further punishment. I knew, however, that Mr. Wicks would not look at the matter in this light, and somehow I felt that there would be considerable unpleasantness in store for me when the matter was explained to him.

Mr. Wicks was not in his office when I arrived. I had not been working very long, however, before he sent for me.

"Well, Kingsley, this looks bad," he said as I entered his office. "I might ask for an explanation, but I do not think any is needed. You can go to the cashier and get what money is due you, and get out." There was anger in his tones and in his eyes, as he looked up at me.

"That is your privilege, Mr. Wicks, but it seems to me you should give me an opportunity to explain. If I've been at fault I'm not aware of it."

"What's the use of explaining? I see no need of it," turning to his desk and nervously fingering some of the papers lying thereon.

"You can give me a minute, can't you? I think there is a misunderstanding."

"Well, go on. I'll listen, but I don't think it will change my decision."

I told him of my experience at Court, how I had been instructed to leave by a man who I thought was a representative on our side of the case. I thought that this explanation would make a quick change in his attitude, but I was disappointed.

"Is that all you have to say, Kingsley?"

"Yes, I don't see how I could have done otherwise, under the circumstances."

"At least, you could have come direct here," he said, "for then I would not have blamed you, and when the district attorney telephoned here for you, which he did as soon as he found you were missing, you could have gone directly to the courtroom."

"I suppose I'm at fault there."

"Yes, you are at fault, and my decision will have to stand."

"In other words, I am discharged."

"Yes, if that's what you want to term it."

I turned and went out of the door. I was angry. I felt that he should have given me more consideration. I collected the money that was due me and quickly left the premises. Previous to this, on every occasion, I had noted an inclination on the part of Mr. Wicks to be fair, and I could not really understand his attitude. Was there something behind it? Had my old enemy Slim Jim given some information that had prejudiced him against me? These queries arose as I made my way towards home. I was certainly relieved to know that Perkins had been released, even if it had been obtained at the expense of my position. It was better than for me to feel that I was the direct cause of forcing an unjust penalty upon him. However, it was not at all pleasing to be out of a position, especially at this time, as I had heard a great deal about what was everywhere termed dull times. Fortunately I had prepared for a "rainy day." I had been saving some of my salary each week ever since Edith had taken her position at the theatre, and by this time it had grown into quite a respectable sum, and I could afford to remain idle for a short time.

As soon as I had time to "collect" myself, my first thought was of the information that Perkins had promised to give me in case he was released, and instead of going home, I went direct to his address. I was informed that he had left there, and they did not know his present address. Evidently they were not aware of his imprisonment, and of course, I did not care to enlighten them. I took it for granted that he would probably communicate with me as soon as the opportunity offered.

Mrs. Malcolm and her daughter were very greatly surprised when I told them of my misfortune.

"I cannot understand it, Mr. Kingsley. There must be a 'nigger in the woodpile' somewhere," said the older woman.

"I would not be a bit surprised if there was some underhanded work," I replied, laughing at her expression.

"Why, you take it easily," she said, smiling, broadly.

"What's the use of doing otherwise? There are other positions."

"Yes, but you've been discharged."

"Suppose I have. It was not my fault."

"I know it is not your fault, but when you are asked for a reference, whom will you give?"

"That's true," I replied, this phase of the subject never having occurred to me before. "But I don't care," I continued, "I did the best I could."

"Never you mind! I feel satisfied you will find something."

Two or three days passed without anything of importance occurring. I had spent the time searching for a position, and already there was a prospect in view that was pleasing in character. One evening as we were at dinner, the doorbell of our apartment rang and Mrs. Malcolm returned and said there was some one to see me. Thinking it was no doubt something in reference to the various positions for which I had applied, I hurried into the parlor where the caller was waiting for me.

"Your name is Kingsley?"

"Yes."

"Horace Kingsley?"

"Yes."

"Edith Kingsley has brought a suit for divorce against you, and I have been instructed to serve you with notice of the suit," handing me a legal paper.

I took the paper without comment. I hardly knew what to say. What charges had she made against me? On what grounds could she apply for a divorce? These questions quickly flashed through my mind. I proceeded to interrogate my caller.

"I know nothing about the suit against you. I was simply given this paper and instructed to serve you with it. If you want any further information, you had better call on her attorney," was the advice he tendered me as he left the room.

I looked at the paper in my hand. I sat down and carefully read it over. I understood but little more after I had read it than before. I had lost my position; now I was served on a suit for divorce, and what her charges were I could not make out from the paper that

had been presented to me. I tried to get Mrs. Malcolm to give me some information, but she apparently knew less about matters of this kind than I did. I had but little appetite left for my dinner, and to a certain extent my attitude apparently affected Mrs. Malcolm and her daughter.

"Oh, what's the use of being so unhappy, Mr. Kingsley?" said Mary. "It seems to me you ought to be glad. You want a divorce, don't you?"

"Yes, I do," I replied, brightening up.

"Well, if that represents your desire, it seems to me that the paper with which you have been served represents a step in the right direction."

"Yes, that's true," smiling at her.

"Well, then, why not be happy?"

Mary's attempt to relieve the melancholia that affected us was productive of good results. I tried my best to appear in good spirits and was moderately successful. I had been wondering right along why I did not hear from Perkins, and was finally beginning to think that maybe he had no intention of giving me the information that he had promised on account of my failure to make a more definite effort to assist him. Somehow or other, I felt that I would hear from him.

I concluded I would call on the attorney who represented my wife the next morning, and I was of course ready to do anything I could to facilitate her demand for a divorce. But some how I could not bring myself to allow a charge such as she had formerly proposed making, to remain on record against me. Early the next morning, I started in the direction of the address given on the paper with which I had been served, as the address of Edith's attorney. I was just about to enter his office, when it occurred to me that it might be a good plan to consult Winslow, the attorney who had advised me on previous occasions. I found him in his office, and was able to see him after waiting a few minutes.

"Well, Kingsley, what's the matter now?" was his greeting.

"I was served with this paper last night," I said, handing it over to him. He opened it and looked it over carefully.

"Well, this is what you want, is it not?" looking up after carefully examining it.

"Yes, I want a divorce."

"And you have no evidence to warrant your applying for it?"

"I suppose that's true."

"Well, then, let her present whatever evidence she may care to."

"But it wouldn't be true. She can get no evidence against me."

"What's the difference? The records of a divorce court in an unimportant case of this kind would not be published anyway."

"How do you know it won't be published? My wife is an actress, please remember."

"Yes, but she is not prominent enough for that."

"You advise me then to make no defense?"

"I certainly would."

"Don't you think it would be a good idea for me to ascertain in detail the charges she may have made against me?"

"Yes, if you choose, though I don't see that it makes a great deal of difference."

"I think it does," I insisted.

"Well, you could see her lawyer and tell me the result of your visit, and then I could advise you more intelligently," he finally remarked.

I proceeded to follow this suggestion without delay. I had no difficulty in securing an interview with Edith's attorney. He must have been at least sixty-five or seventy years of age. His hair was iron gray, but he possessed the vigor of a much younger man, and as I entered the office, his keen grey eyes looked at me searchingly.

"So you are Mr. Kingsley! Well I'm in a position to make you a very happy man."

"Happy man!" I said in surprise, as I took the seat to which he pointed. "I am afraid I have had too much happiness already."

"Well, but I mean the right kind of happiness," said he smiling. "You are a married man, aren't you? You want to be unmarried, don't you?"

"Yes."

"Now acknowledge to me candidly,

wouldn't it be the happiest moment of your life if I could tell you you were free once again?"

"It certainly would," I replied.

"We read a great deal in novels about those who are married and happy ever afterwards. Now my business is to bring happiness by severing the marital ties. I'm your wife's attorney, and at the same time I'm your attorney, because you'll have to pay the expenses, smiling."

"I'll have to pay the expenses!" I exclaimed in surprise.

"Yes, you've got to pay your wife's bills, and the way to do then, is to have everything amicably arranged."

"I'm agreeable, Mr. Tracy, provided it is not necessary for me to do anything dishonorable."

"You don't need to be dishonorable, but it is necessary for me to present some evidence that will make you appear dishonorable. You will have to seem to be dishonorable, or rather untrue to your wife."

"Well now, look here. I want a divorce bad enough, goodness knows, but I don't intend to allow my wife to charge me with adultery."

"How are you going to be free from her without it?"

"Isn't there some other way? I don't want her, she doesn't want me. Surely the law does not compel two people to live together who do not want to have anything to do with each other."

"No, the law does not compel you to live with each other, but one or the other of you will have to commit some offence to warrant a court to dissolve the marriage ties or else wait until you can apply for a divorce on the charge of desertion."

"Why can't she commit the offence? In fact, she has committed many already that would give me a divorce if the evidence were presented in Court."

"Yes, but where's your evidence?"

"I have got no evidence that would prove anything before a jury, I realize that."

"Anyway, she won't allow that. She is willing to give you a divorce if you will pay for it and will furnish the evidence."

"But how can I furnish the evidence?"

"Oh, that's easy enough."



"You mean that you want me to actually be guilty of adultery in the eyes of the law."

"No, I don't mean anything of the kind. I mean that you must appear to be guilty. I must have some evidence that would be compromising in character against you, in which some woman is associated."

"You propose that I actually make this evidence?"

"And I will see that there are witnesses handy who can swear to your actions when the suit for divorce comes before the Court."

"I think she wants entirely too much. I think I would rather secure evidence against her and bring suit against her."

"Now, Kingsley, I'll be honest with you. What's the use of wasting your money and time? As I understand it you are not a man blessed with much riches. Now you have to have evidence that is unquestionable in character to get a divorce against a woman, but it is comparatively easy for a woman to get a divorce against a man. You see, when you charge a woman with adultery, it's a terrible crime, but a man can be an adulterer and still be received in the best society."

"Suppose I refuse to make this evidence for you?"

"Well then, she will bring suit against you for non-support."

"But my wife receives a larger salary than I make!"

"It does not make any difference. The law compels a man to support his wife. Now the easiest way is the best. You just think it over and come in and see me again. We don't want to use any force, but I have been engaged on this case, and naturally I am going to do the best I can to win it for my client."

"You say I must pay the expenses."

"Yes, and if we work amicably together it will be cheaper for you, for if we force you, the Court will probably allow us considerably more for expenses than what I will demand."

There was more of this conversation, but I have reported enough of it to give the reader an idea of the difficulties encountered. It was plain that my

wife intended to force me to accept her views, if it were possible, and I was inclined to agree with his statement that a divorce on some occasions is really far more strongly desired than was the marriage that preceded it.

The next morning I received a very pleasant surprise. It came in the form of a note from Perkins.

"Meet me at the Astor House parlor, opposite the Post Office, to-day at three," was the important part of his communication. You can rest assured that I was there promptly, in fact, I was waiting for him when he arrived. I noticed as he advanced toward me the great improvement in his appearance since I last saw him.

"Well, Kingsley, how are you?" he said extending his hand. "I suppose to a certain extent I have to thank you for my liberty, though you certainly did not go out of your way much to help me."

"I did as much as I could, Perkins. In fact, I did enough to make me lose my position."

"Lose your position! You don't tell me!"

"Yes, I do tell you. I have plenty of time on my hands at present."

"So Wicks discharged you. What for?"

I described to him the experience that resulted in my discharge.

"Now I will bet there is something behind that," he replied, as I finished my tale. "I know very well Wicks could not have discharged you merely for leaving the courtroom when you made a mistake of this character. Did you explain it to him?"

"Yes, I explained fully, and he seemed to be very much angered at me."

"I will bet I know what it is! It has come from the fellow you called Slim Jim."

"Your friend, Slim Jim."

"My friend! He never was my friend. In fact, he and I had a quarrel a little while after I left the place."

"What was the quarrel about?"

"Well, I'll tell you. I'm not such a bad fellow. He wanted me to enter into the worst sort of a game I ever heard of against you. I'll admit at that time I

had no special love for you, but he went too far for me."

"And you think now that he has made some false statements about me to Wicks?"

"Yes, from your story, I am almost sure of it."

"Anyway, I'll find out. But how about the information you were going to give me?"

"You don't really deserve it, Kingsley."

"I think I do. I lost my position on your account."

"Perhaps you do. Anyway, I'm willing to give you the benefit of the doubt. The information refers to your wife and also to Grace Winston whose married name I cannot now recollect. I told you formerly how I made inquiries with reference to you in your home town and various other ways, with a view of learning something of you to your disadvantage. And for the same purpose I shadowed you on several occasions and I also shadowed your wife. If you are ever desirous of getting a divorce, I think I can furnish you with some information that will help you."

"By Jove, Perkins, if you will help me in that regard I'll be your life-long friend."

"Why, has the time already arrived? Do you already want a divorce?"

"I should say I do. At the present time she is trying to force me to make evidence that will enable her to get a divorce against me."

"Oh, she's a cute one. You'll have a hard job to get her. But I have some evidence against her that will help you. Whether it's strong enough to insure a divorce, I cannot say. But don't interrupt me and I'll tell you the whole story, and you can then ask all the questions you like."

"Well, in search for information of you at your home town, I got into correspondence with half a dozen different people, and finally one woman whom I wrote to said she was under the impression that you were formerly in love with Grace Winston, who married a short time after you left. The marriage turned out unhappily and she had left for New York to earn her own living.

After many careful inquiries, I managed to get this young woman's address, and I called on her."

"You have seen her, then! You know her address? Splendid! You are my good angel!"

"Now don't be too sure, Kingsley. But anyway, don't interrupt me. I called on her. At that time I still had a very strong feeling of enmity toward you, and of course, endeavored to draw something from her that would help me in my search for material against you. I was unpleasantly surprised in this instance, as she spoke of you in the highest terms. I found out, of course, that she had been unhappily married, though I could get no details of this from her. She told me of having known you at your home town, that you had visited her frequently, and that awhile before she was married you had suddenly left and no one knew where you had gone. From what she told me, I could not have inferred that you were infatuated with her, and I'll say to you right now that she is a remarkably fine woman. From the letters I received from your home town, I learned that she lived with her husband less than a year, and the latter part of this period he was drunk most of the time. I am inclined to think she would be glad to see you."

"She won't be any more pleased than I'll be, I can assure you. But how about the address?"

"Oh, I will give you that in due time. But now as to your wife. You remember that fellow Morgan that you had the trouble with, and I saw once or twice?"

"Yes, I remember him very distinctly. I have good reason to remember him."

"I should think you did have good reason. Well, he is a scoundrel of the first order, and after I had shadowed your wife a few days I found that she was in the habit of meeting him and going with him to an apartment which I afterwards learned was occupied by two sisters who were actresses."

"The Werner sisters?" I interrupted.

"Yes, that's the name. She apparently had a key to their apartment and passed into the place just as though she was residing there."

"And you say that you saw her pass in two or three times with Morgan?"

"Yes, saw her three different times."

"And you would be willing to swear to that in open Court?"

"Yes, I would; but don't be too sure about the evidence being of any value, because if the Werners should swear that they were there on each occasion, the evidence would be of no value."

"But you say you know they were not there."

"I'm certain that they were not there, but I can't prove it, and if they should swear they were, then what could you do?"

"I couldn't do anything, I suppose."

"Anyway, that's something for you to take up with your attorney. He knows the legal points, and I don't. I think that's about the extent of my information of special value to you."

"Except the address," I added.

"Oh, yes," he replied. He took out a card and wrote Grace Winston's address thereon. I took it eagerly and saw that it was not very far distant from where I was then residing.

Perkins told me he had a good position and that he felt greatly improved as it was a great relief to know that his difficulties were ended. We chatted quite a long time about Dr. Milford, who, he claimed, had saved his life.

"I was actually down and out," he said, "and do not think I could have lived another month without his advice. He is certainly a wonderful doctor. I was taking dope by the bushel when a friend recommended me to him, and I could not have lasted much longer."

I had already begun to feel benefited from following the suggestions made by Dr. Milford, and I enthusiastically joined in his praises of him. I bid Perkins goodbye and promised to see him again as soon as my personal and business affairs were more settled.

"I'll be quite busy for some time in my efforts to secure a position and to straighten out other tangles into which

I have gotten myself," I said as I bid him farewell.

I had Grace Winston's address tucked safely away in my pocket, and I removed the card once or twice on my ride towards home with a view of trying to recall to my memory the neighborhood, in which she resided. How was I to see her? Should I call without writing? and other questions of a similar character came to me. I was really too impatient to wait for a reply to a letter, and yet somehow I felt that was really the right way to request the privilege of calling. I finally compromised by sending a messenger with a note to her. The messenger returned with the reply that she was not at home, and I then realized that I would have to wait a reply by mail.

There was nothing in the mail for me the next morning, but when I returned home that night, a letter was handed me addressed in an old, familiar handwriting. I put it in my pocket and went to my room. I wanted to see its contents while I was alone. I hurriedly tore open the envelope and read as follows:

"Dear Mr. Kingsley: I shall be pleased to see you most any evening. I am nearly always at home, and do not go about much. It would be a pleasure to see someone from my old home who will not bring back unpleasant recollections. Yours sincerely, Grace Winston."

It would be hard to describe the emotions aroused by the reading of that letter, and there were many remembrances associated with her familiar chirography. I was anxious to call and to renew my friendship, for I would hardly dare to call it more, for according to law I was still a married man, and under such circumstances, had I the right to renew my acquaintance with her, as I knew very well I could not avoid showing my strong affection for her. But whether I had it or not, it was my intention to take the right, and I hurriedly dashed off a note to her stating I would call the next evening.

(To be Continued.)



## Our Coming Generation

What chance has the baby? Is not his very soul steeped in every imaginable abomination, indulged in by parental forefathers many generations before his birth, and must he follow in their wake? Must he be a weak, sickly, diseased degenerate—to grow up a drunkard, a

coward, a fool—to live a life of sin, suffering and sorrow? *Poor suffering humanity! I Stop! Think!* Why not help suffering human beings before birth? *Fathers and Mothers* "it's up to you" to frame and to build your baby's future. Think it over!



HELENE W. JOHNSTONE

## Oh, For a Real Man

By Helene W. Johnstone

The author of this article intended furnishing us with something on a more serious subject, as indicated in the announcement in our previous number. We are, however, satisfied that our readers will be pleased with her views on the subject she treats herein, and her article on the Sacredness of the Home will appear in a future issue.—Bernarr Macfadden.

I AM hoping that physical culture methods will in time develop for us a race of men. I do not mean the imitations that I meet everywhere, the flat-chested, round-shouldered or generally misshapen representatives of manhood that I find in every civilized community. I mean real men, who carry with them evidence of power, men who are the very incarnation of force, men whose vitality and strength seem to literally bubble over because of its over-abundance.

The world needs men. The women of the world want men. It is hard for me to understand how the average woman can be satisfied with what is offered to her in the form of manhood. The average man is a poor makeshift. He is not the real thing. In many cases he is a sickly pretense. He has not the faintest conception of the requirements of strong, sterling manhood. Why don't the women wake up and demand better men? Do not be satisfied with anything but the very best. If a man comes a-courting, let him understand definitely in the beginning that you are looking for manhood of the very best quality, that you are not going to be satisfied with any old thing that happens along. And then maybe his interest in the theories advocated in this magazine, for instance, will immediately increase at a marvelous rate. The average man knows his deficiencies; at least, he realizes he is not complete in every sense. If he doesn't, then he is an egotistical fool, and fools do not make good husbands. They are sometimes useful for a brief entertainment. They are all right for a theatre party, especially if papa has the coin, but to live a lifetime with one of these miserable specimens

would for me represent a sentence to purgatory, and would supply a good imitation of the lower regions.

When talking to the "pretenses" that you find everywhere, who wear men's clothes with such unbecoming effect, I have exclaimed thousands of times, O for a real man! It is really shameful that women have to be satisfied with the so-called men that one usually meets. I know they do the best they can—that is, the women. They take the best that is offered, and try to find at least the modicum of happiness, but I do not in the least wonder at their inability to keep up the farce for any great length of time. You have to have a man, first of all, if you are desirous of making a happy home. Marriage means the mating of a man and a woman, and though the women may have many defects, I am of the opinion that the men are to a very large extent to blame for them. If the men were big and strong and more capable from every standpoint, the women would possess more superior characteristics, but I am not going to criticize my own sex. I think if men expect any better wives, they must first have something to give in exchange for more superior characteristics. For instance, you will find the height of manhood often represented in some communities by a wine-drinking, tobacco-soaked, mere prig—a man with no conception of the higher characteristics of manhood. Such men are often overfed and so puffed up with their overweening egotism that you could not beat any sense into their heads with an ax. The height of the ambition of such men is to shine in some big social function. They acquire a lot of borrowed wit that they use effectively at the dinner table. Their specialty is dining out, their capacity in the food eating line is usually re-

markable. Their mental capacity is often of the pinhead order. They are small, miniature, atoms of nothingness, though in their own opinion they swell up bigger than the biggest balloon I ever saw. And yet, such men as these are often recognized as leaders in large communities. They often "shine" in society, and in some marvelous way seem to make a name for themselves, but frequently they are the most miserable "fakes" that ever paraded in man's attire.

Oh, for a real man! That is my prayer. No doubt there are many readers of this magazine that would come up to my standard, but they represent only a small proportion of this great big country. There are so many men who are the poorest kind of measly specimens, small in mind, small in body. Their little weazened souls have never been stirred by a great thought or a noble deed. In fact, it almost seems an insult to the Creator to think of such men having souls. They might more appropriately be called "mistakes," for the Creator, it seems to me, could never for a moment consider that such specimens of humanity were made in His image. Manhood of the highest order is the most momentous need of our times manhood that is at times even grim and stern and relentless, manhood that will stand for firm principles, that will possess that stability of character which no influence can deviate. The men of today are always seeking smooth paths. They are always looking for the line of least resistance. They are searching for something easy. If they start out in life with a character, it is usually of the jelly-fish order. It can be bent and moved in

any direction that is required to fit the particular circumstances in which it finds itself. I would like to see a few men with backbone, a few men who possess the stamina and the grit and the "sand" to stand by whatever they believe in and to fight for it through thick and thin, on, on, to life's last moment.

I would like to find a few men with character, with fine, strong, superb bodies. Those men who have developed a fine physique in many instances seem to have neglected the mind. Superb minds and bodies should go together. They make a marvelous combination. They give one a power that is absolutely irresistible. They put in one's hand a force that cannot be downed, that is almost indestructible. It goes on and on, and victory is absolutely sure to crown the efforts of those gifted with this wonderful power. I say gifted, but the word conveys a wrong impression. Such a power is not a gift, it is the result of continuous struggling, day after day, year after year, and on and on. It comes only to those who have self-confidence, who believe in themselves, who believe in their message, in their purposes, in their characters, and who look upon life as a great battle. Day after day such men prepare for the fray, year after year their abilities increase, and to such men a failure now and then represents nothing more than a stepping stone to greater final successes. I am looking for real men. Are you doing the same, sisters? Do not be satisfied with anything else, but at the same time, do not forget that you should first of all deserve a man of this kind. You can hardly expect much under any other circumstances.

### One Readers Opinion of the Corset

TO THE EDITOR:

I have read *PHYSICAL CULTURE* for more than three years and I would not be without it.

