

PHYSICAL CULTURE

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

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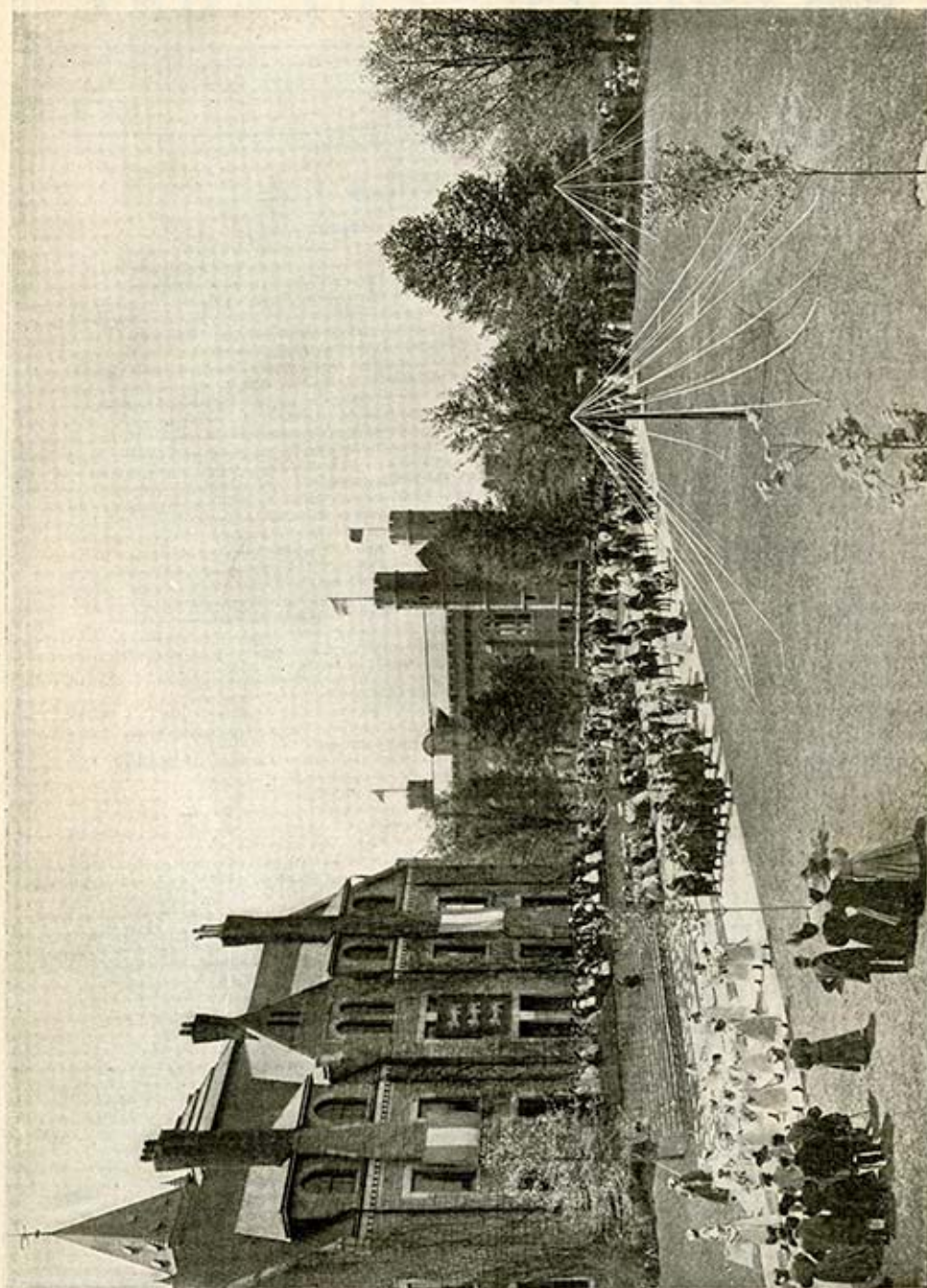
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The May Day Procession at Bryn Mawr College, showing the students in their charming costumes, the grounds of the College, and the May Poles awaiting the May Dance, one of the most attractive of their fete performances.