Keep up your fight against the corset as you are now doing but make its dangerous results more plain and get some more photos of more laced figures to show the curses of civilization, so-called. I am mailing you under separate cover two newspaper cuts that will demonstrate and may help you prepare an article. When you read these you will see

how the fashionable corset has ruined humanity. What will our next generation be if the present young women are allowed to curse the Lord by ruining their bodies and souls?

Another striking incident is to be noted. A few members of the W. C. T. U. are laced beyond the danger line ten times, and still are advocates of killing Satan. The article by H. W. Hardwick is the best I ever read, keep it up.

Casnova, N. Y.

J. H. J.



## A Confidential Letter to Women

**T**WO years ago a man saw me in church and determined to know me. He succeeded, and after an acquaintance of a fortnight, he wooed me with all

the ardor and passion of a strong man's nature. Never before in my own experience had I believed it possible, except in books, for a man to so determine to win a girl and to practically succeed even against such great odds as a strong girl's will. I at first determined not to be won by him. He is not my equal from a social standpoint, nor were his advantages in earlier years so great as those of my brothers, and perhaps this prejudiced me a little, although as regards birth he is my superior. Nevertheless, he is brave, strong and true, and has such perseverance and indomitable will power that we finally became engaged. This occurred about five months after I first met him. The engagement was made against the wishes of my people, as they consider his prospects not sufficiently good. Now I have been engaged to him several months, and I still at times wonder if I really love him sufficiently. I know very well that my love for him is not to be compared with his love for me, for his first ardent passion has never waned, in fact, if anything it has increased. When he is with me, some power he has over me seems to overrule all my doubts and I am satisfied. But in his absence, I often wonder if he is my affinity. Quite recently he said to me. "E—, you are not giving me the love and devotion I give to you, and I have waited and worked hard for it and shall continue to do so, but somehow up to now you seem to be not really mine, but simply fascinated by a stronger nature." I only cried as I often do when he talks

to me like that. Now these are my questions:

Is it natural and right for a man's love to be so much stronger and greater than a woman's? Am I being gradually drawn to him? Is it merely a reserved nature that prevents my giving him a strong affection? Shall I awaken one day to the fact that he is all in all to me? Ought I to continue if I am in the least doubtful? And yet, I could not bear to pain him by breaking our engagement. He once said that if I failed him now, no other man would have me, for he would shoot him, and I will add that we are both Physical Culturists, and that I am not loved for my pretty face, as I haven't one, but I am the proud possessor of health and strength.

Is it not possible that you are attaching too much importance to the social differences that seem to have so strongly affected you almost from the first meeting with your intended? No one can deny that it is more difficult for a man and woman to be happily married when there is a marked difference in their social stations. Of course, while the intense affection continues that usually accompanies a marriage of this kind, at least in the beginning, these social differences are unnoticed. But when the intense affection begins to be "toned down" by continuous association with each other, then one is inclined to begin to pick flaws in the other, and as a rule, it is not difficult to find many flaws that might not have been previously recognized. I am very much inclined to think that you are perhaps a little bit too finicky, and if you were to try and obliterate the restraining influence that has continuously hampered you in your regard for your intended, you might find you were able to fully return his affections. You must also remember that the love of nature in various persons is developed much more than it is in others. It may possibly be that you are defective in this way, or if you are nor-

mal, it may be extraordinarily developed in the man to whom you are engaged. It might be well to add that in nearly all marriages there is a decided difference in the intensity of the affections of the contracting parties. Sometimes it is the man whose love is the stronger, and sometimes vice versa, and where one has a strong affection for the other and is very demonstrative, the love of the other may be really as strong, but will not show itself so emphatically. The fact that you are at times doubtful of your affection for him indicates the necessity of "trying yourself out" in some manner to absolutely satisfy yourself as to whether or not your affection is sufficiently strong to indicate marriage. There should be no doubts under circumstances of this kind. One should be absolutely sure. His determined wooing would indicate strength of character that is far above the average, and the energy of such a man, if guided aright, will usually leave his mark in the world; but at the same time, his statement that if you failed him, no other man should have you as he would shoot him, indicates characteristics that in my mind are far removed from real, true love. It is more in the nature of a wild, mad passion, senseless and unrestrained. It is a characteristic that can rightly be termed insanely selfish. For instance, if you loved another man and your happiness lay entirely in your marriage

to this man, if his statement rightly portrays his character, he would deliberately shoot this man, destroying your happiness for life, and even his consideration of such an act would definitely prove that he has no really serious love for you. He merely cares for the pleasure that he derives from being in your company, and the thought of losing you, even to another who might be capable of bringing you happiness, absolutely destroys his affection and arouses instead a desire for revenge that is akin to beastliness in character. Perhaps his remark was thoughtless, let us hope that it was, but about the best way of determining whether or not you are really and seriously in love is to take the first opportunity that offers itself to separate for a considerable time from your intended. Go on a long visit, court the acquaintance of other men in your own social sphere, really do your best to try to awaken an affection for some other man. If all this fails, if you still yearn for your old love, if you see, finally that you cannot live without him, then and not till then, should you consummate the marriage with him. A lover of this kind would not be satisfied with a calm, mediocre affection. You would have to give him more than this in return for his intense regard, and therefore, do not rush into a union until you know yourself in every detail.

### The Results of Seventeen Years of Prurient Prudery



GROWTH OF DIVORCE IN SEVEN CITIES OF THE UNITED STATES IN SEVENTEEN YEARS

In the seven principal cities of the United States 2,300 divorces were granted in 1890, this number almost doubled in the following decade, reaching 3,800 in the year 1900, since then it has reached nearly treble the number of seventeen years ago, being 6,100 in 1907.—*Newark Call*



# Living the Radiant Life

Written Especially for PHYSICAL CULTURE

By George Wharton James

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

## CHAPTER VII

### OUT OF DOOR RADIANCES—CONTINUED.

**B**OOK knowledge can never equal living knowledge. He whose mind is stored with what he has read too often only thinks he knows, while the one whose facts are gained at first hand from the real objects themselves knows that he knows. A man in a factory as a rule, in these days of specialization, is only a cog in a wheel, a part of a great machine. Be he a woodworker, he does not make any complete piece of furniture. He saws on one part; another on another, a third on still another; a fourth who knows nothing of shaping the parts assembles the whole, and a fifth puts them together; a sixth sandpapers; a seventh stains or varnishes; and an eighth polishes and finishes. So with watchmaking and everything used by human hands. Nobody, nowadays, has the joy of "doing it all."

But in the country a man ploughs, harrows, sows the seed and cultivates, and during it all he is in the open, seeing all the wonderful phenomena of Nature pass before him in everchanging panorama each hour. That is, of course, providing he has not been ground down by too many hours of hard physical labor until he has become a mere "brother to the ox," and the stolid and stunned creature so awfully described by Edwin Markham in his *Man with the Hoe*.

Every man needs something both of the city and the country. Rubbing up against his kind sharpens his wits; often

makes him more selfish and indifferent to the rights and needs of others; and again prepares him more thoroughly to enjoy what the country offers. So, city man, with all your senses sharpened by contact with mankind, go out into the country to get your soul enlarged. For Nature is the great soul expander.

Read John Muir's "Mountains of California" and see how the out-door-life enlarged him, made him bigger, grander, nobler than he could ever have been had he stayed in the narrow confines of a city's walls. In one chapter he tells of his experience in a storm in a Sierra forest. Perched high on the mountains a great storm swept over the mountain range. Most men would have remained indoors, afraid of the fierceness of the wind and the beating of the rain. Not so he! There were experiences to be had out there that could come to him in no other way; so out he went. After scrambling through underbrush, climbing hilly slopes, until his blood was fairly a-tingle in response to the power of the storm, watching the swaying of the trees, hearing the crash, every few moments, of a falling tree, he finally decided to see the whole thing from the top of a tree. So selecting a suitable tree he climbed to its topmost branches, and there, swaying to and fro like "a bobolink on a reed," he watched the wind playing with the gigantic trees and the tiny leaves, and listened to such an Aeolian concert as few men have ever dreamed of.

John Muir's experiences and develop-

ment are not peculiar to him. Most men who live the larger out-of-door life, who engage in out-of-door occupations have a largeness, and expansion about them that is stimulating and inspiring. Read the life of the fisherman—the Gloucester Folk, and the Folk of all the shores of the sea, who gain their livelihood by battling with the storms and circumventing them. What brawny arms and shoulders and backs; what tremendous power; what deep breaths in powerful lungs. See the pilots who come out to meet the trans-oceanic steamers; what brave, powerful massive men they are. Ordinary men are dwarfed in their presence—not merely physically, but mentally and spiritually. See the captains of these same great steamers, and all sea-going vessels, and the very sailors; there is a strength of body and a largeness, an openness of disposition, that is good to come in contact with. Who that has climbed the Swiss mountains with an Alpine guide but has felt the strength and power developed by ages of conflict with snow storms, avalanches, and other great Nature forces. Even the loggers in the forest swing their axes or handle the huge logs with an ease and power that stagger the ordinary city man. Think how the old time stage drivers used to handle their six and eight horse teams with ease and elegance, guiding and directing their movements as gracefully as a *grande dame* promenades in her ball room. Who has not been thrilled with the doings of the life saving service, and the light house keepers? What city girl could have dared do as did Grace Darling, the light-house keeper's daughter, who insisted upon her father rowing with her to rescue a shipwrecked crew in the face of a howling storm? What delights I myself have enjoyed out on the plains, prairies and foot hills, riding with the cowboys. Well do I remember several *rodeos* I united with in Nevada, where we rode madly after the wild cattle and horses, over and through the sagebrush at break-neck speed, now dodging to the right, now to the left, now jumping a piece of brush that could not be dodged. We went up hill like the wind, and then started down hill at equal or greater speed, and once, getting

into a grove of trees, I had to learn to bend down flat on the horse's back to avoid being swept off. "Let your horse go where he will. He understands his business, and you don't," were the instructions I had received, and well it was that I was not required to guide my animal. I had enough to do to keep my seat. Talk about rough-riders! I was soon a rough-rider, indeed. And how tired out and weary I was that night, but my, how I slept! I had been dyspeptic, sleepless and anæmic. Three weeks of this shook me up so that my liver worked as it had never worked in my history before. I got until I could eat and digest anything, and my sleep was sweet, sound, dreamless and refreshing. Would to God I had had sense enough then and there to resign the pastorate of my church; quit being an indifferent and unhealthy parson; become a cowboy and gain health, vim, vigor, strength, life.

I suppose I had to come to it slowly, but come I did to the most important facts, viz.: that I could never be healthy indoors, and that I must live in the open. And as I got out more my intellect and spirit expanded as my body grew healthier and I began to learn more from the objects around me than I had from all my schooling, all my books and all my theological training and study.

Nowadays there is no out-of-door occupation that does not appeal to me; a ditch-digger, a navy on a railroad, a roustabout on a dock, a deck hand on a steamer, a brakeman, a road mender, a ploughman, a carter, a teamster,—even these, the lowliest of the out-of-door callings show to me men of rugged strength that delight and appeal to me.

How one's very soul thrills in sympathy as he thinks of the marvellous achievements of the great explorers—all of them men of the out-of-doors; Columbus, Magellan, Capt. Cook, Kane, Sir John Franklin, Peary, Sven Hedin, Capt. Burnaby, Burton, Livingstone, Stanley, Major Powell and a host of others. How they radiate the very spirit of energy, strength, courage, daring, independence, self-reliance! In their physical or spiritual presence you feel you are in contact with an entirely

different set of earth's mortals than ordinary men, for they radiate unconsciously the largeness, the expansiveness, the majesty of strength of the vast out-of-doors.

Rudyard Kipling in his "Captains Courageous" fully explains what I mean about this largeness and nobleness of soul that comes from the out-of-door life, in telling of the fisherman of the New England coast. In his vivid English he pictures their daily life, what their work is, how they have to brave the perils of the deep, the dangerous fogs, the uncertain storms, the sudden death that comes when a great vessel looms through the fog and cuts them down. Yet they go ahead as a matter of course. Their life enlarges their faith and trust; either that or they become used to looking in the face of danger and death and then calmly continue in their work. No man does this without deepening and broadening his life. And so with all out-of-door occupations. When it comes to the gardeners I fairly envy them. Think of the wondrous life that is theirs. To learn and know the life, habits of plants and flowers, and to see them growing from tiny seeds, or slips, or cuttings into all their rich and perfect beauty. I never knew a despondent gardener. His profession forbids it; his experience rebukes it. So of late years, in my crude way, I have been trying to become a gardener. I dig around my trees and irrigate them, then haul manure and fertilize them. I plant vegetables, after digging up the soil, and watch with delight, when I can, their varied growth. This year I planted over seventy fruit trees,—peaches, plums, persimmons, apricots, pears, apples, cherries, damsons, almonds, walnuts, grapefruit, guavas, loquats, prunes, oranges, etc., and then dug the holes and planted over six hundred eucalyptus. This fall I expect to put in another 2000 eucalyptus. I sent home a thousand grape cuttings and helped "heel" them out, and now (in the summer), they have sent out their leaves marvellously and joyously. When the winter rains begin I shall plough some slopes and there plant out all these cuttings, of forty different varieties, and see if I cannot have my own vineyard.

What an unspeakable joy there is in all this work. How it occupies one's brain and body, and drives away all despondency, care, blue devils, and worry. Out in the garden I am a king, a proud monarch, robed in blue flannel shirt and blue overalls, my scepter a spade, and my right to rule demonstrable by my strong muscles, steady nerves, strong lungs, healthy skin and clear eyes. Who would not reign in such a realm?

More than all else I feel when living this life that I am lifted above all the petty meannesses of men and women. I am dealing with creative forces—things direct from the hands of God,—sunshine, air, water, soil, growth, development, life. And how such feelings expand the soul!

Then I begin to think of the wonderful work in flowers, fruits and plants performed by Hugo de Vries and our own Luther Burbank, and as I recall their achievements I feel the opening up of a new realm before me. Never can I forget the joy of a couple of days with Burbank at his home at Santa Rosa, and his "proving grounds," at Sebastopol. I there saw his winter rhubarb, and as we walked along we came to his cactus patch. The first section was of the rude, prickly leaves, I was so familiar with on the desert; the next section less prickly and so on, until at last, with a frolic Mr. Burbank "dived" into the cactus, rubbed his face and ears against the great leaves and demonstrated them free from every vestige of a thorn.

Then we saw flowers that he had completely changed, in size, color, form and odor, and when you ask how it was all done he declares that any man or woman with the necessary patience and skill (and skill comes with patience) can produce results as apparently marvellous as his own. For the marvel is apparent and not real; it is nothing but the understanding and application of natural laws; laws that Darwin and others have well understood and enunciated.

At Sebastopol I had the joy of seeing him work in the selection of a plum tree. Row after row of young bearing plum trees stood before us. With two men

following him, one with black strings, and the other with white, he began. Picking a plum from the first tree he bit into it. I did likewise, To me it seemed a good plum. He rapidly commented upon: 1, its appearance, shape, etc.; 2, color; 3, firmness of texture; 4, flavor; 5, sweetness. Then he did the same with the tree: Its extent of foliage, shapeliness, etc. All these things had to be considered. The first few trees he took very slowly and deliberately in order that I might clearly comprehend what he was after. Then, almost as quickly as his eye fell upon a tree, he had put his teeth into the fruit, his trained intellect had decided whether the tree was worth keeping or killing, and as he said "keep" or "kill," the attendants tied on the corresponding white or black strings. To produce the plum he wanted he assures me he has destroyed over a million trees.

His apple trees are perfect marvels. Some of them bear upwards of two hundred different kinds of apples, and he says it is comparatively easy to produce an apple of any color, texture, size, flavor and sweetness desired.

Think what Nature has taught to such a man. He is not what you would call a supereducated man in books; but he has read Nature as few men in the history of the world have done, and she has revealed many of her most intimate secrets to him. And as you talk with him you find in this quiet, unassuming, sweet-spirited, gentle-hearted man a breadth, a largeness, a sweep of soul that is rare.

And Nature gives this same largeness to a woman as well as a man. Women who get into the bigness of the out-of-doors get away from feminine pettinesses just as surely as men do from their narrownesses and prejudices. I have two women friends in California (or had, one passed on), both of them expert and scientific florists, one lived at San Buena Ventura, and the other at San Diego. The names of Miss Theodosia Shepard and Miss Kate Sessions are known throughout the world. Both women determined to devote their lives to a scientific study, out in the garden, of

plant life, and each has therefore done things, achieved results that has made her world-famed. How much better this, than to live the narrow, contracted life of most women.

Another woman friend, Mrs. Sarah Plummer Lemmon, wife of the well-known botanist, and herself a botanist known to the whole scientific world, for years has accompanied her husband in his expeditions throughout the wildest parts of Arizona, New Mexico, California, and Mexico. I doubt whether there is a person living who has so real and intimate a knowledge of all this country as has this brave and intrepid woman, who, when Apaches were on the war-path, calmly and steadfastly sustained her husband in his scientific work. In storms and perils, in danger from wild animals and wilder men, away from all luxuries and comforts and often deprived of what most people call necessities, this woman communed with Nature and has thereby grown into a large, commanding, powerful, all-embracing soul, as much above the average woman as an athlete is above a baby.

I am no technical botanist, yet I have had pleasure untold when wandering in canyon, mountain, plain, forest, seaside, and desert in seeking to learn all I could of the flora of the region. When botanists said that the *cereus giganteus*—the giant suahuaro—was not to be found in California and I knew I had seen it growing on the California side of the Colorado River, there was great pleasure in photographing the few specimens I knew in this habitat and then in hunting for more. How well I remember one day climbing up hill and down, over rocky ridges and dangerous trails and places where there were no trails at all, every now and again seeing fresh specimens, in California, of this cactus "that did not grow in California." and when, at last, I stood on a ridge, looking down into a secluded canyon, where there were a dozen or more (which I photographed), I felt as if, humbly though it was, I were being used as an instrument for increasing the botanical knowledge of the world.

(To be Continued.)

# The American Prude Abroad

By Frederick Carrington

DEEPLY absorbed, I stood studying the splendidly muscled men and superbly shaped women, whose figures, in color, formed one of the masterpieces of the great Munich gallery.

Two American women—they were tall and thin and of uncertain age—entered the room. There was no question about their being Americans, for Americans are almost as quickly recognized abroad, as Chinese in the States. My two countrywomen looked up at the picture, next at me, and then, with lifted chins and averted eyes, sailed out of range of that *contaminating canvas*. A moment later, as they were leaving the room, both looked back with expressions on their faces which told of their alleged disgust with myself and the picture.

But this was merely the first surprise. A mother and a daughter who was about sixteen years of age—Americans again, I am sorry to say—stepped into the section. The girl immediately took a deep interest in the painting, exclaiming, "Isn't this beautiful, mother?"

"Mother" gave the picture a quick, critical survey, and then, plucking at her daughter's arm, replied in a modestly-shocked voice: "No, I don't like that; let's go on." At the first two I had been surprised and amused, but, at this second exhibition of absurd false modesty and prudishness, I was surprised and disgusted.

In America, where false modesty and prudishness are so frequently seen and often carried to a most harmful degree by keeping young people of vital knowledge, I would not have been surprised. But there in Europe, in one of the sacred centers of art, I was simply astonished.

In careful detail, I studied that painting to see wherein a most critical mind could find an immoral or otherwise

harmful suggestion. There was not one. True, some of the figures were nude, but the master-hand had exquisitely modeled each, and in no single case was there evidence in forms or posture, of an evil thought. Instead, there was a deep inspiration—a strong desire for a perfect, a beautiful body that was in keeping with the general sentiment of the work.

To that innocent girl the picture was "beautiful." In her young brain, only a lovely image was presented. What did that prude of a mother see? Was her modesty so much purer, so much higher than that of the child to whom no evil appeared? Instead of hurrying her daughter away why did that mother not develop the suggestion of beauty and purity that first come to the child? By her very act, she had produced a mental suggestion that there was something bad in the picture and had thus excited a perverted curiosity.

There was absolutely nothing evil in that picture, yet "Mother" had seen something in her own mind that was immoral, and the daughter will try to find out what that is. Was it not natural that the latter should do so?

My disgust at the attitude taken by my compatriots led me to remain in the room in order to see how the painting would impress individuals from other lands. I had not long to wait for an interesting example. A sweet, motherly faced German woman, accompanied by four children—two boys and girls—ranging from about nine to seventeen years, walked up before the canvas.

Did she immediately commence to "shoo" her brood away from that supposed inspiration of vileness? Indeed, no! For five minutes, and perhaps longer, she stood there, pointing out to her boys and girls various features of the picture. I could not understand Ger-



From Painting, "An Opening Flower."

man, but it was obvious that she was explaining the beautiful, the educative points of the picture.

Were those boys and girls ill-at-ease; did they cast uncomfortable, uncertain glances at those perfectly formed, though unclothed, figures? I think I hardly need answer that. And why, did they not do so? Because their mother had taught them that there was nothing impure in the body itself. They were accustomed to the beautiful in art and were accustomed to see the body. The body, for them, had not been covered with a cloak of mystery, nor had natural inquiries about it been hushed with an implication that such things were improper.

In the procession of visitors through

that room, there were more German women and children, French, Italians and representatives of other nationalities but no further evidences of a prudish spirit. And there were also Americans, I am glad to add, who did not exhibit the mental perversion of which the first three had been guilty.

While visiting the International Exposition at Liege, Belgium, I witnessed another most absurd illustration of American prudishness. A wealthy manufacturer from one of the cities in the Great Lake region, a visitor at the exhibition, selected probably the most beautiful and certainly one of the most costly pieces in the Italian marble statue exhibit. The price of the piece, which was a nude young woman, representing the "The Ideal," was 10,000 francs, or \$2,000, and to hold it, the merchant paid \$500 down. His delight in the art treasure he had ordered became suddenly clouded by the fear that his wife, for whom the gift was intended but who was "very fussy and particular," might be shocked at the statue and refuse it a place in the house. This fear of offending his wife's sense of modesty so haunted the purchaser, that he wandered around miserably, trying to decide whether he could safely take home that marble or not. Finally, absurd though it seems, he formed a party of five men and women, of which I happened to be a member, to visit the marble section and say, whether or not, he might possibly venture to do so.

The whole affair was really too amusing, and most amused of all were the ladies of the "committee of critics," one of whom, was the wife of the secretary of one of the American commissions. After carefully looking over the beautiful statue, which was as innocent of evil suggestion as a new born babe, we solemnly decided that the perturbed husband might venture to send it across the Atlantic. But, even after this performance, our manufacturer friend was in doubt, and, whether he ever carried his intentions, I do not know to this day. Here was the case of a man who loved the beautiful and yet scarcely dared to take home a gem of art for fear of the prudishness of his wife. He had his

heart set upon making that perfect creation an adornment to his reception hall, but was afraid that his wife would be shocked at the idea of having such an *evil object* always before the eyes of their children and friends.

A proper knowledge and familiarity with the body banishes all mystery and evil ideas about it. The wife of this rich man, believed that a marble figure, perfect in every line and as pure in design as the purest girl, would suggest bad thoughts to her boys and girls. It was best for them to hide any suggestion of the unclad body. And this is exactly what thousands of misguided or mentally perverted parents believe in and follow. Their narrow or warped brains, cannot seem to realize that it is this very questionable mystery and ignorance that will eventually incite their children to probe the supposedly improper secrets, and in countless cases, to their ruin physically and mentally.

A fine illustration of the power of familiarity and knowledge with chaste nudity, came under my observation in that great art center—Rome. In the American School for Classical Studies, the attendance of young women is much greater than of young men. The former are all college graduates with ambition for continued mental growth—young women of purest character. Daily, the nude in painting and sculpture is before them; in museums and galleries they stand for long periods before a statue the painting, while they are lectured upon its historic or artistic phases. And in those true art centers, the creations in marble, or in oils and canvas, are shown just as the master mind produced them. In many cases not even the fig leaf is used.

On one occasion, while conversing with one of these students, among whom I found a number of interesting friends, I said frankly; "Do you not feel rather uncomfortable sometimes during lectures where perfectly nude figures are the subjects? Your professors are men and there are young men in your classes."

The answer came quickly and as frankly as my query: "Not in the least! We have all become so accustomed to the body, that there is no suggestion in it aside from the points we are studying. Why should there be? Is there anything wrong in the body itself or any part of the body? It would be entirely different if the statue or painting had been deliberately designed to express some evil thought."

Could anything be more sane or con-



From the famous painting "Lorelei."



"Psyche," after the painting by Krag, at Metropolitan Museum of Art, N. Y.

vincing than this frank statement of a pure girl?

A number of times, I visited galleries with this same young woman or other girl students, and always was there a simple, unaffected manner which made a frank discussion of the physical merits or demerits of statues or paintings quite possible. There was never the slightest suggestion in their minds as to anything improper, or evil, either in our mutual open, honest comments, or in the figures

in marble or on canvas. Would such have been possible if those young women had not learned, through familiarity and instructive knowledge, that there was no evil in the body?

How absolute was the contrast, however, between the young student quoted above and her mother! While looking over photographs in a large shop in Rome my friend said: "I wish I could send some of those home," she was pointing at several views of the masterpieces of Michael Angelo and Raphael, "But mother would not allow them in the house. She would burn them up and say that only a perverted mind would have use for such things. Anything that is nude, offends her sense of propriety and is, she thinks, a source of bad influence. I had much to learn or rather unlearn, when I came abroad to study."

The climax in American prudishness was also in Rome. During my extended visit in that wonderful old metropolis, it was my good fortune to form a friendship with a young German woman, whose charm, culture and accomplishments made her parlors the meeting place of the highest types of foreigners who visit the city. A thorough cosmopolitan and a fine linguist, she was able to cleverly handle a room full of people, four or five of whom might speak different languages.

Among those visitors was an American woman of about thirty years of age, who had taken to the mission field, but, at that time, was staying in Rome, for a vacation. One day the hostess noticed her friend looking in a sad, questioning way at a large framed photograph on the wall, and immediately asked her if she did not like it.

"No—no, to tell you the truth, Fraulein, I do not, because I can not help but see the evil in it."

The photograph in question was taken from Titian's beautiful masterpiece, "Profane and Sacred Love," one of the gems of the Roman Borghese palace. That which caused offence, was an ideally beautiful, nude female figure seated on the edge of a wellfount and in one hand holding a small Roman incense lamp.

"But why is there evil?" asked the



hostess. "Did not God give us our bodies, and so why should they be evil?"

This question plainly nonplussed the young woman, for she hesitated some time, but finally said: "Well—well, you know Eve fell in the Garden of Eden and had to be driven forth and forced to put on clothing because of her wickedness. And since then, her sin has existed in our bodies and therefore they should never be exposed."

Whether the physical make-up of poor Adam was everlastingly damned in the same way, the friend did not say.

Think of the effect of preaching such a doctrine to the young impressionable mind—making a girl believe that her body, which when perfect is the most beautiful of all creations, is a thing of evil; that no matter how pure and good she may be, she must always hide her body because mother Eve, thousands of years ago, by one act made it everlastingly impure. The folly and harm in such a preachment cannot be too severely condemned.

To the liberal mind of the highly educated and cultured hostess such a reason for the supposed evil in one of her finest pictures was an absurdity—the offering of a mind narrowed to the smallest groove. She had lived in an atmosphere of art and among peoples of the world all her life, and such a criticism of a great master's product, seemed almost unbelievable to her.

In discussing with her the question of the effect of familiarity and right knowledge in the case of the body and its functions, I found that she strongly advocated both. From one of her portfolios of photographs, which had been gathered in many parts of the world, she showed me several pictures of nude children among the rocks on an ocean shore. The children were from ten to fifteen years of age.

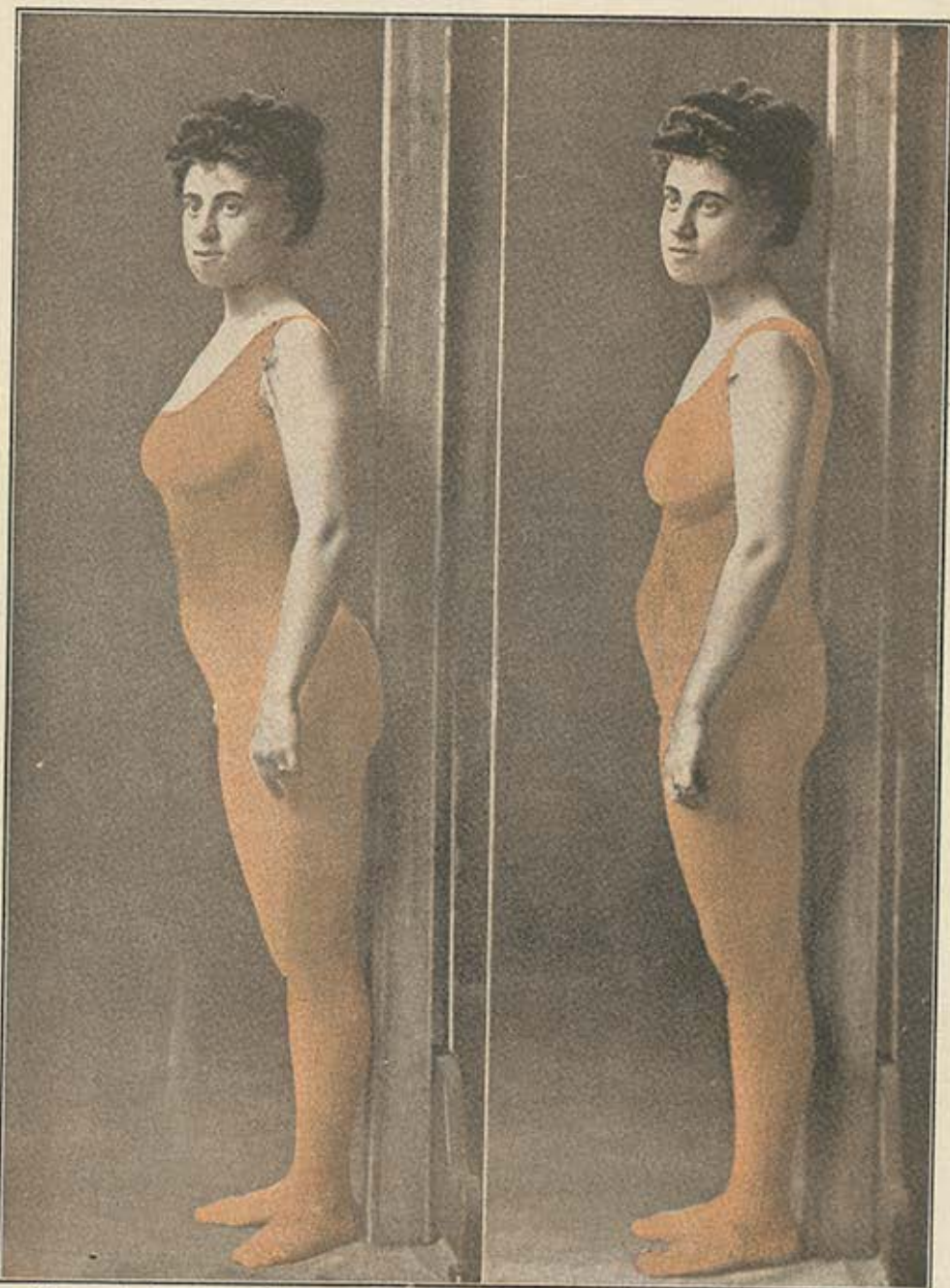
"Those boys and girls," she said, "are members of an interesting Norwegian family, who live on an island. It is a family of artists, playerfolk and farmers all in one. On their island they live a free natural life, and the children, who are like little fish, are in the water, a large part of the warm season. To them,

the unclothed body is the same as the clothed. They are taught to believe that the body itself is pure and not evil, and, of course, they are unable to see evil in it."

It is impossible to advocate this Norwegian case in a general sense, because of the usual conditions of the average life. It does, however, prove what can be done by broad, fearless parents whose minds are not morally warped. If you are a parent be fearless with your boys and girls, and banish from their minds all the supposed impropriety that belongs to the body. Your reward will be, in seeing them grow up clean and with a strength and education that shall enable them to avoid the pitfalls.



"The Iron," after group in marble by Lanson (Luxembourg Museum, Paris)



The result of an attempt of a well-formed woman to hold the spinal column straight, as recommended by some teachers. Normal position, shoulders far back and down, illustrated in the figure to the left. Figure at the right shows an attempt to hold spinal column straight.

# The Proper Position of the Body

By Bernarr Macfadden

## EFFECT OF THE CARRIAGE OF THE BODY ON STRENGTH AND SYMMETRICAL OUTLINES

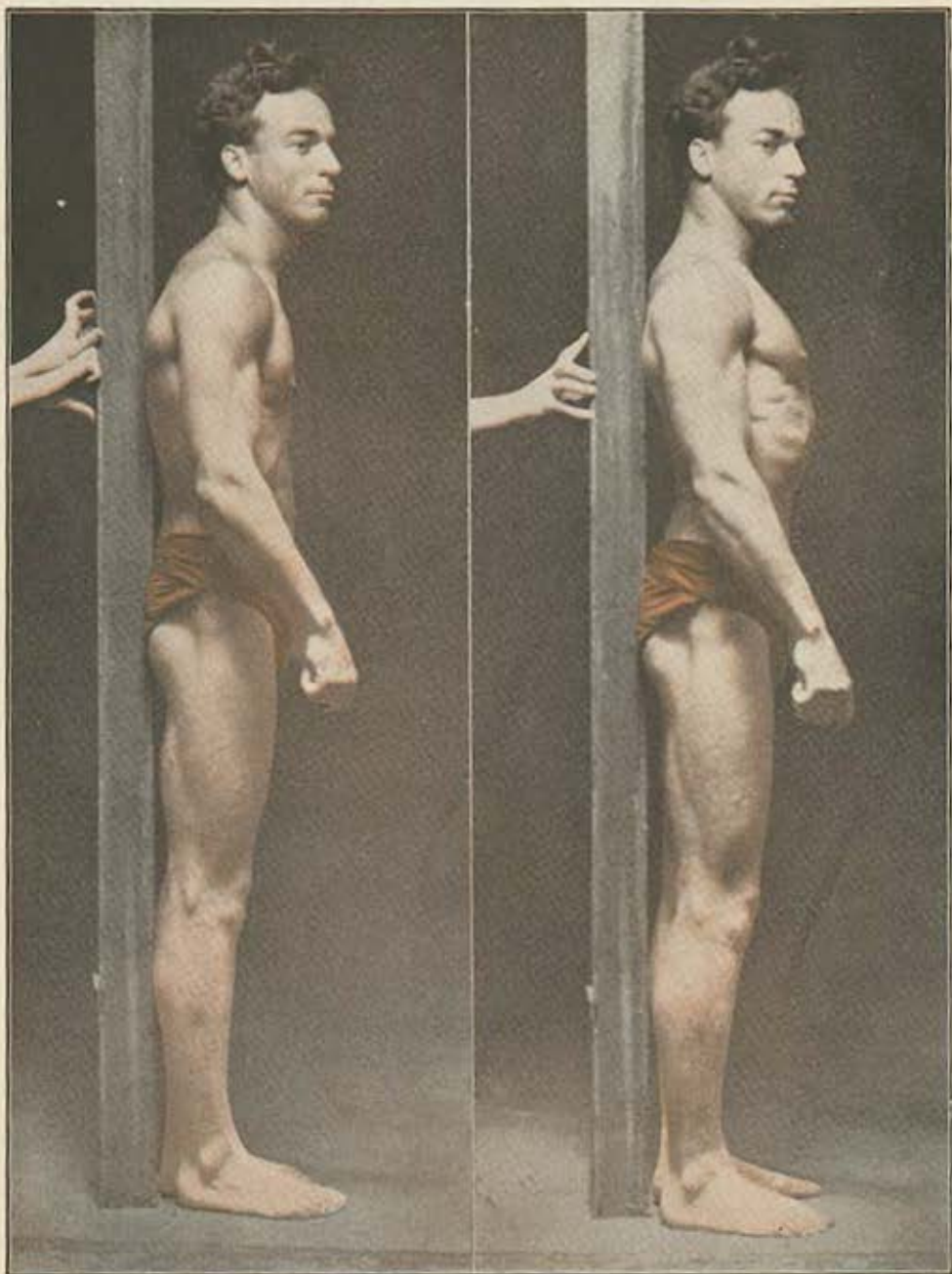
THAT the health and strength of the body can be affected to a very large extent by the position in which it is maintained, will not be doubted by anyone familiar with the physiological processes and the anatomical structure of the human body. There is a very decided difference in the contour of the figure that possesses a high degree of health and strength and one which is weak and diseased. We say that one is rugged and well formed, and the other is unhealthy and unshapely in appearance. The mere exterior outlines of each body clearly indicate which is strong and which is weak. Under the circumstances, therefore, the position in which the body is maintained, as well as the outlines of the body that are not especially affected by position, in nearly all cases are a safe guide to the degree of health and strength that one may possess.

When the body is carried in what one might term a proper position, all the important vital organs are held in their places, and the functional processes which each perform, are more easily carried out when a proper position of the body is maintained. For instance, if the shoulders are held forward to a certain extent the walls of the chest are cramped and given a misshapen appearance. It would require but little argument to convince one that the lungs cannot possibly perform their office in a proper manner under such circumstances. If the body possesses normal strength, as a rule the most comfortable position is the proper position, but in the usual environment, the muscles of the body are not properly developed in all parts, as a rule. For instance, the common defect termed round shoulders is brought about almost entirely through the weakness of the muscles lying between the

shoulders in the back. These muscles hold the shoulders back. They hold them in the position that should be continuously maintained in order to give the body that particular position necessary for the easy performance of all its functional processes. But few, however, use these muscles to any great extent, and as they become weak the shoulders are inclined to fall forward, and consequently, as one advances in years, in fact, not infrequently in early youth, round shoulders are very often seen.

Now in addition to the proper performance of their duties, the various muscles of the body assist in holding all parts of the body framework in a proper position. Spinal curvature is caused by the weakness of the cords and muscles of the back. The difficulty that some people find in holding an erect position is caused by the weakness of the back muscles, though of course, the muscles of the abdominal region help to maintain balance and pull the body forward and at the sides whenever such a movement is required. Now a properly formed body is made up almost entirely of curves. You might almost say that there are no straight lines. The body is made up of curves from head to foot, and wherever you find sharp angles or straight lines, there you will also find proportions that are not at all pleasing in appearance.

With this view in mind, it will then be very clearly seen that it is necessary in order to give the back the slight inward curve that is noticed in nearly all well-formed persons, that the shoulders must be held well backward and downward. This gives the chest an arch that is pleasing in appearance and the position is inclined to gradually increase the lung capacity and really gives more room for the functional processes of the entire



Olmstead, the Physical Culture Hercules, in an attempt to hold his spine straight. His normal position is shown on the right with shoulders far back and spine curving inward. The attempt to straighten spine is shown on the left.

vital organism. In practically every case, if the shoulders are held back as they should be, head erect, all other parts of the body will naturally assume a proper position. There will then be an arch in the back and a careful survey of the entire figure will show nothing but curves, as previously stated. The neck will gradually, with a slight curve slope into the shoulders, the shoulders merge with a curve into the chest and back, the chest and back curve inward slightly to the waist, and throughout all parts of the body, when perfectly proportioned, there is this curved outline.

I am fully aware that some writers on this subject maintain that the spinal column should be almost straight, but throughout my entire experience in this work, I have never seen a strong man who really possessed a figure that was at all pleasing in appearance, that did not possess what I would term an arched back. You will find this statement proven by a study of the photographs of most any of the strong men. With a view of illustrating the inaccuracy of this particular theory, I am publishing figures of both the male and female, showing in both cases the result of an attempt on the part of the models to hold the spine in a straight line. It is almost impossible for a normal strong man or woman to hold the spine in this position.

The habit of carrying the shoulders forward is in many cases a serious cause of digestive troubles. It crowds the lungs down upon the stomach, and this organ is unable to perform its functional processes easily. It is exceedingly difficult for one to breathe properly when a position of this kind is maintained, and this, as one and all can easily understand, is absolutely essential to the enjoyment of the highest degree of physical vigor. Remember to carry your shoulders far back and down. Do not hold in the abdominal region, let it remain in that position that seems the most comfortable. But there should be an arch in the back, that is, in most persons. There are, of course, exceptions. The backs of some persons are much straighter than others. But your back will, in practically all cases, assume its normal position if you will follow my suggestions of holding the

shoulders backward and downward. If the muscles between the shoulders are weak, which is the usual cause of the shoulders falling forward, then you should make it your duty to develop them. There are various exercises that can accomplish this object. Dumb-bells



A view of the muscular development of Olmstead, the Physical Culture Hercules.

or chest-weights can be used, or some of the various exercises without apparatus that I have given will be found satisfactory. The series "Chest-Weight Exercises in Bed," now running, will contain an excellent exercise for this purpose.



The old reliable manner of greeting, minus cuffs or frills

## Peculiar Forms of Greeting

By David Hutton Anderson

"HOW DO YOU DO?" AND ITS DIFFERENT FORMS AS  
USED IN MANY COUNTRIES AND BY VARIOUS PEOPLES

ANYTHING to which we are not accustomed naturally seems peculiar. Our manner of dress, and the customs that are commonplace to us, would of course seem extraordinary in China, for instance, or any other foreign country whose inhabitants do not come in contact with our conventional life. For instance, take the manner of greeting each other, followed in various countries, and you will find a decided difference. In France, the men will hug each other as effusively as two young girls after a long parting. In England and America the custom of shaking hands is firmly established and rarely departed from.

More than one traveller, in relating the manners and customs of different peoples has made the observation that the forms of greeting followed in each have originally been the direct result of the conditions surrounding their aboriginal inhabitants. Following this rule, it has been deduced that the fashion of shaking hands was the final outcome of the habit which existed in the war-like Anglo-Saxon and other Western European nations of extending to the stranger the hand usually employed to hold the weapon of offense, at the same time extending the idle hand to the warrior's attendant as a sign of good faith. However true this may be, it is worthy of

note that to this day wrestlers, boxers, and other participants in athletic contests, follow the custom of shaking hands with their adversaries upon beginning combat, with the evident intention of showing that they have nothing concealed or hidden for use in their conflict.

The salutations and greetings of many nations—particularly the Orientals—are remarkable rather for their flowery language than for physical manifestation of good faith. The salutes indulged in by strangers in the Far East are quite florid in their language. The peoples of these lands indulge in many forms of phraseology in exchanging questions as to each others' health. In some lands, indeed, there are prescribed forms of shifting the hands after the original handshake, as the many conventional forms of salutation are exchanged.

To discuss in detail the many forms of gestures which Orientals indulge in on meeting would consume much space. They are truly said to range from merely a gentle inclination of the body to an abject prostration, according to the degree of actual or supposed dignity which the person saluted possesses.

In Turkey, the stranger, on greeting another, first places the hand at the forehead, and then at the heart, to signify that both the intelligence and affection are at the command of the person saluted.

The Arabs of many tribes place the cheek against those of the stranger, thus manifesting the feeling of equality obtaining among these dwellers in the desert, who have known little of the restraint of government.

The fashion of kissing, while now more or less confined to the fair sex, as a manner of greeting, was at one time quite prevalent among males in Europe

and England, and in some nations endures to this day. It is said that it was originally the outcome of a strong desire to experience to the full the desire to participate in one's actual physical being through the route of the sense of taste.

The Esquimaux follow the strange fashion of rubbing noses, as do the Maoris of New Zealand whose manner of



From Stereograph copyright by Underwood & Underwood, N. Y.

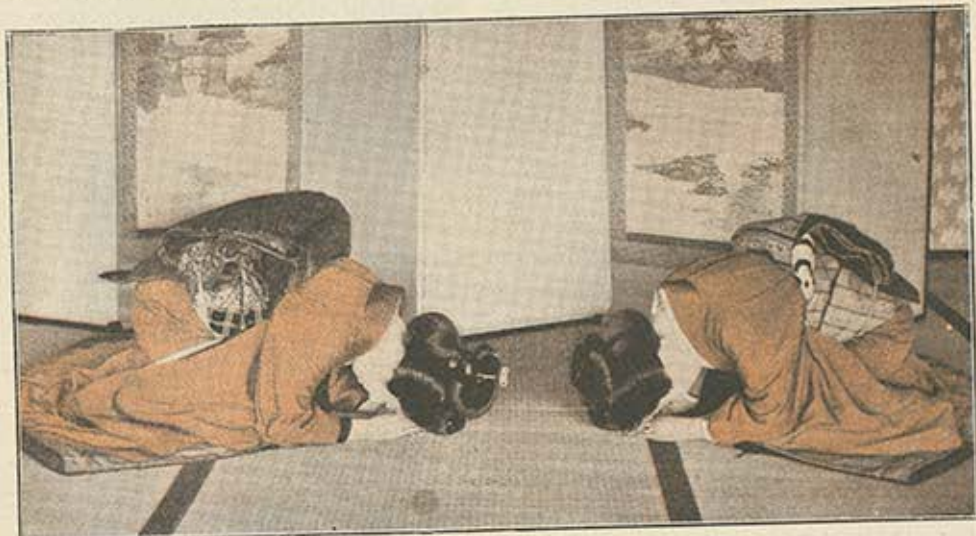
One of the queerest greetings in the world is practiced in the Southern hemisphere. The Maori custom in New Zealand is to rub noses together.

greeting is shown in the photograph we reproduce. This was also, to all appearance, the outcome of the desire of more or less savage nations to have direct evidence of a well-liked strangers' characteristics through the sense of smell.

This desire of a substantial evidence of good-will was carried to a greater extent in ancient Persia, where, so it is reported, a vein was opened by each of the parties to a ceremonious salutation.

The greetings of the Chinese have much in common with those of the Japanese. The common style of salutation of the former people consists of a query as to one's diet, in the form: "How is your rice?"—a more or less pertinent question after all. All of the greetings of the Chinese are prescribed

for various occasions, down to the smallest detail. The people of both Japan and China follow the fashion of deprecating themselves in their greetings, which is explanatory of the bowing-down of the Japanese shown in the photograph reproduced in connection with this article.



From Stereograph copyright by Underwood & Underwood, N. Y.

The extreme of formal courtesy is practiced by our Japanese cousins; hostess and guest pay each other the honor of kneeling and bowing to the very floor

### Excessive Meat Eater Converted

TO THE EDITOR:

At one time I was what one might style an excessive meat-eater, and of course was accustomed to eating two, or sometimes three, portions of meat daily.