(See Record-Breaking College Girls, Page 119)

Editorial Department

The Japanese Will Whip Us

Roosevelt As a President

How Many Will Fast With Me?

Change in Our Policy

“Beauty and Health” to Appear Again

JUST previous to returning from my recent Lecture Tour in England, I noted much comment in European newspapers on the possibilities of war between Japan and the United States. European nations do not seem to have very great confidence in the fighting ability of this country. The average “Yankee” would receive a very severe shock if heard the

THE JAPANESE WILL WHIP US

comments that frequently appear in Continental newspapers. We are so absolutely secure in our self-inflated egotism that the average citizen of this country is inclined to believe that no nation on earth has the “ghost of a show” in a war against us. It is rather to our disadvantage that we are so far away from all the various powerful nations because we hardly have an opportunity to consider their opinion of us at first hand. Not that their criticisms are in all cases necessarily true, but even criticism which is but partially justified is, at times, worth attention.

I sincerely hope that there will be no war between Japan and this country, first of all, because war is a bloody survival of the lowest degree of savagery. It is brutal, murderous and devilish. It is Hell running rampant. It is disgraceful that the possibility of such bloody business must be constantly kept in view by every civilized nation.

But if we have a war with Japan, we will get about the worst “licking” we ever had. This is no opinion expressed offhand. The Japanese will beat us, first of all, because their army is composed of the best soldiers in the world. Their diet is very nearly ideal and hence the national development of the highest degree of physical strength and endurance. This means that every Japanese soldier is an athlete, that they are courageous and in possession of that indomitable energy that leads to success in a terrible and bloody strife of the character under consideration. The Japanese army works together like an enormous family, and the Mikado is its both King and God. It is also like an enormous machine with every part in perfect working order, with no friction, no imperfections, nothing to hinder the accomplishment of a given end.

There is no graft in official circles to handicap the Japanese soldiers, there are no moral degenerates at the fountain-head of Japanese affairs who seek to make money at the cost of human life by supplying rotten food to the soldiers, or by furnishing defective material for clothing or outfits. The importance of this to an army is well worth consideration, for it has

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been stated that practically the entire loss of life in our last war with Spain was from bad food and defective sanitary arrangements.

Then too, we are badly placed as a result of that egregious blunder made during the settlement of that same war in regard to the Philippine Islands. These islands are a constant temptation to a foreign power to make war against us. They are about the biggest white elephant that this country has ever possessed. The first act of Japan would be to take the Philippines, and if we attempted to recapture them, it would cost us a thousand times more than such possessions are worth, and we would not retake them in the end.

If we have a war with Japan, they will be the conquerors:

(1) Because there is an entire absence of graft in the management of their army and in connection with the supplies with which their army is furnished.

(2) Because the sanitary arrangements and the food supply is more nearly perfect than any army in the world, thus furnishing the highest degree of physical and mental efficiency.

(3) Because as a race, they possess more strength and endurance per pound weight than any other race in the world. Physical strength is the foundation upon which are built the energy and intelligence and courage that go to make up a good soldier.

(4) Because the Japanese work together as harmoniously as a huge family. They are inspired with but one object, and that is to win renown for their army and their Mikado, and no sacrifice is too great if it effects this object.

I am not questioning the bravery or belittling the ability of the American soldier. If backed by the same forces in the form of satisfactory food and clothing and sanitary arrangements, they might be nearly as good as the Japanese soldiers. With the same training as the Japanese they might be better, but we have to deal with the material we have at hand. The fact that we defeated a degenerate nation like Spain, gives us no special reason for self-inflation. There is probably not a nation in the world who could not have accomplished a similar result.

These comments were written because I want the authorities to realize the necessity for better soldiers, the need for less liquor and a higher character of food; also the necessity for experimenting with diet with a view of determining the quality and quantity that will develop the best and most competent men.

The U. S. Department of Agriculture has experimented a great deal with a view of determining what is the best character of food for "building" hogs, cattle and various other domestic animals. It appears to me that it is about time for a little experimenting on the same lines for the purpose of determining what is the best food or foods for man. It seems to me that there is need of a sledge hammer to beat some intelligence into the heads of those who have charge of these matters. Experiments made recently at Yale University, produced startling proofs of the value of certain foods in the development of superior physical powers. The army first of all needs physical power. It needs this particular character of strength developed to the highest degree of efficiency. It needs a diet which does not result in the development of blood poisoning at the first slight wound or bruise that occurs. When the diet of an army consists mostly of canned meats and other unwholesome foods, the mortality record from disease is bound to be at the highest mark. Take away these poison-producing foods, feed the soldiers on clean wholesome elements of nourishment like cereals, legumes, wheat, barley, beans, peas and lentils, and the highest degree of proficiency would be developed from the standpoint of strength, endurance and courage. The only way you can kill men fed on food of this character when their body is strong from proper training, is to put a bullet through a vital part. Blood poisoning and other dangerous complications very rarely occur from slight and even severe wounds, and recovery is quick and certain, provided that some fool surgeon does not insist on filling the body with unneeded "nourishment" that only befouls it with poison and makes death certain and quick.

Before we conclude to fight the Japanese, it might be well for us to look around and take "stock," in regard to them and theirs. President Roosevelt has made some big rents in the conservatism that bound down former occupants of his high office, and it is to be hoped that he will set aside hide-bound tradition in this instance. There is need for a fifteen-inch gun to blow holes into the selfish, stupid and interested conservatism that is now handicapping the efficiency of the army.

THE best president that the United States has ever had, barring none, is Theodore Roosevelt. He has done more for the citizens of this country, notwithstanding the difficulties that confronted him while so doing, than any previous Chief Executive. He has been tactful, yet as nearly as possible he ignored precedent. He surmounted the great mountain

ROOSEVELT AS A PRESIDENT

of conservatism that stands in the way of every honest, determined man who is actuated by a desire to follow the dictates of his conscience and convictions. He has been dubbed "Theodore the Meddler," he has been scathingly criticized because he has become interested in many things outside of his official domain, that tend to affect the citizens of this country for good or for evil. His voice has been heard, his influence has been felt in almost every walk of life. The President is charged with going out of his sphere. "Why," said one prominent Senator, "He is trying to rule his countrymen from the cradle to the grave"—which was another way of stating that he is interested in the welfare of his countrymen from birth until death. Certainly an alarming characteristic for our President to develop! It is about time for others in authority to follow his example in this respect and to manifest some interest in the moral, physical and mental welfare of their fellow-citizens. Dollars have ruled for so long, that those who give evidences of conscientious and honest effort having to do with other objects than money-making cause comments of a critical or a disparaging nature or simple, sheer amazement.

President Roosevelt has shown that he is a fearless, honest man trying to the best of his ability to do as much as he can, not only for Americans but for humanity in general. He has ignored the so-called dictators of this, that and the other, and as nearly as is within his power he has compelled one and all to obey the law. But the amazing part of his official record is the interest that he has manifested in a number of things that are not supposed to be part of the business of a president. He has used his influence for the betterment of humanity in every walk of life. He has identified himself with every subject which would tend to make him more capable of doing the work that he has appointed for himself. Those who previously occupied the White House have been so impressed with the dignity of their office that they have felt that they could not stoop to the means that in many cases have been so enthusiastically adopted by President Roosevelt. With all the conservative influence arrayed against him, he has nevertheless been able to break through the iron-bound rules of the past, assert his own individuality and thus create new duties and new responsibilities and precedents that will have to be assumed by future incumbents of his high office.