I must admit that at times, after finishing my meal of this carnivorous dish, there seemed to be a feeling of weariness and fatigue, with a touch of dullness and inactivity.

At length I had the pleasure of reading an article by one of our foremost authorities on this topic, and after carefully weighing the matter I designed a course that would lessen the quantity of meat I consumed.

At first my noonday meal contained meat. This satisfied my desires, and I

gradually lessened the amount until I used meat only once every two days. So it went until now I have reduced it to a minimum of once a week.

I find this means mastery and a victory, over meat-eating, with increased powers of endurance, less chance of disease, a feeling of lightness and nimbleness in one's limbs, and a clear head with a free unobstructed brain for capacity of thinking.

The less meat a person tastes the better he will make use of the powers God has given him. Feed on the more natural diet with plenty of exercise, long walks, deep breathing, and frequent bathing—this means a happy and long life.

Cleveland, O.      WILLIAM W. KLEIN





Putting an American team through signal practice.

## Football in the Development of Men

By Walter Camp

### COMMENTS ON FOOTBALL AND OTHER GAMES AS MEANS OF RECREATION AND STRENGTH BUILDING

Football is the greatest of all games. It is undeniably strenuous, but in the development of those mental and physical characteristics that are so badly needed in these days, it can hardly be excelled. Mr. Camp has had long experience in the game. He knows it in all its good and bad features, and his comments will undoubtedly be read with interest.—Bernarr Macfadden.

**F**OOTBALL may be perverted into a base sport, but it is not alone in that possibility. Almost any game or contest can be made undesirable by bad coaching or by a vicious spirit. As shown later in this article, even a sport like golf may give rise to bickerings and trouble.

But putting aside the question of these rather unusual and remote possibilities likely to be met with in any game, football as best played is one of the greatest developers of men to be found in any of our sports. Physically, the all round exercise without its strain upon any of the vital organs and without one-sidedness, is an ideal strength-builder. This side has been dwelt upon over and over again and the physical specimens who have had their preparation on the football field speak for themselves. But there is still another side to it, and that is the improvement in the strength of will, the steadfast character, and the education in determination which prove factors so essential later in success in life. Then too the game convinces even the most pugnacious that self control is a necessity. The man who is cool in look-

ing for his opportunity is the one who succeeds and not the man who in a wild burst of temper or excitement lets himself go.

It is quite true that life is a combat for most of us and is likely to be as the years go on. It is a combat in which the man who loses his head suffers, and so our football fields teach in a moderate but compelling manner the lesson that must be learned before going out into the world.

It sometimes seems that those who compare English and American sport, forget several of the things which go to make up the differences and which are worthy of consideration in any comparison of this kind. It is quite true that the American is in a way approaching the Englishman, and that the Englishman on his side is in a way approaching the American in his views of sport, owing to the greater number of points of contact in the last decade. There is, coming to be if one may so put it, a trifle more enthusiasm about the Englishman's appreciation and a little more restrained ardor about the American. The very natures of the two will always bring



Photo by Underwood & Underwood.

Showing example of the vast crowds that attend great football games.

about differences in the way they take their pleasures as well as their business. But there are other conditions also to be considered. Cricket, the national sport of the Englishman, could never be that of the United States, because of the amount of leisure time necessary to play the game. Americans would never think of spending two whole days at a baseball game nor at a regatta, as Englishmen do in their cricket matches and at Henley. Americans would be entirely dissatisfied with the methods of viewing boat races provided on the other side, where one can only see the boats as they pass at some particular point of the course.

In football the interest and enthusiasm is very considerable among the British, as among the Americans. Yet people on the western side of the water have not had a fair appreciation of the case. Many have been the criticisms passed upon the viewpoint of the American, and the English writer has been quick to take advantage of the some times exaggerated accounts proceeding from this side. As for instance, one writer says: "The field is at times a scene of carnage and cripples" and speaks of the serious catastrophes daily happening in games between American elevens. In the same article speaking of his own country's absorption in the game he uses the following sentence: "For the great mass of people it is the prime winter sport, and the football player during the short period of two or

three months is more of a hero with a certain public than the Prime Minister."

His final conclusion explains in a measure why the football player is more followed than the student or even, as the writer quoted says the Prime Minister or the Colonial Secretary. "In the life of the present day, a score of men running after a ball make more fun worth paying for than one man chasing a reputation.

As indicating that British football is far from being clear of all difficulties, one English writer, dealing with the question of officials, says: "The ideal referee should be a man with thin legs, seven league boots, a cast iron constitution, eyes on all sides of his head, and some knowledge of the manly art wherewith to defend his honest convictions against scurrilous attacks. He should be bigger than any player in either of the opposing teams and should always be where he ought to be and not where he usually is."

Even in golf disputes over rules seem to arise. The American has already presumed to suggest—heresy indeed!—some shortcomings in the rules of the Royal and Ancient. And no less a personage in the English golfing world than Mr. John Low thus writes:

"There seems to be two schools that may be classed as champions of 'go as you can' and champions of 'equity.' The conservative holds that golf is a game of risks and hazards, a game in which a man must measure himself if he

does not wish to come to a poor finish. The other side look on the game as a performance in which a man distinguishes himself by his steady progress around the course, a progress which should not be needlessly interrupted. Capital punishment they abhor. They are for giving the backslider another chance. The golfer who has driven his ball into a hazard is almost a hero. At any rate he has so nearly made a good shot that he should not further be inconvenienced. Nor has the party of penalties less sympathy for the entrapped golfer. It is most inconvenient to be in a whin (or long grass). Surely the player should be allowed to lift his ball under some slight penalty, and if escape can be made from the whin by means of the hand, (and of course he must lift out of the whin because it is so difficult to play out of it), then why not lift out of the sand hazard? Why not, indeed! For the one erring shot may have been as worthy of punishment as the other.

"An unplayable ball should not involve the loss of the hole, because in his next stroke the opponent might lose his ball or find it unplayable. Why not have a rule 'If both players' balls strike on the far edge of the bunker and one

runs up to the hole whilst the other falls back the man in the bunker may lift it placing himself as near as the other without penalty.'

"And another rule applying to casual water on the putting green. 'A player falling into an impossible put near the hole may chose a better one of equal length without having played it.

"But the real last word of the party of equity is that every ball should be teed without penalty."

The greatest need along the line of schools, and particularly in American college communities, is that of increased facilities, by means of which the general body of students may enjoy out-door exercises. There has been, and is continually being stimulated, a desire on the part of the rank and file to emulate in physical development and prowess those who are sufficiently strong or skillful "to make the team."

Complaint has been raised that too much glory accrues to these fortunate ones. That may be true, but it is also equally true, as pointed out by President Roosevelt in his recent utterances before the Harvard Union, that these teams furnish the stimulus.

It is a fact that those who are inter-



Photo by Underwood & Underwood

Varsity football team of the Tuskegee Institute.

ested in athletics of the universities are constantly making efforts toward the development of more facilities for the general line of the student body. Schools have been for some time better equipped in this respect, in proportion to their numbers than have the colleges. And President Eliot is absolutely right in his complaint that the present athletic regime does not sufficiently provide for the general rank and file.

In reading some of the criticisms of athletic sport as at present conducted in the schools and universities of the United States, one would gather that baseball, football, rowing and track athletics, the four recognized major sports, prevented other sports, or, by the use of field-space, infringed upon the rights of the greater body of men to enjoy themselves in the sport. Anyone earnestly desiring to investigate these conditions would find that it is the facilities that are wanting. Many universities have at most but two baseball diamonds and these are used by the Varsity and second or Freshman teams. Increased field-room would give an opportunity to others in the university to play. If anyone knows of any sport that is popular and can be played by the rank and file, and would continue to be played by them, he could undoubtedly have an opportunity to test it out by giving a sufficient playing surface at any of the big universities.

Even at present, universities use far more men in baseball, football and track

athletics than is generally supposed, the squads running up into the hundreds and there being several of them. If a playing-field could be kept in constant use throughout the daylight hours, it would be possible to accommodate a very large proportion of the university but quite properly regular college duties come first. The time for recreation for the majority comes in the afternoon and this makes the demand for playing-room intense at one time.

In rowing, more scrub crews have been accommodated both at Harvard and Yale of late years than ever before, and as rapidly as facilities are provided in the way of boat houses and boats the men are taking advantage of it.

In base ball and football the same is true; there are scrub teams formed and in baseball particularly there is a constant demand for more room.

Track athletics are rather better taken care of, because more people can be exercised during the afternoon at these specialties. Tennis is in the same position as baseball, the number of players exceeding the room or courts. Golf has something of the same conditions. We are as a nation, beginning to realize that sport is good. But we find ourselves people of violent extremes. We all are inclined to wish to do the same thing at the same time and to do it until we are surfeited. We need criticism and we find it. We are becoming more moderate. Give us room and time and we shall solve our problems.



A kind of University of Chicago, Ill.

At the moment ball is put into play.

# Gaining In Weight

THE DIET AND GENERAL HABITS OF LIFE REQUIRED WHEN DESIROUS OF GAINING WEIGHT

By Bernarr Macfadden

## IMPORTANCE OF HINTS PREVIOUSLY GIVEN

**T**HOUGH one can hardly exaggerate the importance of diet to a régime essential for increasing the inclination of the functional system to deposit additional tissue, at the same time it must be remembered that the hints given in the previous issue of this magazine are very important, and those who have not read the previous installment of this article should secure the number, containing it and carefully read it from the beginning.

## VARIOUS DIETS CAN BE ADVISED

Now, there are various diets that can be recommended for increasing the weight. First of all, it cannot be too emphatically impressed upon the reader that it is not what you eat, but what you digest that builds increased vital vigor and adds to the tissues of the body. One of your first duties, therefore, in deciding on a diet for gaining weight, is to carefully estimate just exactly how much food is needed to nourish your body, and just how much food you can assimilate. This can be determined in various ways, but about the simplest method of learning whether or not your food is assimilating, is by your own feelings. One of the strongest evidences that the food you may eat is thoroughly digested is when one experiences no discomfort of any kind in the region of the stomach or intestines, during the process of digestion and assimilation. This is one indication that food is being assimilated. It cannot, however, be relied upon in all cases. If one is eating a proper amount of food and it is assimilated satisfactorily in every way, one always feels good. Two or three hours after a meal, you should feel full of vim and vigor. You should possess a satisfactory degree of

energy. In other words, life should look pleasing to you.

## DEFECTIVE DIGESTION THE CAUSE OF THE "BLUES"

One of the most emphatic proofs of defective assimilation is noted in what we frequently term the "blues." This clouded mental condition comes entirely from defective digestion or defective assimilation. The assimilative organs of the body have taken up poisons that the ordinary organism cannot eliminate. The blood does not contain the elements that are needed to properly nourish the body and the brain suffers just as the other parts. There is a feeling of unhappiness and despair and hopelessness, and it can all be traced to the digestion. Suicide in many cases, is due to digestive troubles, nothing more and nothing less. The blood contains the poisons that dope the brain and produce all sorts of unpleasant and sometimes actually painful emotions.

## MILK THE FOOD NEAREST ALLIED TO BLOOD

Now there is a vast difference in the nervous energy required to digest various foods. The food nearest allied to blood comes in the form of milk, and a milk diet when followed out strictly in accordance with the digestive requirements, will undoubtedly add weight faster than any other diet that I know of. If this diet is continued indefinitely, however, in fact, if it is continued beyond that point where one has secured the limit of weight that can be obtained from a diet of this character, disastrous results frequently occur. As a rule, after one has gained weight to his limit from a diet of this kind, it is a good plan to make a change. Of course, the change must be made intelligently and with a view of

retaining a large part or all of the weight that has been gained, and this can usually be accomplished by confining the diet mostly to uncooked foods and gradually lessening the quantity of milk that was used; or the change can be made from sweet milk to sumik.

#### SUMIK A FOOD FOR ADULTS

Now sumik differs very greatly from sweet milk because it is in a condition best suited to an adult stomach. It might be termed a normal food for adults, while sweet milk is really nothing more than baby food. Now sweet milk cannot be mixed with cooked foods of any kind; that is, in sufficient quantities to add fatty tissue, without producing in time results that are unsatisfactory in nature. Of course, I know there are many people who drink one or two glasses of milk with every meal, and where the quantity is limited to this amount, perhaps no especial harm results, though, as a rule, I think that even in instances of this character it is better to use some other drink. But where large quantities of milk are used in connection with cooked foods, it usually takes but a short time to bring about results that are far from pleasing in nature.

#### LESS DANGER OF TOO FREQUENT EATING WHEN USING RAW FOOD

I called attention in a previous issue to the injury that usually results from eating meals too frequently, or eating without appetite. This is especially important, as previously mentioned, when cooked foods are used. When uncooked foods are taken, more frequent meals can be eaten without disastrous results, though please note that there is a decided difference in the appetite under the influence of uncooked foods than when using cooked foods. This is more especially true when meat is used. For instance, meat and the ordinary cooked foods are inclined to heat and inflame the stomach. This is really what causes the ravenous desire for food, and the extraordinary hunger, that is frequently present with meat-eaters. When you are eating uncooked food, however, there is quite a noticeable difference. You have to go a consider-

able time without food before you have what one might term a really keen appetite, though when mealtime comes around, you are as a rule able to enjoy eating far more than when you are possessed of a ravenous appetite. Uncooked food seems to satisfy and nourish the body more thoroughly than cooked foods.

#### A COMPROMISE FATTENING DIET

If I were to devise a régime that I would consider the very best for those who might be desirous of gaining weight, I would probably make it so different to that which the ordinary person is accustomed, that he would be afraid to follow the instructions. My first suggestion, therefore, would be in the nature of a compromise. I will not suggest a radical change in your diet, but will simply advise that you very carefully determine just how much you are assimilating and eat that amount and no more, for then you will be wasting no nervous energy in the manner that I have previously described. Then, for the ordinary individual, I would advise only two meals a day, instead of three. If you find it difficult to go without breakfast, take a cup of hot water, with a little lemon juice in it, an apple, a peach or a pear, or a small amount of any acid fruit that you might desire. After a time, by following this policy, you will find that you can very easily avoid breakfast without discomfort of any kind. When the time comes around for your first meal, you will then be able to thoroughly enjoy it. Your appetite will be keen and every morsel of food will taste delicious to you. That means that it will be digested and assimilated, but, mind you, be careful of overeating. Instead of drinking coffee, tea, or ordinary milk, I would suggest at this meal that you drink sumik. I have described how this is made previously in the magazine, but as the method is simple I will repeat it. Allow ordinary sweet milk to stand in an air-tight vessel (an ordinary milk bottle is satisfactory). Keep it in a room of moderate temperature until it has clabbered. It can be used as soon as it is clabbered, or it can stand several days before using. When desirous of

using it, stir the cream and the milk together and stir thoroughly with an eggbeater until it assumes the condition of a frothy foam or something like whipped cream. It is then ready for use. This can be drunk at your meals, using from one to three glasses according to your desire. Your second meal can be taken at the ordinary time in the evening, though usually it is advisable to take the second meal about six hours after the first. At your second meal you can also use sumik. Just before retiring you can take from one to three glasses of sumik. To those who are especially fond of buttermilk, it can be used instead of sumik, though of course it is not so valuable as a means of building flesh.

#### WATER AN IMPORTANT PART OF THE REGIME

Remember during the day to cultivate the habit of drinking a moderate amount of water. If you are not in the habit of drinking water, it will be well to cultivate this habit. I do not mean that you should force water upon yourself, but take a swallow or two now and then. Have it conveniently by, where you can take it without trouble. If the water you use does not taste good, I would advise you to secure distilled or some other pure water. If this is not convenient, buy a still for yourself and distill your own water.

#### A STRICT REGIME FOR ENTHUSIASTS

Now for those who might be so thoroughly convinced of the necessity for an increase of weight that they would be willing to make some sacrifice, I can suggest a diet that I am confident will be far more satisfactory than the previous one, though I will say in advance that if one possessed ordinary digestive powers and there is no disease present, the suggestion made previously will in nearly all cases bring about satisfactory results. Of course, it must be remembered that the suggestions regarding exercise, state of mind, etc., must be followed strictly, no matter what diet may be adopted for increasing weight. Now the régime that I am going to suggest in this instance will be considered fairly strict, and if anyone after considering it is not of the opinion that it will thoroughly nourish the body,

if they will try it for a few days they will find that they are better nourished than they have been in their lives before.

#### A FAST SHOULD BEGIN YOUR EFFORTS

In order to follow out this strict régime, to secure speedy and satisfactory results in every way, I would suggest that you begin by fasting from one to three days. If the fast was continued to six or seven days, you would perhaps get more pleasing results than if continued for a shorter period. However, please note, if the fast is continued longer than three days the amount of food that I suggest should be decreased from one-half to three-fourths for the first two days after you resume eating, and if continued to seven days, it should be decreased by seven-eighths for the first eating day, and even if the fast is continued for the shorter period, it might be safer to reduce the amount by half.

#### HINTS ON EXERCISE

(1.) Immediately upon awakening in the morning, take some of the exercises illustrated in "Chest-Weight Exercises in Bed," and also "The Secret of Human Power." Follow this with a dry friction bath, which can be taken with friction mitts or two soft bristle brushes. If these are not handy, a rough towel can be used.

#### FIRST MEAL AND WALKING

(2.) A few minutes following this, you can eat some acid fruit and drink from one pint to one quart of sweet milk. For your acid fruit, you can select ordinary apples, peaches, plums, or any fruit of this nature.

(3.) Some time during the day, walk until at least slightly fatigued. The distance, of course, will vary in accordance with your strength. All the time during this walk take deep breathing exercises, breathing abdominally as we suggest in this magazine.

#### FIRST HEARTY MEAL AT NOON

(4.) Take your first real meal at noon. This should consist of very ripe bananas, raw rolled oats or rolled wheat. Most any brand of rolled oats will be satisfactory except H-O, which has been cooked too much to use in this manner.

Pour the rolled oats or wheat into a bowl and add raisins, dates, prunes, figs, or any other fruit that you desire for flavoring. Make your meal of the bananas and the rolled grain. It is better to eat this rolled grain without moistening, though if you are unable to do this, you can add cream or milk, if you find it appetizing. Please remember, however, it is a far better food if you do not moisten it, for you can then depend upon its being thoroughly masticated. You can drink at this meal from two to four glasses of sumik, according to your desires. Please remember when securing bananas that they should be very ripe. In a thoroughly ripened banana the skin is not much thicker than paper, and the blacker the skin is the better, provided, of course, the "meat" of the banana is solid. The best kind of bananas to buy are those that are ripened with black spots all over them, similar, in a way, to freckles on the human face. These bananas, if allowed to ripen in a fairly cool place, will be delicious and can be easily digested in all cases.

#### LAST MEAL AND SUGGESTION TO APPLY BEFORE RETIRING

(5.) Your evening meal should consist of similar foods to the second meal, though you can have whatever variation you may care for in the way of fruit, and you can add nuts of any kind to this meal, as you may fancy. Peanuts are especially valuable if eaten raw. You can also have a raw egg, in any form you might care for it at this meal, and drink sumik to the extent of your desire.

(6.) Before retiring at night, if you have a desire for buttermilk or sumik, I would advise you to satisfy it. When following out this diet, remember, if mealtime approaches and you are not hungry, always wait until the next meal. Do not force food upon your stomach that you do not need, for in this way your entirely defeat the object of the diet. Before retiring, I would suggest that you take three or four minutes exercise. A very splendid exercise for this purpose is found in the tensing system which was illustrated in detail in former issues of this magazine, though almost any system will do.

### Anti-Toxine Mortality Record.

Our article on the Anti-Toxine Fraud has called the attention of our friends to the pernicious effects of this so-called remedy and a few clippings have started this way. Keep on sending them and we will be pleased to publish them all. If they should not appear write a second time and call our attention to them. And remember that where you hear of one death being caused by anti-toxine there are perhaps from nine to ninety-nine of which we never hear. In other words, probably not more than one out of a hundred whose death is directly caused by anti-toxine is so reported.

Georgia heads the list in the anti-toxine craze. My, what a lobby the venders of the death-dealing poison must have in the legislature of this State! We publish the following appearing in a local paper:

"Georgia has begun the free manufacture and distribution of anti-toxine to

be used in diphtheria cases. As enough anti-toxine for a patient costs ten dollars, the free distribution means much to the poorer classes of the State."

Here is another instance of death due to anti-toxine, as published in *The State*, of Columbia, S. C.:

"To-day at noon the whole city of Laurens, S. C., was startled by the announcement of the sudden death of Mr. William Pierce Caine at his home on south Harper street. Mr. Caine's death was due to the effects of anti-toxine administered by his physician. Mr. Caine had a child very sick with diphtheria and on yesterday 3,000 units of anti-toxine were given the patient. To-day Mr. and Mrs. Caine were given a prophylactic dose of 1,000 units each. That administered Mr. Caine brought on a convulsion immediately and he expired within a short time. Such effects from anti-toxine are rare."



# Physical Culture and Success

REMARKABLE EXAMPLE OF THE POSSIBILITIES  
OF PHYSICAL CULTURE AS A PROFESSION

By Edward P Larson

LESS than five years ago, J. Lambert Disney, who is now known everywhere as a successful expert in his profession, was but little more than a living skeleton. At one time, he was given three months to live, and as a result of his very harsh experiences, he began to experiment with natural methods. He stated, in an interview, that it was the reading of some of our literature at a time when he was most badly in need of help, that gave definite shape to an idea that had been gradually taking a firm hold upon him for some time. At that time, after making many experiments upon himself, he gradually began to secure some improvement in his health. To be sure, he encountered many difficulties, as is usual with those who adopt our methods. One very amusing experience was the method he used to escape the criticism of his family during his first fast. Every morning he would bring down to the breakfast table a small square tin can with a lid, and as soon as he was left alone, he would transfer his breakfast into it, and would later deposit it in some convenient place out-of-doors. He led the family to believe that he was eating his midday meal downtown, and was thus able to escape the usual criticism.

Mr. Disney, has travelled in many countries of the world; has been in Egypt, India, Ceylon and Japan, and had

a chance to study the various diseases from which the inhabitants of these various countries suffer.

After returning to America, he completed an already liberal training in natural methods by taking courses at the Bernarr Macfadden Institute and the American School of Naturopathy. He states that it was at the Bernarr Mac-



PROF. J. LAMBERT DISNEY

fadden Institute that he found the first opportunity to put into full effect the theories that he had been formulating, and had already practiced on others, and it was there that he regained the health which he had so long craved. When he got on the upgrade, he gained weight at the rate of a pound or more per day for thirty consecutive days. It was at this Institute that he met Miss Viola Parker, who has since become his wife, and who like himself had become a believer in natural methods

through the great benefit she had obtained from them.

Mr. Disney had been at the Bernarr Macfadden Institute but six months when he was appointed an instructor in natural methods, anatomy, physiology and dietetics, which position he held for a year and a half thereafter. At this time the demands of his rapidly growing business made it necessary for him to gradually lessen the time he was devoting to the school, until his business became so large that he had to devote his entire time to it. Mr. Disney always

has a good word to say for the Bernarr Macfadden Institute. Though with it from its very commencement, he has stated that he has never known a student who has finished a full course and who has expressed an opinion on the subject, but would testify that he or she had received many times the value of the money paid for the course.

Mr. Disney has built up a wonderful business in a very short time, and practically every one of his patients commend his work in the highest terms. He had built his business on a good, solid foundation, and the long experience he had in the business world before entering his present profession has unquestionably aided him very greatly in securing the remarkable success that he has achieved in such a short time.

He states that, during his trip abroad, natural methods of living proved of very great value to him in many instances. He has lived in small towns and villages in India for weeks at a time, where plague cases were being carried out at the rate of several hundred each day, often almost touching their bodies as they were carried along the street. He has eaten fruit day after day from the markets where such diseases were raging, though the white residents warned him against such food. He always escaped unscathed, and he firmly believes it was due to the condition of health maintained through following natural methods. Both he and Mrs. Disney

practice what they preach, and they show the results of their methods in their own vigorous health, notwithstanding the enormous amount of work necessary to carry on their large business. With the proceeds of his mail treatment, he has purchased a fine property which he has turned into a Health Home, and his efforts have been in every way rewarded by what might be termed almost unprecedented success. It proves beyond all possible doubt the contention made in this magazine on numerous occasions that the public are in tragic need of the services of experts of this kind.

Mr. Disney states that during his struggle for health, after he had given up drugs and trusted to the natural methods, he came near killing himself through reckless experimenting. It took a long time to separate the wheat from the chaff. He finally learned what he considers the most valuable lesson of all, and it was the final stepping stone to gaining complete health, and that was to make haste slowly. He, of course, had many discouraging experiences in his fight for health, but he knew drugs were worse than useless and death was always unwelcome, so he buckled on his armor and kept up the fight, full of confidence that there was within the natural methods definite means for a permanent cure, and he finally found it in his own case, and has been able to pass this wondrous gift on to hundreds of others.

## The Prude

By W. LIVINGSTON LARNED

He walks in darkness and is made

The plaything of a sportive world;  
Forever doubtful and afraid,

A human atom, crimped and curled,  
And when good men and pure he sees,  
He groans out all his miseries.

His path, a slimy by-way marked

By indiscretion and disease;  
His rules the ones that Noah Arked  
And not the kind that sense decrees,  
The very flesh God gave him, lies  
A curse beneath his stupid eyes.

His lonely path is measured by

The ignorance of sin and self;  
He has no answer nor reply

His God an image on a shelf.

And deep within his narrowed heart  
He knows how selfish is his part.

The pink, sweet stripling of a child,

The stalwart sinews of a man,  
The joy of living, reconciled  
All these and more, since time began  
Were meant as common knowledge for  
The human race as precious store.

Oh Prude, look further than your nose,

Seek knowledge where it may be found;  
The little that grim Science knows  
Is not too much for YOU. Abound  
In strength, much rather than in pelf,  
Poor, stumbling Prude, go know THYSELF.

# Some Splendid Menus

A FEW SUGGESTIONS OF VALUE IN SELECTING A VARIETY OF WHOLESOME, HEALTH-BUILDING FOODS

By Sherwood P. Snyder

OUR readers will unquestionably be very glad to have an opportunity to secure the results of the scientific and practical experiments that are being made in a dietetic way at the Sanatorium at Battle Creek with which Bernarr Macfadden is connected. The menus published herewith were those actually used at this institution during the first six days in September, and those who may not be able to secure some of the ripe fruits that are mentioned at this time of the year, can use dried fruits instead, if desired, but in every other way the menus can be used as published herewith, if you desire.

Of course, we do not by any means advise menus of this kind for a private

home, for we have continually reiterated that variety is not necessary. In fact, two or three kinds of food at one meal are really all that should be used by the average person, who desires to possess a high degree of physical vigor; but you must remember that in an institution of this nature, where various diets are prescribed, we are compelled to have a large variety, such as you will find in this bill-of-fare. This bill-of-fare presents the cooked foods, and our next issue will give details of the raw foods menu. One side of the dining-room of the sanatorium is devoted to the raw foods exclusively, and the other side is devoted to cooked foods. As will be noted, there are but two meals served daily at the institution.

<b>BREAKFAST.</b>				Pearl Barley Soup	
Oranges	Bananas	Celery	Triscuit	Ripe Olives	
Peaches	Apples				
Plums	Pears	Eggs any style			
Grapes		Baked Beans	Lettuce Salad		
Raw Wheat Flakes	Raw Oat Flakes	Whole Wheat Bread	Unsalted Butter		
Figs	Dates	Unfired Bread	Peanut Butter		
Raisins		Grape Juice	Apple Juice		
Cream Kidney Bean Soup		Baked Apple			
Triscuit	Ripe Olives	English Walnuts	Figs		
Eggs any style		Brazils	Dates		
Buttered Carrots and Peas	Corn on Cob	Pecans	Raisins		
Whole Wheat Bread	Unsalted Butter	Milk	Sumik	Cocoa	
Unfired Bread	Peanut Butter				
Apple Juice	Grape Juice				
Cantaloupe		<b>BREAKFAST.</b>			
English Walnuts	Pecans	Orange			
Brazils	Filberts	Peaches	Apples		
Milk	Almonds	Raw Wheat Flakes	Grapes	Raw Oat Flakes	
	Sumik	Corn Flakes		Figs	
	Cocoa	Dates	Cream		
<b>DINNER.</b>		Cream Lentil Soup			
Grapes		Spanish Onions	Triscuit	Ripe Olives	
Bananas	Pears				
Peaches	Oranges				
Apples		Eggs, any style			
		Baked Sweet Potatoes	Buttered Beets		

Entire Wheat Bread	Unsalted Butter	Unfired Bread	Peanut Butter
Unfired Bread	Peanut Butter	Apple Juice	Grape Juice
Grape Juice	Apple Juice		
Cocoanut Pudding			
Raw Spanish Peanuts			
Brazils	Almonds		
English Walnuts			
Milk	Sumik	Cocoa	
DINNER.			
Cream Yellow Split Pea Soup			
Sliced Tomatoes	Triscuit	Ripe Olives	
Eggs, any style			
Baked Potatoes and Onions Spinach Souffle			
Entire Wheat Bread	Unsalted Butter		
Unfired Bread	Peanut Butter		
Grape Juice	Apple Juice		
Prune Whip Garnished with Shredded Coaconut			
English Walnuts	Figs		
Brazils	Dates		
Pecans	Raisins		
Milk	Filberts	Sumik	
	Cocoa		
BREAKFAST.			
Apples	Peaches	Bananas	
Oranges			
Corn Flakes			
Raw Wheat Flakes	Raw Oat Flakes		
Dates	Figs	Raisins	
Rice Soup			
Celery	Triscuit	Ripe Olives	
Eggs, any style			
Buttered Lima Beans Corn on Cob			
Entire Wheat Bread	Unsalted Butter		
Unfired Bread	Peanut Butter		
Grape Juice	Apple Juice		
Canteloupe			
English Walnuts	Brazils		
Pecans	Spanish Peanuts		
Milk	Cocoa	Sumik	
DINNER.			
Peaches			
Oranges	Pears		
Grapes			
Cream of Lima Bean Soup			
Stuffed Tomatoes	Triscuit	Ripe Olives	
Eggs, any style			
Vermicelli with Tomato Sauce			
Creamed Onions			
Whole Wheat Bread	Unsalted Butter		
Unfired Bread	Apple Juice		
Sliced Peaches served with whipped Cream			
Walnuts	Figs		
Pecans	Dates		
Brazils	Raisins		
Milk	Cocoa	Sumik	
BREAKFAST.			
Grapes			
Peaches	Apples		
Bananas	Pears		
Oranges			
Raw Wheat Flakes	Raw Rolled Oats		
Dates	Figs	Raisins	
Cream Corn Soup			
Celery	Triscuit	Ripe Olives	
Eggs, any style			
Baked Mashed Potatoes Buttered Squash			
Whole Wheat Bread	Unsalted Butter		
Unfired Bread	Peanut Butter		
Grape Juice	Apple Juice		
Pineapple			
Brazils	Pecans	Almonds	
Milk	Cocoa	Sumik	
DINNER.			
Oranges			
Bananas	Pears		
Grapes			
Cream Kidney Bean Soup			
Green Onions	Triscuit	Ripe Olives	
Eggs, any style			
Macaroni and Cheese Baked Tomatoes			
Entire Wheat Bread	Unsalted Butter		
Strengthfood	Peanut Butter		
Grape Juice	Apple Juice		
Apple Lapointe served with Whipped Cream			
Figs	Brazils		
Dates	Pecans		
Raisins	English Walnuts		
Milk	Filberts	Cocoa	
	Sumik		
BREAKFAST.			
Oranges			
Peaches	Bananas		
Apples	Pears		
Plums			
Rollled Oats	Raw Rolled Wheat		
Figs	Dates	Raisins	
Cream Potato Soup			
Green Onions	Ripe Olives		

Buttered Lima Beans	Eggs, any style	Raw Wheat Flakes	Raw Oat Flakes
Whole Wheat Bread	Stewed Cauliflower	Dates	Figs
Unfried Bread	Unsalted Butter	Raisins	
Grape Juice	Peanut Butter		
	Apple Juice		
Sliced Peaches and Cream		Lettuce	Cream Celery Soup
			Triscuit
			Ripe Olives
Brazils	Filberts	Corn Roast	Eggs, any style
Pecans	Pine Nuts	Whole Wheat Bread	Buttered String Beans
	Raw Peanuts	Unsalted Butter	
Milk	Cocoa	Date Nut Bread	
		Grape Juice	Apple Juice
DINNER.			
	Oranges	Sliced Bananas with pitted Dates garnished	with Cocomnut and served with
Bananas	Plums	Whipped Cream	
Grapes			
Cream Lima Bean Soup		English Walnuts	Brazils Pecans
Radishes	Ripe Olives	Milk	Sumik Cocoa
		DINNER.	
Eggs, any style	Rice and Cheese	Peaches	
Buttered Carrots	Sliced Tomatoes	Pears	Plums
Whole Wheat Bread	Unsalted Butter	Grapes	
Strengthfood	Peanut Butter		
Grape Juice	Apple Juice		
		Cream of Green Split Pea Soup	
Apple Custard served with grated Nuts		Celery	Ripe Olives
Figs	English Walnuts	Eggs, any style	
Dates	Pecans	Spaghetti with Tomato Sauce	
Raisins	Brazils	Creamed Onions	
Sumik	Milk	Whole Wheat Bread	Unsalted Butter
		Strengthfood	Peanut Butter
		Grape Juice	Apple Juice
BREAKFAST.			
	Oranges	Peach Tapioca Pudding	
Bananas	Apples	Figs	Brazils, Filberts
Peaches	Pears	Dates	Pecans, Almonds
	Grapes	Raisins	English Walnuts
			Sumik
		Milk	Cocoa

### *Cream of Kidney Bean Soup.*

Take one pint of kidney beans, wash thoroughly and allow to soak over night. Put on sufficient water to keep them covered. In the morning bring to the boiling point, then turn the fire down enough to allow them to barely simmer. Let them cook at this temperature for at least six hours. Then press them through a colander or puree sieve. This amount of beans will make about one quart of bean pulp. To the pulp add one and one-half pints of good rich milk, or enough to make it the consistency of common cream. Add a piece of butter the size of an egg, two tablespoonfuls of

grated onions, and a sprig of parsley, if desired. Salt to taste, bring all to the boiling point, and it is then ready to serve. The onion and parsley may be omitted if desired. Any of the cream of bean soups, cream of lentil soups, and cream of pea soups are made exactly the same way as the cream of kidney bean soup.

### *Pearl Barley Soup.*

Take one-half pint of pearl barley, wash thoroughly and allow it to soak over night. Then place over fire in the morning and allow it to simmer until it is very tender, which will require from

three to four hours. Add to the barley one quart of cooked strained tomatoes, one pint of rich milk, a piece of butter the size of an egg, and salt to taste. Re-heat and serve.

#### *Cocoanut Pudding.*

Take one quart of milk, five eggs, one-half teacupful of sugar, two tablespoonfuls of flour, and one tablespoonful of vanilla or lemon extract. Put milk in double boiler and bring to the boiling point. Separate the whites of two of the eggs from the yolks and set aside to pour over the pudding. Beat well the yolks of the five eggs and the remaining whites. Stir the flour smooth with a little milk, add the flour to the eggs, then add one cupful of the hot milk to the beaten eggs. Stir in slowly, in order to keep the eggs from curdling, then add the mixture to the hot milk in the double boiler and stir until it thickens. Allow it to cook for five or ten minutes. Then stir in one pint of grated cocoanut. Turn out into a moulding dish, beat the two whites of the eggs quite stiff, add two tablespoonfuls of sugar, a little vanilla or lemon extract, spread over the custard and leave in oven until delicate brown on top. Then set on ice to chill. Serve with shredded cocoanut or whipped cream.

#### *Prune Whip Garnish with Shredded Cocoanut.*

Take the required amount of prunes, wash thoroughly, cover with water and soak for eighteen hours. During the last four hours have them at a temperature of 150 degrees. At the end of this period, the pits can be easily removed from the prunes. Pit the prunes and rub through puree sieve or colander to remove the skin. To each quart of prune pulp add two tablespoonfuls of sugar. Sprinkle over each serving a liberal amount of shredded cocoanut. This makes a very nice, wholesome dessert, and is inexpensive. Whipped cream or ordinary cream can be used instead of shredded cocoanut if desired.

#### *Rice Soup.*

Take one-half cupful of rice, wash thoroughly, put in double boiler, and

add one and one-half cupfuls of boiling water. Cook until tender, then add one quart of strained tomatoes and one pint of good rich milk or cream, two tablespoonfuls of grated onion and salt to taste. Bring all to boiling point and serve.

#### *Stuffed Tomatoes.*

Take medium-sized tomatoes, dip in hot water for a moment until the skin can be easily removed. Remove the hard core and place on ice to chill. Just before wishing to serve them, fill with a mixture of one-half grated American cheese and one-half grated English walnut meats. Serve on lettuce leaf. Garnish with a little parsley and put over each tomato one tablespoonful of sour whipped cream.

#### *Apple Lapointe.*

Take four nice tart apples, peel and cover the bottom of a baking dish. Place in oven and bake until tender. Then add one-half cupful of sugar to the apples and sprinkle over one pint of whole wheat bread crumbs. Bread crumbs should be moist. Pour over bread crumbs one-half cupful of melted butter, place in oven and allow to remain until the bread crumbs are nicely browned on top. Serve with whipped cream.

#### *Rice and Cheese.*

Take one cup of rice, wash thoroughly, place in double boiler and add one cup of boiling water. Allow it to cook for 20 minutes, then add one pint of hot milk, a piece of butter the size of an egg, and salt to taste. Cook until the rice is tender. Add one cupful of grated cheese and allow it to cook for five minutes then it is ready to serve.

#### *Corn Roast.*

Take one quart of corn. Always use green corn when in season. Add to the corn, four well-beaten eggs, two tablespoonfuls of flour stirred smooth, and one-half cupful of cream. Add two tablespoonfuls of grated onion. Stir the eggs, flour and onion into the corn, put in baking dish and bake until the eggs are set, which will require 20 or 25 minutes. If green corn is used, it should be cooked before the eggs are added to it.

## Send Your Name for Our Directory

OUR PHYSICAL CULTURE DIRECTORY WILL CONTAIN NAMES AND ADDRESSES OF INDIVIDUALS INTERESTED IN OUR THEORIES. ALL NAMES TO BE INSERTED IN OUR DIRECTORY MUST REACH US ON OR BEFORE NOVEMBER 24.

WE are greatly pleased to note the interest that is being manifested in the forthcoming Physical Culture Directory. Letters are coming from all parts of the country indicating that it will be very popular. Everyone interested in the theories we advocate should see that his name is in this directory. Those who do not want to give us the complete information that we ask for in our blank attached, may simply send their names and addresses. We want this Directory to grow larger year by year, for then physical culturists will be able to recognize each other everywhere. As stated in the last issue, several have offered to publish this Directory for us, but we felt we would be held responsible for the work no matter who might publish it, and we, therefore, have decided to publish it in connection with our subscription department. In this way, we will be able to publish the Directory at a very moderate expense over and above the cost of subscription. We are offering all our readers a chance to be represented in this Directory for ten cents beyond our regular subscription price. This refers to new subscriptions or renewals. Simply remit \$1.10 and you will be credited with a year's subscription, and your remittance will also cover the cost of inserting your name and address in the Directory with the other details that we ask for; though please remember that these details are not necessary if you do not care to have them published. Please note also that this will include the cost of a copy of the

Directory sent to your address. Those who might desire to have more information published in reference to themselves than we ask for, can do so at the rate of fifty cents a line, consisting of eight words. We want to make this first Directory a great big success and every enthusiastic Physical Culturist should help to extend the list of names. We hope that every subscriber on our list will renew, and we can date their subscription a year from the time it expires, no matter what month it may be. No credit can be given to those who have recently subscribed. They will have to pay an additional yearly subscription to take advantage of the offer mentioned. In giving us your name and address, please write it in the manner that you are ordinarily addressed, prefixing it with Mr., Mrs., or Miss.

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Very Superior.

Do you believe in the physiological laws of sex as advocated by Bernarr Macfadden?



GEORGE WILLIAMSON

## Mental Filth the Cause of Race Suicide

IS OUR PERVERTED IMPRESSION OF THE HUMAN BODY, VIEWING IT AS UNCLEAN AND VULGAR, TO ANNIHILATE THE RACE?

By George Williamson

This writer has some very radical opinions as to the cause of national decay. He believes that he has located the source of nearly all weakness, unhappiness, misery, and crime, that is so common everywhere in our country. It seems to me that the body has remained a vile mystery about long enough. If we had a few more writers of this kind, who could wield verbal sledge hammers at this mighty evil, there might be a chance for us to recover from our past mistakes.—Bernarr Macfadden.

**Y**OUR nation is dying in the filth of its own making. An unprejudiced view of the situation presents an almost unbelievable condition. Your race is dying in its own filth, and after all, it is simply imaginary filth. It is simply and solely mental nastiness. It is your monstrous view of the human body, your terribly perverted ideas, that are associated with this wonderful piece of mechanism. The human body vile? God's image vile? It is really a terrible statement, is it not? And yet there is not a reader of these lines but knows that this arraignment is borne out by the facts. The average man or woman knows absolutely nothing of the most important functional process of the entire body. They know nothing of the emotions that come into their lives as a part of the sex instincts, and they often look upon them as an evidence of vileness of their own natures, and those who are influenced by what they believe to be higher ideals, actually strive to absolutely annihilate this particular characteristic of their nature.

Everywhere you have made the body a vile thing. You have branded it with the term obscene. You have created in your mind a mental nastiness that taints and infects your very soul. You have created filth where there is no filth. You have branded the normal emotional instincts that come to every young man and woman as something low and in every way destructive to human character. You have your prize prudes

everywhere. The mentality of these characters simply reeks with immoral and erotic imaginings. At heart, they are in nearly all cases nothing more than debauchees, mental perverts, and the foul products of their minds are scattered broadcast at every opportunity. These monstrous specimens of human life have infected your civilization, are destroying the vitality and the health and the strength of your boys and girls. They are taking away the possibility of the superb manhood and noble, strong womanhood, from your future men and women. These base-minded specimens of the human race, these prurient prudes, usually do their work in the name of Christianity. As a rule they are pious hypocrites, mere pretenders. They have no real religion in their souls, for with minds reeking with the filth that they spread broadcast at every opportunity, how can they possibly be real Christians? We often find among them a number of disappointed old maids, usually dried up and emaciated, or men suffering from the errors of youth, who are often nothing more than rouses at heart. They judge the entire world by their own perverted and erotic imaginings, because their own minds are filthy with immoral thoughts, at the slightest suggestion, they feel that every member of their own sex suffers from the same debauchery, and it is these disgusting perverts, these scandal-mongers, these products of beastly, prurient prudery, that you find everywhere in your coun-



try, who are to be blamed for the mental filth that is actually destroying your nation. The condition is one as monstrous as the human mind can possibly conceive. It illustrates once more the fact that truth is stranger than fiction.

There is nothing unclean or obscene about a wholesome, strong, beautifully developed body. It was made in the image of its Creator, and should be held as something sacred. You should revere your body, you should understand it in all its details. There should be no mystery, no vulgarity connected with any part of it. It should represent to you a wonderful piece of mechanism; one that you should study carefully and thoroughly, so that you may know its workings, that you may know how to care for it, that you may know how to repair it when it needs repairing, and how to strengthen it when it needs more strength.

The editor of this magazine is right. Prudery is the crime of all crimes. It is sapping the vitality and the manhood and the womanhood of your race, in your homes, in your schools, in every community, in every city, large and small; it is creating perverted impressions of morality, it has created your double standard of morals which prescribes one regime for a man and another for a woman. It is filling your cities with perverts and prostitutes. It has prevented the male sex from securing the knowledge necessary to protect it from these human vampires. Men are not immoral by nature, nor by instinct. They are made immoral as the result of prudery; they are made immoral simply and solely through the lack of knowledge of the effects of immorality. In fact, immorality is often recommended to them by their foolish advisers, likewise the victims of prudery.

If I were to stay in your country very long, I should become a chronic cynic. If you continue your present prudery very long, you will certainly furnish rich material for any nation that might care to attack you. Do you expect to develop men from such conditions as this? Do you expect to develop men when you do not even protect your boys by furnishing them with the knowledge that is neces-

sary to prevent them from sapping their vitality, their very manhood, with indescribably immorality? Everywhere I see the products of your prudery. You will find it stamped on the faces of the boys and girls, of the men and women, in every community. Here and there is a specimen that has escaped by accident. Some possess so much vitality that there are no noticeable signs of the evils that they have had to combat and conquer. But never, till you "throw down the bars," and crown knowledge of the human body with a reverence that should impress the innermost recesses of every human soul, can you expect a civilization that will be permanent or satisfying in character.

Your race is dying in the filth of your own making. You have made the body a filthy thing. You have created this filth absolutely in your own imagination. You have spread this filth into every home, into every school, and the mentality of every boy and girl has been infected by this environment. Can you call yourselves civilized? You talk of enlightenment and progress. For God's sake, where is it? There can be no progress when little boys are allowed to be tainted by the mental vileness that is brought to them by their companions of the street and in the schools. Can you talk of civilization when you allow the material that makes up your race to be tainted in this pitiable manner? Can you talk of progress when you often commend the double standard of morality? Can you talk of enlightenment as long as you allow these scavengers to spread the vile contents of their craniums in the name of purity?

You must view the body as a divine creation; you must understand the body; you must develop it to its highest attainable degree of perfection; you must absolutely abrogate the sexual slavery that exists now everywhere in your land. Sexuality was not created for transient pleasure. Men and women are blighting their lives, destroying everything that is pure and clean and satisfying in their existence, because of the perverted ideas that you everywhere find from a sexual standpoint. You cannot take the divine principle created by God for the perpetu-

ation of the race, and use it for other purposes than it was originally intended, without suffering terrible penalties therefor.

Your nation will never advance until you have obliterated from it the mental filth that you have created. In the past, great cities and even nations have disappeared because of the sewerage problem. They practically died in their own filth. Now that this problem has been nearly solved, you have turned to other means that are really more terrible in their effects. You have spread your mental nastiness through your prudery to such an extent that the body—God's temple—is nothing more than a vulgar mystery to men and women everywhere. This policy must be changed in every detail before there can be any real manhood or womanhood, before there can be any real progress that will be productive of results that will mean an improvement in the race from every standpoint.