There are no politics in these utterances. I know but little, in fact almost nothing of politics, but I think I know a great deal of what is needed at the present time in this country to create a stronger and nobler manhood and a more superior womanhood. President Roosevelt has shown an interest in many matters that are inclined to improve the physical wholesomeness of his countrymen. His efforts in favor of the Pure Food law, his exposure of the methods of Chicago beef packers, his active and personal interest in the sanitary arrangement of the Panama Canal—all go to show that he has an active interest in things and affairs identified with the teachings of physical culture. To be sure, this is only a beginning. If the citizens of this country are to be saved from the physical, mental and moral degeneracy that is now fast coming upon them, active efforts must be made in many directions. But I firmly believe that if President Roosevelt remains in his position long enough, necessary steps will be taken to bring about certain physical reforms that are so greatly needed. This country has had a monumental problem imposed upon it by lax emigration laws. Perhaps it has done the best it could under the circumstances. Millions of foreigners of all kinds have been literally dumped upon our shores and the American race has had to absorb all these good, bad and indifferent specimens of humanity. We have not gained in the absorbing process. It is not usually, the best citizens of a country who migrate to foreign shores. It is usually the worst. And now the herculean task of revolutionizing all this crude human material confronts us. Are we equal to the task without being ourselves harmed by the process?

We must first of all do away with the physical degeneracy that, not only in the cases of the immigrants, but in our own cases, now results from ignorance of hygienic and general health laws. From the cradle to the grave we are suffering beyond human power of description because of errors of this character. Attention to the needs of humanity in this regard is

within the province of the Government. **IT IS THE IMPERATIVE DUTY OF THE GOVERNMENT TO DO SO!**

Some action should also be taken with the view of lessening the ignorance which results in the death of from five hundred thousand to a million babies annually, which makes physical wrecks of our children by crowding their minds in school and overwork in factories. Child labor is a most frightful evil, but it is not confined to mines and factories, its baneful presence is made manifest in the school room, where it insists on tasks which crowd the minds and injures the bodies of the little ones.

Then come the evils that torture the soul and devitalize the body that are the offspring of that terrible curse, prudery. **IT IS THE DUTY OF THE GOVERNMENT TO ELIMINATE THIS CURSE!** Sanctity of the human body should be taught and upheld. Physical weakness, vital demoralization and death have come to millions upon millions between the period we call childhood and full maturity, because of the mental distortion that is born of the ignorance made possible by prudery.

And then we have the evils that arise from the double standard of morality, another crime that can be laid to the door of prudery. **IT IS FURTHERMORE THE DUTY OF THE GOVERNMENT** to proclaim the truth from the mountain tops on this vastly important subject. This mighty evil assists in filling of our insane asylums. It is partly responsible for the physical wrecks and human ciphers that are to be seen everywhere.

And then as we ascend the scale of human life we come in contact with an evil that often makes a "hell on earth" of an experience that should be the most heavenly within human experience. We are supposed to have reduced everything to a science. Knowledge on all subjects is commended. But men and women usually enter the marital bonds while the physiological laws of marriage are to them wrapped in mystical darkness. This horrifying neglect of this all important subject is the real cause of marital unhappiness. It is a thousand-fold more than this. It is one of the principal causes of the miserable, sickly and emaciated specimens of humanity that stare us in the face at every turn. The crimes that are committed in the bringing of devitalized human wrecks into the world because of the lack of knowledge on this subject of marital relations, are beyond the power of human description. **IT IS THE DUTY OF THE GOVERNMENT TO STOP THIS CRIME OF IGNORANCE,** it is the duty of the Government to stop this race suicide, the criminal practices masked by wedlock, by making all knowledge appertaining to the physiological laws of marriage a common possession.

Will President Roosevelt dare assume the responsibility of trying to correct the terrible evils just mentioned? If he is in office long enough, I believe he will. The world, first of all belongs to the human race. Hogs, cattle and dogs are certainly of interest and they deserve attention. But first of all let us give our own species the attention that is so badly needed and then we can try to improve the lower animals. President Roosevelt believes in manhood—in strong, strenuous, sturdy specimens of human life. Why not make the glorious gift of superb strength and attractive beauty of body and personality a universal possession? It is the duty of the Government to assist in the achievement of results of this character.

Will President Roosevelt face and try to solve the problems presented? It is useless to search for means of elevating the human race, unless these same momentous problems are solved, for otherwise we are doomed to weakness, degeneracy and ultimate oblivion.

Nations, like individuals, have their day. They grow and improve in strength and power and then, slowly and insiduously, degeneracy begins its tragical work. It is declared by some authorities that, from a physical standpoint, we are already treading the downward course. Can we retrace our steps? Can the scale be made to dip in the other direction so that the American race may from a physical standpoint begin to re-ascend?