If your mind reeks with filthy imaginings, keep them to yourself. If you find a prude breathing forth the vileness of his mental garbage-barrel, shun him as you would a rattlesnake, or else disinfect him with chloride of lime. These monstrous human scavengers, it seems to me, have done about enough harm to your country, and it is about time for every clean-minded man and woman to insist that these perverts should stop spreading their mental sewerage. The salvation of your race depends upon true purity, upon recognition of the single standard of morals, upon an understanding of the body in all its mysterious workings, for when the body is thoroughly understood, one knows in every detail of the terrible penalty attached to the immoralities and other sins against the body, and every instinct and every emotion tends towards what might be termed the higher life.

## Walking for Health and Endurance

### TO THE EDITOR:

I have been an ardent reader of *PHYSICAL CULTURE* for over six years, and have found much in it that makes it worth a hundred times the price of subscription.

As I have been especially interested in long walks, I thought that the other readers of the magazine might like to know of a few walks that I took. As the best preparation for any exercise is taking that exercise moderately at first, and gradually increasing the same, I began by taking short walks of two or three miles a day, and inside of a week got so that I could take five miles as easily as I could one. I lived at that time on a plateau two thousand feet above the sea-level, and was studying in a college located on the same.

My next advance in the "science of walking" was to attend a mountain mission every Sunday A.M., walking down grade 800 feet, a distance of four miles, without breakfast. Another person and I held a two-hour service, and then walked anywhere from two to four miles farther to take dinner. Then we would return up the mountain and take a shower bath, feeling ready to go over the same path again.

These walks put me in shape to take the longest walk that I have yet made. I arose at 3.30 A.M., dressed, drank a glass of water, and walked twelve miles in three hours. Made my

breakfast on one-half pound of dates, two apples and an orange. I walked around the town, dined at two and walked home at night, retiring without any supper, having made 30 miles that day. The only discomfort that I felt was in my right instep (I have twice sprained the right ankle), but I put in two or three miles a day the next two days and was as good as ever. This walk was in May.

My last walk was started at 4.15 A.M., under the same conditions, and was for twelve miles in three hours. My breakfast this time consisted of two apples. After I had rested for two hours I played a one-hour tennis match in the hot sun, dined at 1 P.M., and should have walked home had I not been summoned to return by train at 3 P.M.

All of my walking has been on the railroad or country roads, and I average four miles per hour, although at times I have made a mile easily in 12 or 13 minutes.

In taking these long walks I observe very few rules. Eat when I'm hungry, sleep when I'm tired, eat whatever agrees with me—mostly fruit, no meat; practice deep-breathing; stop walking when I'm tired; don't walk more than twelve miles at a jerk.

When the fall walking season opens up I expect to make some new records.  
Sewanee, Tenn. E. P. Jors.

# The Secret of Human Power

By Bernarr Macfadden

STIMULATING THE NERVE CENTERS BY VARIOUS MOVEMENTS THAT WILL STRENGTHEN THE MUSCLES AND STRENGTHEN THE SPINAL COLUMN

## ARTICLE VI.

**I**N a previous installment of this series of articles, I have presented various exercises which will vigorously use all the various muscles and cords located near the spinal column. They are all valuable in effecting the results that one is desirous of securing in building exhilarating health and strength in the highest degree; but I am presenting in this issue a variation of the previous movements, which I think will please my readers and enable them to exercise the desired parts in a much more effective manner than has been illustrated in any of the previous suggestions.

The apparatus which I am advising for use is simple. It might have been made very complicated, and I suppose could easily be made so expensive as to sell for quite a sum. My object, however, at all times is to provide my readers with

inexpensive methods which can be used at their own homes with little or no inconvenience. The method of using the apparatus might be appropriately termed "hanging," for the muscles of the body that are brought into active use by this method, are those that hold the weight of the body while hanging by the neck. I have had a great deal to say in a previous issue on the necessity of stimulating the spinal column,—the storehouse of human power, and the source of all nervous energy. All the exercises I have previously presented have been given for the specific purpose of stimulating this source of energy. Now the exercise that I am so fully illustrating in this issue, will, I am confident, furnish more stimulation, than any of those that have been presented heretofore. You might say it really stretches, the spinal



Picture on left shows sheet knotted in two corners obliquely opposite each other. Right hand picture shows heavy twine tightly tied back of the two knots. Sheet is now ready to throw over top of a door.



Showing sheet thrown over the door, with heavy twine fastened to door knob. The loop in the sheet to extend low enough so head can be placed into it conveniently.

agonally opposite each other, should be knotted, then placed together, and the cord or rope tied firmly around the sheet back of the knots. The sheet can then be thrown over an ordinary door and the cord tied around the door-knob. The loop formed by the sheet should be extended low enough so that one can conveniently, by rising on tip-toes, place the head in the loop. Until the muscles become fairly strong, the ordinary exercise of holding a small part of the weight of the body with the neck can be taken. The neck can be bent far backwards and as much of the weight of the body as can be borne can be held by the neck. As the muscles become still stronger, part of the weight can be placed on the doorknob and the feet raised from the floor, though as noted in one of the other illustrations, the hands can be placed higher up, and the weight that will be suspended by the neck will of course be greatly increased. The

column. It stimulates it from an entirely different standpoint than the exercises previously presented.

The method illustrated is very simple, and as will be seen after examining the illustrations, it can be followed by using the material that can be found at one's own home. It simply requires fairly

strong twine or light rope, and an ordinary bed-sheet. Two

corners of the bedsheet, diagonally

higher the hands are placed on the door, for pushing the weight outward, the greater the weight that will be sustained by the neck.

Now don't begin these exercises too ambitiously. Don't try to take them too vigorously. These muscles, of course in one who has not used them to any great extent, are weak. As a rule, they can only hold a very small part of the weight of the body, though a moderate amount of practice, will enable one to hold the weight of the body without the least strain.

Remember, as previously stated, increased strength of these cords and

muscles will improve your ability to add additional strength to all other parts of the body. More blood will be brought to the region of the spinal column, more energy will be absorbed and held in this human powerhouse, and with more nerve power to run the human machine, it is very natural to suppose that every part will in consequence receive its share of the increased strength. As previously stated, this nervous energy is needed by every part of the body, to carry on the various

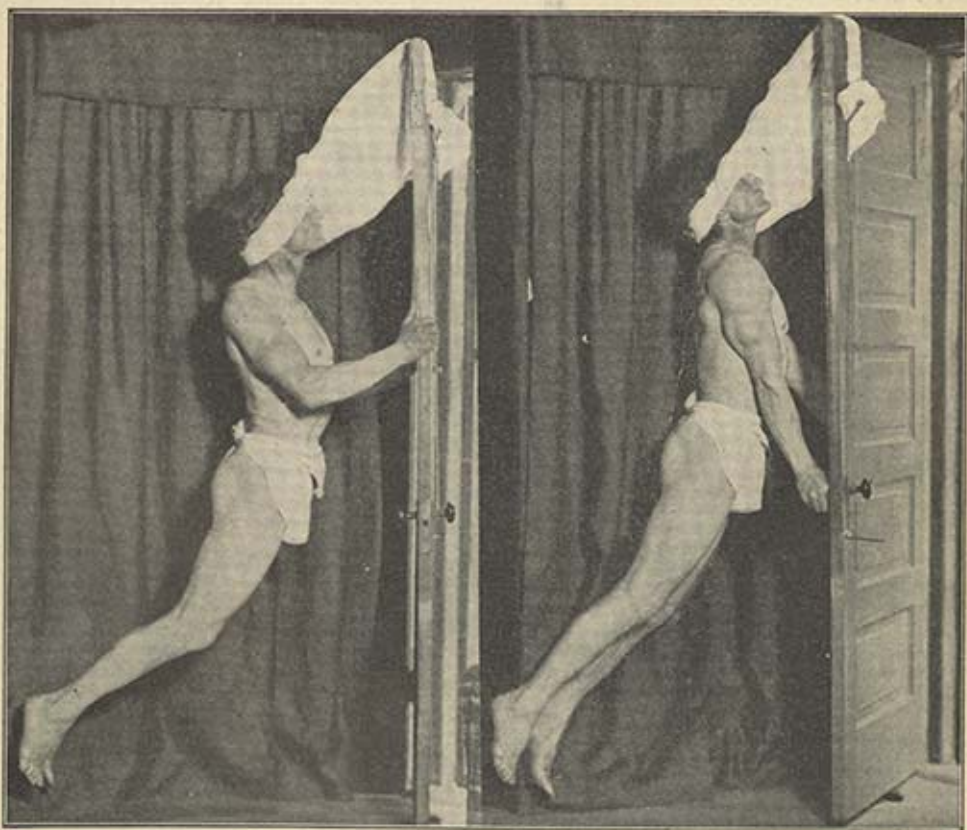


Showing how the head is placed in the loop formed in the sheet. The easiest exercise is taken by bringing head back as far as possible and holding up part of the weight by the neck.

functional processes, and this exercise will bring these muscles into play in a different manner than anything previously illustrated. They will help you very greatly to increase your strength, regardless of how strong or how weak you may be, and if you are suffering from a chronic disease, it will assist you in bringing about an effective and permanent cure.

As previously announced, in the next issue of the magazine I intend to illustrate a method of stimulating the spinal column, which is so marvelously effective in cases of chronic or temporary illness that it is often capable of so stimulating a really sick person that immediately

after the treatment he can get up and go about his ordinary duties, though previously he might have been of the opinion that he was too weak to get out of bed. This method is of very great value in the treatment of all sorts of acute diseases, and it is, of course, of great aid as a stimulant in chronic troubles of all kinds, and the suggestion itself is worth many times the value of a yearly subscription to this magazine, for the use of this treatment, will often save many dollars in doctors' bills, and in many instances will do more, because it may save one from a serious illness, which might possibly end in death.



Showing methods of vigorously exercising the neck and stretching the spinal column. Exercise in picture to the right not especially difficult. Place head in loop, put right hand on door knob and other hand against door. Push outward and raise feet from floor. Exercise shown at left is much more difficult and it cannot be taken until neck is very strong. Repeat the exercise you are able to take until tired.

## Medical Trust Beaten in Washington

IT will perhaps be of interest to the various readers of this magazine to know that practically every case that is carried to the higher courts results in a decision against the high-handed methods of the medical trust. Medical societies nearly everywhere have lobbied and have succeeded in passing laws which enable them to force the public to patronage of one of their members whether or not they have any faith in the use of medicine. Dr. Linda Burfield Hazzard, of Seattle, Washington, who is a follower of non-medical treatment for various diseases, was arrested January 26, last, in her home town on the following complaint:

"John Vaupell, being first duly sworn, on oath says: That at Seattle in said King County State of Washington, on the 26th day of January, A. D. 1908, Linda Burfield Hazzard did commit the crime of practicing medicine without a license, as follows:—

"Then and there being the said Linda Burfield Hazzard, in the County of King, State of Washington, on the 26th day of January, A. D. 1908, then and there being and residing, did then and there wilfully and unlawfully have and maintain an office in that certain building known as the Northern Bank and Trust Building, in the City of Seattle, said County and State, with her name and the word, 'Doctor' in public view, and did then and there wilfully and unlawfully assume the title of Doctor, without first having obtained from the State Medical Examining Board for the State of Washington a license therefor as required by law, and without having filed such a license or a certified copy thereof with the County Clerk of said King County, State of Washington, the said Linda Burfield Hazzard not having registered in the office of the Auditor of said King County, State of Washington, as a practitioner of medicine or surgery as provided by Chapter 169 of the Code of Washington (1881) and the Acts amendatory thereof, and not having on or

about the said 26th day of January, A. D. 1908 or prior thereto, filed in the office of the Auditor of the clerk of said King County, any copy of transcript of any such registration in any other County than the said King County in said State of Washington; contrary to the form of the Statute in such case made and provided and against the peace and dignity of the State of Washington.

"(Signed) John Vaupell."

Trial was conducted in the justice court and the defendant was found guilty and fined \$50.00. The case was appealed to the Superior Court and tried before Judge A. W. Frater, with the following result:

"This cause coming on regularly for trial on the 18th day of May, 1908, and the State, by the Prosecuting Attorney of King County, and the defendant by Arthur and Hutchinson, her attorneys, having agreed in open Court that a jury be waived and the cause be submitted to the Court for decision upon a stipulation in writing that upon the window of the defendant's office in the City of Seattle there appeared at and before the date set forth in the Complaint the following words and figures, Dr. Linda B. Hazzard Fasting and Natural Methods, Osteopathy, and that the said inscription then on the window is all the sign, advertisement, or inscription then or at any time maintained by the defendant, in and about her office; and that said inscription be considered by the Court as constituting all the evidence that the State could adduce in this cause, except that the defendant has no license to practice medicine or surgery in the State of Washington;

"And the Court being fully advised in the law and the premises, it is now

"Decided by the Court that the said inscription does not constitute a violation of the law and does not come within the scope and prohibition of the law regulating the practice of medicine and surgery; Wherefore, it is hereby

"Ordered that defendant be dismissed and the sureties on her bail bond released and discharged."

# General Question Department

By Bernarr Macfadden

Our friends will please note that only those questions which we consider of general interest can be answered in this department. As we can only devote a small portion of the magazine to matter of this kind, it is impossible for us to answer all the queries received. Where the letters, however, do not require lengthy replies, the editor usually finds time to answer by mail. Where an answer of this kind is required, please enclose a self-addressed, stamped envelope.

## Scales on Eyelashes—Mucus on Lips

Q. Will you kindly tell me what causes scales to form on my eyelashes? What causes a sort of mucus to form on my lips?

A. Your two questions can be answered by one reply, because they are the result of the same causes. The same condition that would cause mucus to form on the lips would also cause mucus to form on the eyelids, and of course, when this mucus dries, on the eyelids, it forms scales. The condition might be therefore called constitutional, and any treatment would have to be applied through the blood. In other words, the blood would have to be so purified that it would be impossible for it to create mucus in this manner. All the various methods of general upbuilding would naturally be required in this process. Attention to proper diet, exercise, thorough cleanliness of the exterior parts of the body, and in fact, every means of building up the general system, would be needed in order to remedy the trouble mentioned.

## Developing the Legs

Q. I have succeeded in acquiring a tremendous development of the chest, arms and back, but my legs are thin and do not seem to be benefited by any exercise. They are exceedingly hard and wiry. Can they be musclebound or stunted in some way so that they cannot yield to rigid treatment?

A. You have no doubt given so much attention to the upper parts of the body that they have been developed at the expense of the legs. If you were to give special attention to deep abdominal breathing and to the development of the muscles around the spinal column as instructed in the "Secret of Human Power" series, and were to vigorously use the muscles of the legs by continuing for a long period each day, the various exercises that bring these muscles into play, you should be rewarded by noticing a decided change for the better in your development. The deep knee bending exercise, for instance, should be taken several hundred times without a stop. Various other exercises for using the muscles on the inside and outside of the legs, the forward and posterior portions, should also be taken to the limit of your endurance.

## Bananas as a Food

Q. Do you consider bananas healthful?

A. Bananas are perhaps the most nourishing and the most healthful of all fruits, unless the system is in such condition that acid fruits are especially required. Bananas might rightfully be termed the bread of the fruit world. One should remember, however, that this fruit is in nearly all cases eaten before it is properly ripened. Bananas to be fit to eat should be covered with black specks the size of a pinhead, or larger, and should be so thoroughly ripened that the skin is not much thicker than an ordinary piece of paper. The blacker the skin of a banana, provided the interior is of a proper consistency (that is, not too soft), the more healthful the fruit will be and the more delicious it will taste.

## Is Cycling Injurious?

Q. Do you consider cycling injurious? Is it supposed to affect the heart?

A. I consider cycling a very healthful exercise. It takes you into the open air and furnishes a diversion as well as an exercise, which is usually productive of considerable pleasure. Of course, the attitude of some cyclists, with head and shoulders far forward, cannot be too severely condemned, but if one will sit erect, and not bother about records, simply ride for pleasure and exercise, there is not the least doubt of its being healthful in every way. This exercise cannot affect the heart, otherwise than beneficially, provided the advice just mentioned is followed, that is, if one is careful not to go to extremes. Ride as long as it is pleasurable, but as soon as you are fatigued, it is well to discontinue the exercise for that day.

## Remedy for Knock-Knees

Q. Although I have a fair bodily development, my appearance is marred by a pair of knock-knees. I have tried exercises and apparatus to remedy this defect, but without avail. Do you think a defect of this nature can be overcome at my age, thirty-four years?

A. If you would at very frequent intervals assume the position in which tailors often sit, and take the exercises of rising to a standing

position with the legs crossed in this manner, you will find that the difficulty referred to will be considerably lessened. Of course, the exercise should be taken three or four times a day, and on each occasion you should continue it until you are fairly tired.

### Cure for Rupture

Q. Would you please recommend a cure for rupture?

A. Rupture is usually curable without an operation, provided the opening is not too large and the vitality has not been too much depleted. Our methods of curing rupture are, first of all, to take away the pressure from the abdominal region outward, by a total fast or a very abstemious diet. A fruit and nut diet is usually the most satisfactory for this purpose. After the bowels have been relieved of this outward pressure, the patient is then placed on what we term a slanting exercise table, where the head is about two to two and one-half feet lower than the feet. While the patient is in this position, various exercises are given for strengthening and developing the cords and muscles of the abdominal region. The vigor of these exercises is increased and they are taken more frequently each day, until they are being taken from five to six times daily. The effect of this treatment in nearly every instance results in the entire cure of the complaint, and at the same time there is a general increase in vitality, though in many instances the weight of the patient is very materially reduced while following this abstemious regime.

### Can Flat Feet be Remedied?

Q. Is there any means by which one can improve flat feet? Would wearing an arch be of any benefit?

A. I very much question the value of wearing an arch for flat feet. If the bony formation of the feet has become permanently in the position which is termed flat feet, I do not believe anything can be accomplished of very great value so far as changing the formation of the feet is concerned. I firmly believe, however, that the feet can be so strengthened, notwithstanding the defect, that little or no inconvenience will be caused by the deformity, if it may be so-called. One of the best runners I ever saw had flat feet, and as far as the strength of the legs and the general activity of the body was concerned, you would never have known it.

### Buzzing and a Tight Feeling in the Ear

Q. About two weeks ago, I noticed a tight feeling in my ear, as if it was clogged up. Since then, this has cleared, but left an awful buzzing, so loud that it almost deafened me. Will you please advise me what to do?

A. It may be that the Eustachian tubes are clogged up temporarily by a catarrhal condi-

tion. If this is the case, then as the general health is improved and the acute attack subsides, of course, the symptoms that you describe will disappear. If, however, your trouble is chronic in nature, then you will have to attack the complaint with constitutional treatment. In other words, a cure of your disease depends entirely upon a process of bodily purification. The blood must be made so pure that it cannot generate catarrh, in any part. You can find out how to follow these constitutional methods in the pages of this magazine, or in any of the various books that are sold for the purpose of giving you a clear knowledge of building vitality. A fast of several days taken in beginning a treatment of this kind would very greatly facilitate recovery.

### Heart Disease

Q. My heart frequently palpitates. My physician told me it was due to weakness of the mitral valve. He advised me to lie in bed every afternoon, never to take any exercise, not even deep breathing. Do you think he is right?

A. If I were to advise you of the best way of committing suicide, or of the best possible method of insuring your remaining a partial or entire invalid for the balance of your days, I should select the special advice that has been tendered to you by your physician. Advice of this character for your trouble is ruinous. It is worse than ruinous—it is suicidal. The heart and its various connections can be strengthened just the same as you can strengthen the muscles of your arm. Of course, violent exercise of all kinds cannot be taken without danger, when suffering from a trouble of this nature, but light exercise of every character that will bring into active use all the muscles of the body, long walks and deep breathing, are absolutely essential in order to build up the general vital vigor necessary to remedy heart troubles. I remember many years ago prescribing for a young man who had received the identical advice that has just been given you. His body had been reduced nearly to a skeleton from following this advice. He was afraid to walk fast, afraid to run. He was told never to exercise, and his body was actually wasting away from the need of the very things that were denied him. I prescribed a course for him, and improvement was so remarkable for a few weeks that he determined then and there to continue his exercise and become an athlete, realizing that with such a vigorous constitution it would be impossible for him to again suffer from this very serious trouble. A little over a year after this young man visited me, he took up wrestling as an exercise, and in a wrestling tournament given a while afterward, he threw every wrestler in his class, proving beyond all possible doubt that heart disease in his case had disappeared absolutely.





## THE VIRTUES OF OUR METHODS PROVEN

### Four Years of Physical Culture.

TO THE EDITOR:

Four years ago, when I was eighteen years of age, my health was very poor, I weighed 160 pounds, was round-shouldered, and I blush even now when I think of the shape I had, I had never had the monthly sickness, and as a result was pale and heavy-eyed, and troubled with violent headaches, and fainting spells, almost every day. I had to take liver pills or purgatives of some sort, such was my condition, and although it sounds pretty bad, I know there are many girls who are just as I was. One day it was my good fortune to be made acquainted with a young man tall, and straight, and strong-looking, who seemed to be fairly radiant with health and possessing that personal magnetism which always goes with perfect health.

That day commenced my cure, he must have pitied me, for he took an interest in me at once, the first thing he taught me was deep breathing, which requires some perseverance, but once you learn it you never forget, and it becomes natural.

Next he made me take long walks, and at first I would be fit to drop with fatigue, but I soon got over that, and could walk long distances and enjoy it, walking is still my one and only exercise, and it is one that I have grown to love. He then taught me the value of water, as a drink between meals, and I drank about two quarts a day. I gave up meat, and chicken or an occasional bit of ham as the only meat I ever eat. The result of this treatment was this,—three months after I had the monthly sickness for the first time, and have been regular ever since, and never suffer pain or inconvenience of any sort, I gained thirty-five pounds in weight, and my cheeks and lips were like red roses, my eyes became bright, my step elastic and light, headaches and constipation had fled, my shoulders are straight and broad, and during these four years my health has been perfect. My weight never varies more than a pound or two more or less than 125 and whereas, when I was eighteen I looked twenty-five, to-day at twenty-two I pass for eighteen.

Incidentally I might mention that in the spring of this year I married my instructor, but that is another story.

MRS. AMBROSE F. REST.

### How to Prevent and Cure Appendicitis.

TO THE EDITOR:

Being one of your admirers, students and a subscriber to your valuable paper and have

practiced for years magnetic healing, osteopathy and suggestive therapeutics.

I note in *PHYSICAL CULTURE* recently a defence of the doctors. I heartily agree with the writer that there is such a disease as appendicitis, but I do not uphold the cutting system as a remedy, as there is a better way, and here it is (as I have often demonstrated in my practice).

First, give the patient from one to three full injections of warm water, say two hours apart, the surplus water will come away in ten or fifteen minutes, this will loosen any excrement that may have become dry and stuck to the colon. One word, as to giving an injection: a patient weighing 150 pounds can take one gallon of water easily into the bowels.