In a former editorial I stated that an occasional fast was absolutely essential to thoroughly cleanse and purify the body. It makes disease impossible. It cleanses the entire internal organism. It gives the digestion a much-needed rest, and surplus impurities under such circumstances are eliminated. Many of the lower animals in the wild state are compelled to

HOW MANY WILL FAST WITH ME? fast part of some years. Sometimes these fasting periods last for months. Many of these animals are able to store up food to last during the time when Nature does not supply their needs, but even under such circumstances they are frequently without food for long periods.

To prolong human life to its utmost degree I believe that an extended fast at least once a year is absolutely essential. Beginning with 1907 it is my intention to take a yearly fast, the first of which I shall start on June 1st, of this year. I propose to go without food for thirty days. If conditions are such that I find it impossible to prolong the fast thus long, I will make its duration shorter. However, it is my intention to act as stated, if possible. How many of my readers are willing to attempt a similar fast with me?

It is much more comfortable to fast in the warm weather. Naturally while continuing a fast the circulation is not very rapid, and cold has much more effect upon one. You can fast at your home, although, if you want to come here you can, no doubt, find accommodations, and, if you are not averse to roughing it a little, the cost will be as trifling as the benefits will be great.

I am fully convinced that if one desires to live out his full number of days, at least a yearly physical house-cleaning secured by fasting is absolutely essential. That is, I think, sufficient reason for making a beginning this year.



SINCE my return from England, I have had an opportunity to consider a number of improvements in the magazine that I believe that my readers will appreciate. In the past I have tried to give as much variety as possible to the reading matter, and as my friends are aware, I have increased the number of pages until they are more than double that which they were when the magazine first came into existence.

CHANGE IN OUR POLICY In considering plans that will make the magazine more interesting, I have concluded to lessen the number of pages, and greatly improve the quality of the matter that I shall present, and furthermore to greatly increase the amount of matter that I propose to personally prepare for the magazine.

Each month, hereafter, it is my intention to comment upon current events that are of interest to **PHYSICAL CULTURE** readers. I also realize that practically our entire reading public is made up of those who are desirous of improving their physical condition, or maintaining the high degree of health that they have already acquired. I intend to keep this fact constantly in view, and endeavor to furnish the information that will assist our readers in accomplishing their desired object.

Each month's issue hereafter will contain timely health notes, similar to that which occasionally appeared in former numbers of the magazine.

In addition to the menus which have been presented each month, I will publish a recipe for an especially delicious cooked dish which has been the result of my own personal experimentation. Though I favor uncooked foods and while my diet consists almost entirely of foods of this character, I have always been interested in studying various methods of cooking, with the view of determining the most healthful methods of preparing foods. It is well to note that such methods, in every case, develop the most appetizing and true flavor. And the more satisfying a food is to the taste, the more valuable it becomes as a nutrient.

I also especially invite all readers who have been experimenting with diet, or other means of building increased physical vigor, to write us a letter of from 200 to 400 words in length describing their experiences. These letters will be published and unquestionably they will be of great interest and value. Theories are all very well, but after all, it is practical experience that counts.

In making the various changes in the magazine, I intend to be guided by what seems to be of most interest and value to our readers, and I have formed my present conclusions largely on the basis of the various communications I have been receiving from those interested in physical culture methods.

I sincerely hope that the changes I propose to make will be acceptable to our readers. If any such changes are displeasing to any of them, I will be glad to know of it. I am always ready to consider suggestions and criticisms—adverse, or otherwise.



I HAVE received so many requests from former readers of "Beauty and Health" to republish the magazine in its old form, that I have finally concluded to re-issue it. It seems that our feminine readers are not especially pleased with the combination of PHYSICAL CULTURE and "Beauty and Health" in one magazine. They want a magazine of their own. They want the needs and preferences of their sex considered, and apparently they are not much interested in reading the articles that we especially prepare for men.