Get a bulb syringe and a set of rectal dilators, the kind having a small opening in the end of the large one, insert the nozzle of the syringe in the hole in the cork in the large end of dilator. Then place patient on left side on table, fill syringe with water, coat dilator with vaseline, put dilator against opening of bowels and pump water in. Press the dilator against colon so as to keep the water from escaping, if this becomes painful, stop pumping, and work the water across from left to right, then pump again, hold water in the bowels ten or fifteen minutes if possible, then let it out. Lay patient on back on table, then the operator should draw the patients' right knee high up under the right arm and out from the body, then jam the knee against the body. This will force the contents of the appendix into the transverse colon, and all is over. Nature will do the rest. Flushing the bowels once a month will prevent anyone from having appendicitis and not cause the least bit of danger. I am not now in the healing business and have nothing to sell; my mission is to do good to all comrades and sinners against natural law and I take this opportunity to help roll back the cloud of ignorance that so generally prevails, as we have been misinformed on all the most important subjects, under the present profit system.

Cincinnati, Ohio.

E. C. KERSEY.

### A Ten Years Search for Strength.

TO THE EDITOR:

I was always a weakling from my birth, my mother was always weak, so I was very badly handicapped in the race of life. At the age of thirteen I began to wonder why I was not as strong and vivacious as other boys, so I began to find some method of getting strong. Even then I knew medicine would not do it,

for I began to get some good mutton chops and steaks with all my spare cash, as I had just begun to work, but I soon found that I was on the wrong track. I then began to read about diet, as I thought the secret of strength was in the food, I soon began to find that cereals were the things I wanted, so I began on oatmeal porridge for breakfast. This, too, proved a failure. I soon found that the porridge gave me heart-burn and bile. I then discovered biscuits agreed with me—in fact, anything dry that required a lot of chewing always seemed to keep me in good health. I then thought that I was on the right track to get strong and well. I may say that I was also taking my exercise and cold baths. I was then about seventeen, but still I kept learning something every day. It was about at that age I first heard of your magazine. I began to study it and it proved to be on practically the same lines as I was practicing. I did all you advocated with the exception of fasting. I could not find sufficient will power to fast above six hours.

As time went I began to get very rugged and hard, but I could never gain in weight and I was sometimes rather low in vitality, although I never knew what a cold was like. One day I thoroughly made up my mind to fast, knowing that I should benefit by it. I never did anything I read in books, unless, I had thoroughly reasoned it out for myself. I told myself fasting gives the stomach a rest and gives it a chance of emptying itself. I fasted just a little over twenty-four hours. I went back to my food too suddenly, but when I had got over the week I could not help looking at myself in the mirror. Every day my eyes got brighter, and I felt I had found out something marvelous. I felt I had never been alive before, and the whole world looked lighter. However, I got in a sluggish condition again, but with the practice of fasting and studying I soon overcame it. I can now fast three or four days and keep at my work, which is rather heavy but *I only fast when necessary*. I had not, however, completed my discoveries as a physical culturist.

One day I saw my mother washing some dirty utensils and bottles. Being unable to get inside the bottle with a brush, I noticed my mother put in some sand, coal-dust, etc. This set me thinking again. I had never heard or read of the sand cure before, but I weighed it up in my mind and came to the conclusion that it would not cause any disease or irritation. I was never frightened at getting any complaint such as gravel, etc., as I have always been perfectly healthy; my only object in life was more energy. *I began taking a little sand, also garden soil (wet of course), as I could not manage it dry. I began to improve in my strength and endurance remarkably, at first I did not think it was the sand, but I am now convinced beyond any doubt.* I have advised many friends to try it, but they refuse, but if the local doctor advised it they would not hesitate. I agree with Bernarr Macfadden, that it following a natural diet raw fruits, nuts, etc., the sand is absolutely

unnecessary, but many town people like myself who sometimes are obliged to eat foods, such as bread, cake pastry, cooked vegetables, etc., then I think the sand cure is the most wonderful thing I have ever tried in my ten years search for good health and good digestion. I can eat white bread, etc., with impunity when taking the sand. I am now twenty-four years of age and I am much stronger than the everyday man. Goodness knows what I should have been had I lived the old life, but thanks to my careful study, life's worth living. Hoping you will publish this rough and ready letter for the benefit of your readers.

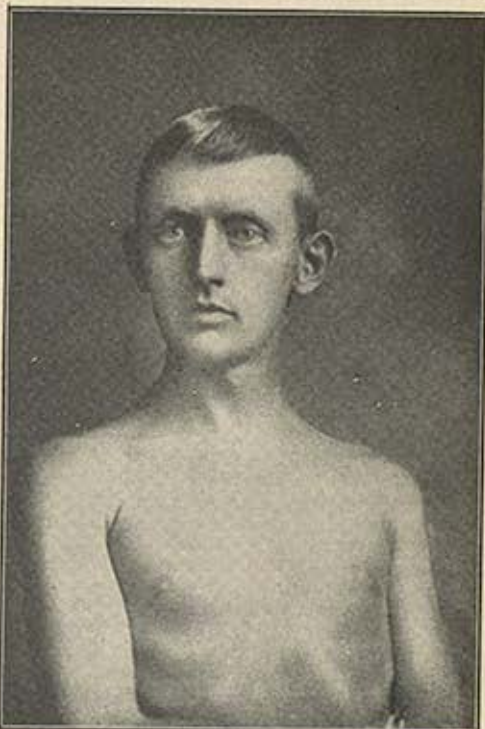
Birmingham, Eng.

THOMAS BRESLIN.

**Cured of Dilated Stomach, Auto-Intoxication, Constipation, Insomnia, and Nervous Prostration, and Valvular Heart Trouble Greatly Relieved in Seven Weeks.**

TO THE EDITOR:

Three years ago I became ill and started on my rounds going from doctor to doctor. When I failed to get relief from one doctor, I went to another, and continued this until about one year ago when I was taken down and had to go to bed, where I have been for more than half the time since, until I finally, through a



George M. Ostness, whose life has been saved by Physcultopathy. Cured of Dilated Stomach, Auto-Intoxication, Constipation, Insomnia, and Nervous Prostration. A very serious heart trouble also greatly relieved in seven weeks.

friend's efforts, was induced to try your methods, though I will admit in the beginning that I thought your drugless cures were all "junk." When I began your methods I was suffering from dilated stomach, auto-intoxication, a severe case of constipation for which medicine could do nothing as it was tried for a long period without help. I was also suffering from heart disease (valvular trouble, leak) and frequent attacks of taxacardia (runaway heart), insomnia, and nervous prostration. I was afraid of everything and everybody, about three-fourths crazy at least. I could not digest the lightest meal and was so weak that I had to have help walking across the floor, and even rising up would bring my heart-beat up to 140 a minute. In fact I was as far gone as anybody could be and still live, and when my friend suggested that I take a picture to show the difference after I had given your methods a trial, I said the bare thought of standing before a photographer made me tremble. Yes, sir, I was that much nervous and broken down. I regret now that I did not get that picture as it would have shown better than pen and ink and paper can, the great difference that has taken place in those seven weeks. After one week my condition improved so that I could sleep from six to eight hours, while before I had been satisfied if I could get from two or three hours sleep out of the night, and had experienced as many as five nights and days in succession without a wink of sleep. After three weeks my constipation yielded to the treatment and the symptoms of auto-intoxication began to disappear, also the gulping up of gas after meals, and I feel like a new man, being able to eat a meal without, as before, fearing the consequences that might result. My heart, though still weak, is improving in strength every day. I now take quite a few exercises and walk from three to four miles without its starting up at the rate of 120 to 140 a minute as it did before starting your methods. For all this I have to thank the methods that are advocated in your publication. You have given me back the most valuable gift that one can possess in this world, and that is health.

GEORGE M. OSTNESS.

#### Rheumatism Cured—Dietetic Suggestions

TO THE EDITOR:

You have often invited any of your readers to give their experience in reference to diet, and its action in sickness or health, I admit one should give this as soon as possible to help others, and I trust it may help others now. While in England I was foolish and ignorant enough to suffer the pains of rheumatism a third time, the second time I was attended by a medical man who declared I had a rheumatic fever and after eleven weeks of doping I was given up as hopeless, a trained nurse was in attendance who though dutiful, cared more for my looking prim for the doctor's call than for my comfort. On a hot summer's night when he shook his apparently wise head, I was semi-conscious and caught enough to realize he thought his medi-

cine of no avail in my case. Weak as I was I there and then decided to gulp no more drugs down. I lapsed again into unconsciousness or sleep and when, at one a. m., I felt hungry and the dear motherly soul who watched me almost night and day for ten days wanted to stuff me with food, I just drank water or lemon drink until my temperature was normal, afterwards, I quickly got well on barley water, rasin tea and eventually fruit, etc.,

Since then owing to want of faith and experience I have tried almost every food, with the result that I am in good health and wiser, I find condiments are unnecessary and detrimental, salt being especially bad for those who suffer uric acid diseases. Not only is one more susceptible to colds, but it is a difficult task to rid oneself of a cold while still consuming salt. Eat a salted meal after a month of raw foods, and you will experience salt poisoning and a cold to finish up with in less than 24 hours. Again, any process of yeast raising bread or biscuit seems to me more far-reaching in its ill-effects, than alcohol, but for the habit of continued drinking. When living on a mixed diet too much time is spent in sleeping, take the case of one "Weak Eyes," mentioned in one issue; he has only to live aright in actions and diet, and by so doing he must get well. I feel our magazine does wrong by giving a recipe with salt as a flavoring. I proved tea, eggs or salt neither of which were taken within two or three weeks of each other to produce rheumatic pains in seven or eight days. Raw food really is the only healthy mode of living, and far more economical. Being conserved, one needs less at a meal and often but two meals or less per day. I am one who appreciates the improvement of our PHYSICAL CULTURE and no one who reads it will grudge the increase in price.

Calgary, Canada.

W. BARNES.

#### Cured of Spinal Curvature and General Weakness

TO THE EDITOR:

I take pleasure in writing you a few lines letting you know the benefit I derived from your monthly. Before I used your treatment I was very delicate, and had a very weak stomach, and could get no relief from any of the medical doctors or drugs. This was all caused by spinal curvature, this disease was caused from a fall which I received when I was about two years of age. I am twenty years of age. Before using your treatment I had pains in the back and sides and could hardly do any walking.

Hearing about your monthly. I decided to get it and try your treatment. I fitted out a little room with my different necessities and started in with your treatment. I kept up this work, and it put me in good health, curing me of all my pains and stomach trouble.

Dear friend, you have the finest treatment on the face of the earth. It entirely cured me and lots of others whom I know.

New Orleans, La.

JAMES RILEY.

## 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.

### Suffering Caused by Physical Culture

(This letter is unique. We are publishing it because it is different from what we usually receive. We are reproducing the letter even to the spelling, which would indicate that the writer has much to learn in this life.)

TO THE EDITOR:

You are causing people an awful lot of suffering, and I believe you ought to stop it. I don't believe there is any use of it going on any longer. You tell people to go without breakfast. And you tell them this is healthier. But it is not healthier. In the morning a person is hungry and should eat breakfast. Look at all the wild birds don't they eat breakfast. Look at the wild deer, the wild rabbit, or any wild animal, they all eat breakfast. It is natural to eat breakfast. Every healthy person has an appetite for three meals per day, and should eat three meals a day. You make people afraid to eat. What people want is knowledge of the right kinds of food to eat. You tell people different motions they should go through. I believe this is harmful. Don't you think it would be far better to get your exercise, by doing some useful work or sport. This taking a big drink of water instead of breakfast, cold water bathing, friction rubbing, long fasting and a lot more things, causes a person to be thinking of himself all the time. And it causes much worry and misery. You go to extremes.

Yours very truly

ARTHUR EVERDEN

CHICAGO, ILL.

P.S. Here is a good healthy idea. Make a hole in the instep of the shoe with a small auger.

### One Quart of Pickles Daily Advised—Death Result

TO THE EDITOR:

While reading the contents of "Comment, Counsel and Criticism," in **PHYSICAL CULTURE**, it occurred to me that the following outrage of the medical profession would be suitable illustration of legalized crime:

While residing in Salt Lake City three years ago *i.e.* in the summer of 1906, I was frequently at the bedside of a dying man. While at his home I was introduced to a neighbor who had

recently lost a beautiful girl, aged twenty. The maid had fallen a victim to typhoid fever, and in obedience to the skilled (?) physician's orders had consumed, as a remedy, one quart of pickles daily. Strange to say; she died.

Had any one else told me of this atrocity, I could not have credited it. However, inasmuch as the bereaved mother related the particulars of the case to me herself, I am in a position to know whereof I write.

If necessary, I could furnish the name of the doctor and the unfortunate family.

Logan, Utah.

J. H. SCOTT.

### A Splendid Tooth Wash

TO THE EDITOR:

In your August number, I note an article on "Care of the Teeth." Thought I'd write and tell you, for the benefit of **PHYSICAL CULTURE** readers, the best tooth wash that I know of, and I have tried, salt, soap, and almost all the kinds of liquids and powders that I ever heard of. The best tooth wash that I have found is the juice of one lemon in a quart bottle of water. Keep corked when not in use. Brush the teeth morning and night with it. It is the only thing that I have ever found that will keep tartar off the teeth, is pleasant to the taste, is inexpensive, and doesn't matter if you should swallow some of it. Have been using it for about three years, and have not had to have the dentist clean my teeth since I commenced using it. Before that time I used to have them cleaned about once a year. I was (I sometimes think), born with the toothache. At any rate had it continually till I was about eighteen years old. Now have about one-half of them gold and while they do not ache, would far rather have my own natural teeth if sound and not aching. The teeth should be brushed up and down, not crosswise.

L. S. WRIGHT.

Letter Carrier No. 3, Portland, Oregon.

### A Simple But Effective Exercise

TO THE EDITOR:

Upon rising in the morning, fold the arms behind the back and take several full breaths, raising the body to its fullest height.

Then with fists clenched, feet together, vigorously throw the arms as far as possible from one side of the body to the other, as nearly parallel with the shoulders as possible, keeping the body rigid and without moving the head. Through these movements keep the lungs well filled, holding the head and body erect.

This is a splendid exercise for muscles of the chest and abdomen, and can be taken in a very short time with results. It is also a great appetizer.

ROY BAKER.

Garden City, Kansas.

#### How the Catholic Church Handles Delicate Subjects

TO THE EDITOR:

I cannot say that plain talks on teaching children about sexual subjects strikes me, because I believe that these secret matters should be handled according to the methods used by the Catholic Church. There each child meets his confessor in private and receives instruction to meet his particular case. Parents will not attend to this matter, and when they do, they "beat around the bush," and then too, there are many different forms of abuse that are not even thought of by most parents. It seems to me that the Catholic Church has ideal methods of handling this subject.

Oshkosh, Wis.

L. J. MONAHAN.

#### Beware of Teachers Who Condemn Wholesome Exercise

TO THE EDITOR:

I am a Yale student, nineteen years old, and for the last year have been an active participant in intercollegiate athletics. As a carefully trained boy, in one of the greatest athletic colleges of this country, I have been taught many of the principles that you preach in your valuable magazine. To one situated in my position, your paper is very interesting reading to me, containing simple truths in writing, whereas I have been accustomed to hearing them in verbal form.

But when I think of the good you are doing the great majority, to the boys who have to grow up under the most unhealthy examples and surroundings, I feel that you are more than a physical culturist, that you are a man, in the truest sense of the word.

I certainly hope you will never give up your fight against the prudes, and that you will continue to be the friend of the "boys" as long as you live.

I am a clean healthy young man, thank God, and like you, want to have others feel like I feel and give up all bad habits.

Before I close, I want to tell of an incident that happened to a young friend of mine, and want, if you think it possible, to touch upon it in your magazine as a warning to other boys.

This boy, when about fifteen years old was a healthy happy, normal fellow, clean strong and popular. His mother, thinking he gave too much of his time to athletics, withdrew him

from school, and put him under a supposedly competent tutor. After doing that she went to Europe.

This man (forgive me for using the term to designate such a creature), changed that boy morally, physically and mentally. He made him a walking dictionary, and sacrificed his body for his brain. Not content with ruining his body with lack of exercise, he subjugated the boy to gross indignities and corrupted his morals.

His mother, on her return found all those things out and the man was discharged. The boy has never been the same since. If you could sound a warning to parents against allowing their sons, to be tutored by men, who do not believe in exercise, it might clean out half this world anyway.

Wishing your magazine the success which it deserves, and which it will surely get.

A YALE BOY.

#### The Girls' Sandal Club

TO THE EDITOR:

I want to tell you of a novel "stunt" that a club of girls here is doing during the summer months, and we have derived so much enjoyment and comfort from doing it that I don't think we will be able to give it up when winter comes around again. We are all between twenty and twenty-five years of age and we are wearing sandals all the time, in the street and down town and to dances. Think of it—in the face of the most stringent opposition! Of course, everybody on the streets look at us, but I would wager they would like to do it themselves, if they were not afraid of being laughed at.

We are able to walk much further than ever before, without fatigue and are not afraid of tripping or falling on account of high heels. I think that if every woman knew how much more beautiful her feet would become and how much more she would be able to do without tiring, that she would never deform her feet and her health by wearing such misshapen and ungainly things as shoes, even though it would break thousands of men up in business.

Berkeley, Cal.

FOURTEEN HAPPY GIRLS.

#### Removing Warts

TO THE EDITOR:

I note you recommend carbolic acid to remove warts and I wish to say carbolic acid will cause a rash similar to poison ivy, and lasting ten days, when used freely to remove foreign growths. Better surround wart with sweet oil, then use nitric acid, stopping its action with sweet oil when it seems necessary carbolic acid blood poison is somewhat rare and it took the second dose of it to cure me of using it that way.

Stratford, S. D.

E. F. ATWOOD.

#### Absorbing Strength From Others

TO THE EDITOR:

In relation to the question of "Sleeping with a weak person." It is not a matter of being

weak or strong—it's a matter of "personal magnetism," and it is the same with persons as with plants—some take all they can get from anyone, (whether they sleep with them or not); and give nothing off or next to nothing; while others give off and have plenty for themselves.

I could say a great deal more on this subject, as I have studied the matter from books and nature (which is the best study for anyone), and have had a chance to study from life as I have followed the profession of trained nurse for over fourteen years and have done massage, etc., for five years. There are any amount of books to get at the fine libraries, if people will only take the trouble, which will explain very minutely anything they want to know.

With best wishes for your efforts for good.  
M. H. CARR.

### Our Double Standard of Morals

TO THE EDITOR:

In your magazine sometime ago a writer said: "It seems to be reasonably certain that unfaithfulness on the part of a wife is apt to breed much graver consequences than if the husband were untrue to his martial vows. The law in a way takes cognizance of this fact." To sustain this statement he says that the husband is the home maker and the home supporter. But is the wife not equally so? Is the mother's part in the home of less consequence than the father's? He also states that the father is charged, legally and morally, with the care of his children. But the laws of nature impose upon the mother responsibilities much more irrevocable. If the father neglects his duty, the mother has to go to work to provide for the children. The maternal instinct will not allow her to see them starve if she can possibly get work. There are many thousands of cases like this in this country to-day.

The writer also states that "It is certain that women are so constituted that where they give their bodies they usually give their hearts and minds also."

Under our present social system, where a premium is put upon a girl's ignorance of herself and her most important duties in this world, and where mammon is made an idol, many women marry for money and social position, others under the influence of animal magnetism, fancy, or passion. In such cases they never give their hearts and minds to their husbands at all, since true love can never arise from the exercise of physical passion alone. Such love is merely false and animal.

But the main question which arises from this statement is,—is it a greater infidelity to sin because of true love than because of passion? Love of the heart and mind does not arise from any voluntary action. It is

simply the working out of the natural law of affinity. Neither men nor women can control the direction of their affections. The Bible does not say that the two shall be one heart, or one mind, but "one flesh." It is the giving of the body alone, for the gratification of passion or gain, which constitutes what we know as the "social evil." Does it lessen the shame of a good woman to know that her faithless husband did not love the other woman?

In Charlotte Brontë's great novel, "Jane Eyre," the character Rochester speaks of the horrors a man must come through who is tied to a woman at once intemperate and unchaste.

But what of a woman under the same circumstances. Of course, there are some women who don't care; but, unfortunately it is the pure-minded woman of high ideals who has to suffer for this evil. What is the real reason for the immoral man's indifference to his wife's sufferings? Behind all his excuses it is simply this,—"She's weak, she can't defend herself." This is really the "fact"—which the infallible justice (?) of which exclusively man-made laws "takes cognizance."

The disastrous results of infidelity on the part of a wife cannot be exaggerated. It is, in my mind, the greatest sin a woman can commit; but, the husband who consorts with evil women brings back to his home and his innocent wife, moral and perhaps physical corruption, a bondage worse than death, to be transmitted to his children "unto the third and fourth generation," and spread among those with whom they come in contact. As one writer says: "It lays millions literally to rot in the grave."

In the face of this fact alone can it be argued that unfaithfulness on the part of the wife breeds graver consequences than that on the part of the husband? Is it not a question of Natural, rather than social or civil law?

JUSTICIA.

### Too Severe on the Doctors

TO THE EDITOR:

I think you are too severe on the doctors. Don't be too sure that you know it all. Deal fairly with them. If I took a complicated machine to several machinists and told them it was out of order, quite likely they would not entirely agree as to the cause of the trouble. In order to have a fair test, you should send several men with different complaints. You should also send the same men to several physical culturists, and compare what they say. I think you would find a lack of agreement among them. At the same time I think that would be a good way in which to make a comparison. I am not a doctor, but I think I have been much benefited by their advice.  
Derby, Conn. W. S. BROWNE.

# Marvelous Cures of Physcultopathy in Acute Diseases

PNEUMONIA CURED IN SEVEN DAYS—ARTICULAR RHEUMATISM IN TWELVE DAYS—A SERIOUS ACUTE AILMENT IN TEN DAYS.

**I**N our August issue, I gave my readers some details as to the methods that can be adopted for quickly curing all kinds of acute ailments. I have received several communications up to now from those who have been adopting methods of this character, but for the benefit of my readers, I am going to call attention to one letter which I have received, which shows to a remarkable extent the value of our theories.

The ordinary methods used by medical men in the treatment of acute diseases are nothing more or less than murderous in character. I am prepared to prove it in every detail. The letter to which I refer follows herewith:

TO THE EDITOR:

I am writing you to let you know of my success in the treatment of acute diseases, as outlined in your August issue. A lady called on me for acute articular rheumatism. Her two legs were so swelled up and sore that she could not move them, and before she called on me she had passed two restless nights. After following methods outlined in the August issue in every detail for twelve days, she was entirely cured. I treated another case of a man who was suffering from pneumonia. He could hardly breathe when I took his case. In just one week thereafter he was perfectly cured. A little while after this, his daughter was taken very gravely sick, and just ten days thereafter, she was entirely cured. Now can you doubt that all the doctors of my community are in against me? In fact, someone has reported to me that if a patient dies in my hands they will have me sent to jail because he has not received the proper medicine. Now, Mr. Macfadden, will you please tell me if there is a State that gives the right of a doctor of naturopathy to practice? At least in confinement cases, as I have a full certificate of obstetrics. Why do not all who believe in natural methods combine and have a law passed so that we can have the full right to practice in all kinds of sickness, and be recognized by the law? Those practicing these methods of cure do not know when they will be arrested. I think if we will all subscribe a little each, we might succeed in this, while now we are at the mercy of the medical men, though it is true that many medical men are on our side. Would it not be a good idea to

ask them to help us out? I think there are enough in favor of these methods to enable us to secure a sufficient influence to have a law enacted, which will enable us all to be independent.

New Bedford, Mass. DR. OVID CHARRON.

The suggestions made by this doctor are indeed well worth consideration. The medical men are, of course, at all times looking out for their business interests. They have spent a great deal of money and time to learn the so-called science of medicine, and with the present financial spirit pervading all professions, as well as all business, maybe you cannot blame them for trying to monopolize the healing art. But I want the readers of this magazine to help me in my fight against drugging methods. Drugging is baneful in practically every case. If the patient recovers it is not because of but in spite of the drugs.

Now take this case of articular rheumatism. There is not a reader of this magazine but knows that under the ordinary drugging methods it would have required weeks and perhaps many months to effect a cure, and in the end the patient might still be suffering. And look at the case of pneumonia cured in seven days, while the ordinary medical methods often take seven weeks and the mortality percentage often runs as high as twenty or thirty. If you do not call practice of this kind criminal, then what can you call it? If pneumonia can be cured simply and easily with little or no risk of death in from seven to ten days by the methods that we advocate, then why should the medical methods that require several times this period, be allowed to continue in use? Of course, there are many medical men who use these methods, but those who do not, those who simply maintain that their science of guessing is the only method of curing disease, and refuse to investigate, are simply murdering their patients

by the wholesale. That my readers may more fully understand the methods that we maintain will cure practically every acute disease, I am repeating the main features of these methods.

(1) Abstain entirely from all food, liquid or solid.

(2) Every few minutes while awake, take a drink of water, hot or cold, whichever seems the most pleasant to the taste. Lemon juice can be added to the water if the taste craves it.

(3) Once each day wrap the entire naked body in hot wet sheets, being careful that the sheet comes in contact with every part of the arms and legs. Cover the body with blankets or comforters, to induce profuse perspiration. Allow patient to perspire freely in this pack from forty to sixty minutes. If the patient has a high fever the sheet should be wet in cold water. Under all other circumstances where this remedy is used the sheet should be placed on the patient as hot as it can be borne.

(4) If the patient is constipated, which is nearly always the case, the lower bowels must be thoroughly cleansed by injecting from two to four quarts of water, though this should not be repeated if bowels are loose or more than once every two or three days, if constipated. Too frequent use of this method weakens the patient.

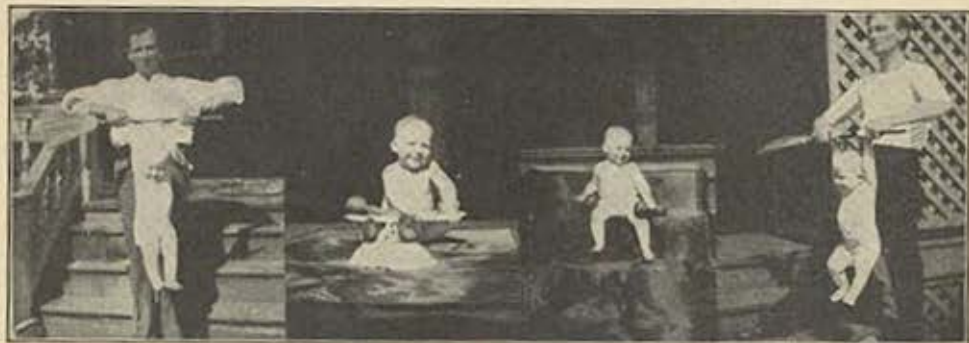
(5) Patients must positively not be given food of any character, not even milk or fruit juices, until after the crisis of the disease is passed, which means, of course, a return to normal pulse and normal temperature. Then food in the form of some pure fruit juice like that which comes from the apple or grape can be used in very moderate quantities, one or two glasses daily, and not more. Food beyond this must positively not be given in any case until the patient is able to walk around. Then one or two glasses of milk can be given daily, the amount increasing as

strength is gained. The very gravest danger in the treatment of disease is in giving the patient nourishment before it can be digested, for under such circumstances it simply turns into poison and adds to the impurities that the functional organism has been struggling against, and therefore adds to the difficulty of recovery.

(6) The patient should be encouraged to walk around, even when he is supposed to be seriously ill, if he feels the slightest inclination to walk. He should not be put in bed unless he is actually too weak to sit up. Moderate exercise facilitates the functional activities.

These methods are simple. It would be very easy for medical men to experiment with them. If my statements are accurate, then the science of medicine amounts to nothing, and I dare any member of the medical profession to try out these methods with an open mind. If he will try them thoroughly, and not halfway, he is sure to be convinced absolutely, beyond all possible doubt, of their accuracy. But let me again sound a note of warning. Don't mix these methods with the drugging method. They won't combine, and in fact, the mildest drug or the slightest deviation from the suggestions made above, especially as they refer to the giving of food or drugs, will often be so serious as to be the actual cause of death.

*Pernarr Macfadden*



#### A YOUTHFUL ATHLETE

TO THE EDITOR:

I am sending you a few snap-shots of our little son, who was ten months of age at the time these pictures were taken. I presume this little fellow, P. Ward Arnett, Junior, is one of the youngest athletes on record, and

we secured all our ideas for training him from your magazine.

We have never given him dope of any kind, as is given to most infants, but have given him fresh air and baths in abundance.

P. WARD ARNETT.



# The Body a Divine Gift

By Rev Waldo Winston Forrester

YOUR BODY IS A RESPONSIBILITY. THE CREATOR INVESTED YOU WITH ITS CARE. HE TOOK IT FOR GRANTED THAT YOU WOULD MAKE IT STRONG AND CAPABLE AND FREE FROM DISEASE

I WOULD like to preach a sermon to those who are in the habit of looking down upon the body. God never intended that his tools should be treated so sacrilegiously. We were made in God's image, we were given certain powers, certain abilities, we were invested with the responsibility of the care of the body that has been given us. "Ye are the Temple of the Holy Ghost. Whosoever defileth this Temple him will God destroy. I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice wholly acceptable unto God, which is your reasonable service. He shall change our vile body that it may be fashioned like unto His glorious body." Have we conscientiously and intelligently fulfilled our duty? Health of the highest degree is our inalienable right. It is more—it is a duty. If you are weak and sickly, you have become so because of your own ignorance or unwillingness to properly care for your own body. "He that soweth to the flesh shall of the flesh reap corruption, but he that soweth to the spirit shall of the spirit reap life everlasting." You are a representative in God's great army, and there is a divine purpose in the creation of every human being. You should feel the responsibility with which you have been invested. Everywhere the man "who wastes his substance in riotous living" is condemned. He is criticized for his unchristianlike conduct. But what about those men and women who are so deeply occupied with the principles of perverted theology or with their so-called duty that they have no time to develop their bodies (God's gifts) to the highest degree of

efficiency? "In it you like men, be strong." God demands a wise use of every power that He has bestowed upon man. Is there any wisdom in going through life in a weak, miserable body when an abstemious and a wholesome diet and the following out of real divine theology will build the vigorous health and the mental energy so necessary in order to secure the highest degree of bodily efficiency.

I believe in muscular Christianity, I believe in strong men, I believe in fine vigorous women. I believe that God intends that every man shall be a superior specimen of his kind. I believe that he intends that every woman shall be a magnificent representative of her sex. I do not believe that God has cursed this race with weakness and sickness and the misery and unhappiness that is everywhere seen. Such a conclusion is monstrous. God is just. Every power that you possess can usually be developed. Your arm can be strong, your chest can be full and round and well-developed. Your body can be finely modeled. Your vitality can be at high-water mark. God has given you the power to secure all these wonderful gifts. Have you taken advantage of your opportunity? Are you caring for your body as you should? Have you developed your body? Are you making good use of the marvelous powers that the Creator has given you? Are you complaining of weakness, sickness? Have you at times thought that God has forgotten you? Then you have failed most pitifully in your duty to God. God demands good tools with which to do His work. He would not be satisfied with imperfect workman-

ship. He wants everything made of the finest material. He wants your body to be constituted of the very best kind of tissue. That means, of course, that your muscles should be strong. Weak muscles are incapable. They are usually the accompaniment of cowardice. God has no need for soldiers of this kind. He wants men and women who are capable in every sense, and those who have failed to become capable have no one to blame but themselves or the miserably perverted educational methods which have failed to instill them with their duty to themselves and to God.

Oh, how I would like to have before me for a few minutes every true-hearted Christian in the land! My heart weeps in sorrow for the poor misguided Christians who think that they are doing God's work while at the same time they are advocating that which weakens and destroys God's masterpiece, the human body. That is not Christianity. Man was made in God's image and I want to ask every Christian if he is proud of God's image as it is represented in his own body. Is it strong, well-made, and comely to look upon? If man was made in God's image, then is it not man's duty to perfect the image he possesses in every conceivable way? When a man has a choice between a strong body and a weak body, when there are means clearly set forth whereby a body can be made fine and vigorous, is there a sin more unpardonable than for a man or woman to fail in their duty to God and to themselves by failing to perfect the image of God as represented in their own bodies? I say it is an honor to be made in His image, and every time I look in the mirror at the fine, strong muscles which I have developed for doing God's work, I thank the great Omnipotent Power for the privilege of so representing Him.

Very early in my religious studies I somehow became greatly impressed with my duty in perfecting His image in my own personality and working with might and main for a strong body. I have refrained from abusing my stomach. I somehow realized to make a strong body, one must have the very best

material with which to work. You cannot erect a fine house with inferior building material. You must have the best material that can be found, and it is not always the most expensive that is the best in quality, and the same can be said of food. I learned the science of feeding the body because I wanted to know the best way to serve God. In my body I realized there was a power that could be used to the advancement of God's work and systematically and persistently, year after year, I have worked with a view of making my body a perfect specimen of human kind.

Is it not useless for me to call attention to the remarkable results of this policy? I am more capable from every standpoint, and though I am but little more than a beginner, I feel that the possibilities before me in my chosen field are practically limitless. Oh, what can I do to make my fellow-Christians realize the awful sin they are committing and the crime of belittling the human body! Do your duty to yourself and to God, brothers and sisters, and make your body strong. Build up a firm physical foundation. Be a fine representative of humankind. Then you will command respect, then you will be able to impress others, then you can point to God's work and to the benefits that accrue from being made in God's image.

Wake up, fellow-ministers, and also realize your duty! Are you preaching a religion that shames the body? Are you too defiling God's image? Then in my opinion you have made a mistake. You are not God's representative. You are not preaching the religion of Christ, the religion of manhood and womanhood, the religion of strength and health and truth and honor and love and happiness. You are preaching a religion of deterioration here and now. You are nurturing weakness and misery for your adherents.

Why can you not awaken to the duty that confronts you? Preach more of our duty to ourselves and to God now and here and to-day, and less of what may be offered to us as a reward in the future. There should be something beyond selfishness in a true religion.

(Continued on page 488.)

# "Old Wives for New"

By Horace A. Wells

WE have known—many of us—that the first secret of human happiness is health. We have fairly well understood the significant fact that the chief essential to success is energy. But now comes forward David Graham Phillips with a remarkable book in which he presents even the question of marriage as being almost entirely a matter of bodily condition, and emphasizes the influence of the physical culture life as the primal means of avoiding failures and discord in this most intimate and important of all relations.

While there is probably nothing new in this to the regular readers of *PHYSICAL CULTURE*, yet to our conventional and conservative friends throughout the world at large the doctrines must seem most startling.

In a brief prologue of the book we are treated to a pretty little love scene on a farm in southern Indiana. Charles Murdock, a boy of eighteen, and Sophy Baker, the barefooted, slender, seventeen year old daughter of a farmer, meet and experience life's young sweet dream. They kiss and pledge themselves to each other for life.

After a lapse of twenty years we are introduced to the same couple. Murdock, active and energetic, has retained his youthful vigor and looks, meanwhile acquiring a great fortune. But Sophy—"slim sprite of the woods and fields"—has grown lazy and enormously fat, a glutton at the table and a slouch in dress and appearance. Needless to say, she is now incapable of love or of being loved. Romance and obesity cannot harmonize. They have two children, a boy and a girl, apparently seventeen and eighteen years old. The wife, in name only, naturally suffers the torments of dyspepsia, insomnia, headaches and what not, owing to the abuse of her stomach, but which she attributes to her nerves, perpetually whining about the sacrifices which a

slaving mother makes (though all of her work was done by servants), for the sake of *her husband's* children. The husband endures almost the limit when Sophy, who is at least "dutiful and God-fearing, neglects to wash her hair for the fear of contracting neuralgia, and then insists upon sleeping with the windows closed.

Though nearly sick abed, Sophy breakfasts on three sausages, a plate of hot biscuits and two cupfuls of chocolate with whipped cream, stuffing with equally abominable and indigestible concoctions at her other two meals, and eating caramels between times. Finally she seeks a confessor in the shape of a Dr. Schulze, to whom she pours forth her woes, both physical and martial. She tells him of the loss of her husband's love. He asks her to put out her tongue, "having thus at a stroke reduced her to compulsory and undignified silence."

"Frightful," he said. "Frightful." Hide it. Stop! The last time you were here, what did I prescribe? Two simple meals, and a five mile walk daily, rain, snow or shine."

She protests that with her physique—but he interrupts.

"And what are you doing with such a physique? In Strasburg where I was born the people live by nailing the feet of geese to the floor and stuffing them till their livers get fat. You treat yourself as those Strasburgers treat their geese. Didn't I tell you that fat was a disease? Didn't I warn you that you would be a shapeless mass before you were forty? Now, *one* sensible meal a day, and a ten-mile walk—regularly."

"I know there's some medicine I could take — —."

"I'm a healer, not a murderer. And medicine you took to make you thin would shorten your life."

Dr. Schulze "traced all human ills, mental, physical, moral, economic, political, to the poor health of the overwhelm-

ing mass of the human race; he therefore revered his profession as above all the others. But, for that profession as usually practiced and for most of its practitioners, he had profound contempt." He used to say, "Medicine is like all the other professions. It advances only by compulsion from without. The average doctor resists a new truth about health and disease, partly because it is an insult to his pretense of already knowing all, but chiefly because it forces him to do some thinking." And again, "Nothing is simpler than the science of health. It consists in regularity, fresh air, simple food in small quantities, plenty of exercise. Dosing is simply an attempt to cure one disease by setting up another that may be slower, but is usually none the less deadly."

It is really most hopeful and encouraging to find such talk as this in an up-to-date, popular novel, one that has found its place among the best sellers. However, going back to our interview, we find Sophy beginning to sob.

"And you guarantee a cure? You know my heart is not strong."

"I know nothing of the kind. You haven't yet quite suffocated your heart with fat. Heart disease!" Schulze snorted. "Not one person in a million lives beyond childhood if born with a weak heart. Yet these fool doctors give medicine for 'heart disease' and, when people die, ascribe it to heart failure. The physical heart gives as little trouble as the other one, if the digestive apparatus is right. Do you know that practically all the insanity and absolutely all of the suicides—and the murders—and other acts of violence, too, for that matter—are directly due to stomach or intestinal troubles? Disposition is digestion—and where the stomach is all right and the disposition all wrong, then the trouble is in the intestines—not in the soul, dear lady. Yes, I'll guarantee to thin you down—if you follow my advice exactly for one year."

Sophy promised, but her laziness and the force of habit were too much for her. She put off beginning her strict régime. Meanwhile her husband, retiring from business goes away for two months with

his son on a hunting expedition, coming back so refreshed that father and son looked like two brothers. But in the woods they had met a young woman who went hunting and fishing each year to preserve her youth and strength, and who otherwise took the most painstaking care of herself. Thrown together for weeks, she and the elder Murdock learn that they love each other. Later he finds that she is the head of a large and fashionable millinery and dress establishment in New York. After a year of two matters become unbearable and Murdock arranges for a divorce, although Miss Raeburn, the Amazon whom he had met and loved in the woods, had rejected all advances on his part. He meets with a railway accident, and is nearly killed, but at the news Miss Raeburn throws aside all conventionalities and goes to his side, acting in disguise as a nurse. Sophy, who was heard of her through the teasing remarks of the son, is furiously jealous, just as one may be even without love. Murdock recovers, but various circumstances delay the progress of the divorce proceedings. Finally, a very close friend of his is accidentally shot by a courtesan while at the apartment of an actress, and though the body is quietly removed to the man's rooms in his hotel and the incident well hushed up, yet some time later a report leaks out through the newspapers that a certain millionaire had been shot in a quarrel over a woman. At just this point, Sophy gets the divorce and inflamed with jealousy gives out a hint that Miss Raeburn was the woman referred to and had been the means of breaking up her own home, with the result that a great scandal is spread over the country, and the innocent young woman's picture published in connection with the name of Murdock. To save her reputation, then, Murdock publicly and conspicuously sets sail for Europe in company with a fast young woman whom he had once previously met. After a year or two, however, Miss Raeburn finds him in Paris, while Sophy in her turn marries her husband's former secretary, who happens to like stout women, especially when they have wealth.

# Factory Work and Degeneracy of the Race

By Louis Long

Is this an accurate picture of factory life as found in Lowell, Mass.? If it is, it represents degeneracy of the worst type. No man can maintain health and self-respect under such deplorable conditions. It is to be hoped that employers will soon be able to right conditions of this character wherever they exist.



THE writer is a victim of the iniquities and unhealthful conditions of factory life. Physical culture, applied as best he could, has enabled him to pull through a disease considered fatal. These lines are penned to help some fellowman toward better conditions and enjoyment of life. Fault-finding is not the purpose in view.

I now work in what is considered a clean, comfortable shop. While every other window is tightly closed mine can be left open a few inches; but the air is often very stifling. What makes it so? Let us see just a few things:

(1.) *Lack of oxygen.* For every man in the shop one cubic foot of fresh air is required every second. Without a proper arrangement to admit or force temperately warm air into the room, the air is bound to, and does become foul within less than an hour. Strenuous physical culturists would say open more windows. This is less practical than closing the windows; some work cannot be done in a cold atmosphere, with cold hands and feet, on cold machines. Corporations ought to *feed* the health and efficiency of their employees by a generous supply of pure air and by other physical culture means of increasing production and quality of goods.

(2.) *Impurities in the air.* Dust, chemicals, bacteria, microbes, disease germs and poisons. Like every other shop, ours has a peculiar offending odor made up of all kinds of materials, organic and inorganic, which are used or worn to death within its precincts. Let us be precise and mention a few of the most conspicuous or deleterious impurities. More or less everybody spits or blows his nose, at least sometimes, on the floor. About twice a week early in the morning the floor is swept with ordinary brooms and clouds of dust, chok-

ing dust, are raised for the benefit of the lung microbes of the helpless help. No windows are raised. The watering that is done seems to make the effluvia of the floor more repulsive than even the dust. On sweeping days I suffer from nervous and muscular prostration.

Vacuum sweepers or carpet sweepers would not raise such dust. Sweeping with the antiquated straw broom would not be quite so bad if done in the evening or when the people are out.

The wheels and belting keep churning the floating dust, so that the whole day we have to breathe loathsome air. That this state of air vitiation is not an imagination but a positive fact is proved by an electric phenomenon, which is very evident when the air is relatively pure in the morning. As the air becomes foul and moist with human breath the sparks from belts running on certain machines decrease, then cease altogether.

Maybe future physical culturists will insist on getting electric nourishment from contact with Mother Earth and from duly and naturally electrified air. One thing is sure; factory hands will be among the last to get electrified air and other health promoting conditions, notwithstanding factory laws and factory inspectors.

To one weakened by prolonged and sedentary work in a factory it is really impossible to stand a strong draught of very cold air. Air compressed through a small crack, then expanded into a warm room really loses in electric tension. If employers knew how hungry for air (starving for lack of air), pure and not too cold air, their workers often are, they would change their despotic rules, long hours, and filthy factories.

To the sources of contamination mentioned above add the water-closet and toilet seats in the very room where the men work and you have sufficient rea-

son to wonder how men can live as long as they do. But this is not all.

There is the drinking water-pail and dipper. Here comes a workman with his mustache full of tobacco juice (many a one lets the very composite juice run off on each side of his mouth onto his chin). Not being very particular as to aseptic or refined ways he adjusts the dipper as far as he can into his mouth, drinks, dips for another drink, repeats the soiling of the dipper and the polluting of the water in the pail. (I have often *fished* bits of tobacco and lumps of catarrhal phlegm from factory water-pails.) The next man moves the dipper about in the water, puts his lips very lightly on the edge of the dipper not usually used. The next man with a mouth-sore of a suspicious character drinks too, and it is his right. Woe unto the helpless! A new man then comes along who is not yet acclimated to the shop's peculiarities in dirt and microbes. The dipper somewhat shocks him. He carefully takes a half dipperful, rinses the dipper and throws the water on the floor. Good heavens! the interests of the Corporation are at stake. The system of the shop is broken. A bullying overseer soon stops such a waste of water! He knows it all; do not talk back; do not protest; to do so is considered as undermining the overseer's authority and prestige. Fall into line. Do like the others and fool the boss when you can for a clean drink, a clean breath of

air or for an instant's rightfully needed rest. Or if you chew, have anything from a decayed tooth to a mouth abscess—do the same as another man I see coming to the water pail. Fill your mouth with water, gargle your throat, and cleanse your teeth, then squirt your mouthful of swill on the grindstone, five feet away.

As to the grindstone, somebody else, yea, nearly everybody contributes something to be churned for six months in the trough beneath it, along with the sand and metal, leather and living skin, sometimes flesh and blood, which go to make up *grindstone-mud*. The men whose unlucky lot is to do the half-yearly cleaning have the smell of it in their clothes and skin for several days. But is not this the fault of the grindstone? Does it not invite every one to dispose thus of spit and cud, and other such wet materials? Are not the polishing machines just as guilty in sharing with the floor the privilege of receiving abundant human excretions? It does not pay for corporation officials to attend to such matters and perhaps a majority of the work people would not appreciate the introduction of sanitary methods. Yet even pigs prefer a clean pen to a dirty one. It would pay to have healthy workshops. There is a great deal of good to be found among the work people. Self-sacrifice in the accomplishment of imposed duty, however beautiful, may be carried to excess. Physical culture should prevail even in the factories.

## The Body A Divine Gift

(Continued from page 484)

We should not be working at all times simply and solely for the reward that may come to us in the future. The more happy we are here, the better work we can do for God's cause.

Brothers and sisters, I want to preach to you of the duty that God has given you in demanding of you the highest degree of bodily efficiency. God is not satisfied with poor tools, and I firmly believe that the editor of this publication has stated a truth when he says that weakness is a sin, and in the light of present knowledge, there is no sin that is so inexcusable, for it is causing more human misery, more wrecked

homes, and ruined lives, than all other sins combined. There shall be no more thence an infant of days, \* \* for the child shall die an hundred years old. "And God said let us make man after our likeness. So God created man in his own image, in the image of God created he him, male and female created he them. And God said unto them be fruitful and multiply and replenish the earth and subdue it," God never intended to "multiply" disease, sickness and death; that is the result of the violation of God's laws of life and health. Our degenerate humanity is poor material indeed, with which to rub.