**BEAUTY AND HEALTH
TO APPEAR AGAIN**

"Beauty and Health" will, therefore, appear again beginning with the March or April issue, in its old form. It might be well to mention that the magazine has been appearing right along in its old form in England, therefore it will be a simple matter to republish it in this country, as almost the same matter that is published in England will also appear in the American edition. All those who have subscribed for the PHYSICAL CULTURE magazine for the purpose of securing the information contained in the "Beauty and Health" Department, can have "Beauty and Health" Magazine sent to them instead of PHYSICAL CULTURE.

I might mention, however, that on account of the very unsettled condition of the postal laws, we are not applying for special second class privileges, for "Beauty and Health" and on this account, the postage on the magazine will be twenty-four cents a year. We are, therefore, compelled to charge seventy cents a year for the magazine instead of fifty cents, the former price, though the magazine will be on sale at the newstands for five cents a copy, the same as heretofore.

Bernarr Macfadden

OUR EXPERIMENT WITH BABIES

PREVIOUS to my trip to England, I published several editorial comments with regard to my experiment with babies. I had hoped to be able to make some definite announcements with reference to this experiment before now, but while abroad, my instructions were not carried out, hence the delay. I arranged to adopt six babies just before I left, but during my absence, the possession of but three could be secured. One of these we had to return, because of its extreme youth, and the apparent inability of our nurse to properly care for it. The other two I have, and as soon as I can determine,

after careful experimentation, the most satisfactory methods of caring for and developing these babies, I intend to secure from twelve to fifteen more. I will, of course, need some assistance in caring for these infants, and would like to hear from a nurse, thoroughly in sympathy with the Physical Culture idea of raising these little ones, and who has had a large amount of practical experience in the work, a mother, of course, preferred. I will publish pictures of my present wards, and also some interesting matter about them, in the pages of succeeding issues of this magazine.

The Flatiron as an Exerciser

By BERNARR MACFADDEN

A Convenient Household Article that will Serve the purpose of the dumb-bell, Being, if Anything, Superior to the Latter in its Exercise Advantages

SECOND LESSON



HERE are, perhaps, no better exercises for the development of the arms and shoulders than those recommended in this and the preceding article of this series. It is admitted by all physical culturists that dumb-bells are about the best appliance known for developing those parts of the body, just named, to their highest degree of strength and symmetry. Though I have always been an ardent advocate of symmetrical bodily development, yet, I must admit that I have given more attention to those exercises which tend to augment or expand the muscles of the arms, chest, and the various parts of the body above the waist, for the simple reason that the average individual secures a certain amount of exercise for the legs, in going about his daily occupation. Hence my advocacy of the dumb-bell or its substitute, the flatiron. But as stated in last month's issue of this magazine, the flatiron is really superior to the dumb-bell in bringing about the development of the forearm, and in strengthening the grip. In fact, one of the recent improvements in the form of the dumb-bell is such, that there is but little difference between it and an ordinary flatiron.

A little practice will soon convince anyone that the use of the flatiron will require more work on the part of the muscles of the forearm than the ordinary dumb-bell. In this lesson, two exercises are illustrated, for the development of the forearm. Although these

movement until fatigued. If this exercise is properly performed, the hands will very nearly touch the shoulders; in fact, it is a good plan to, at times, hold the arms in this position, and attempt to bring the hands still nearer the shoulders. This is a specially valuable exercise for developing the biceps.



Exercise No. 6.—With the irons hanging at sides, bring the forearm upward, as far as you can, as shown in the illustration, keeping elbows at sides. Return and repeat large

same exercises can be taken with the dumb-bell, they will not prove nearly as efficient as if the flatiron were used. On several occasions, I have called attention to the value of studying the muscular system before a mirror, while



Exercise No. 7.—With the irons hanging at sides, elbows rigid, bring the arm upward and backward, as far as you can, as shown in illustration. Return to former position, continuing until the muscles are fatigued. This brings into play the muscles of the posterior portion of the shoulder. If the shoulders and head are thrown far back each time that the movement is executed, it becomes a splendid exercise for remedying round shoulders.

exercising. This will be found especially so in the case of the exercises I describe in this issue. The play of the muscles of the biceps in the forearm is always attractive and the marked increase in the size of the muscles as they are vigorously used, is also most interesting.

In the last issue, I also specially commented upon the necessity of taking deep breathing exercises during the various movements, and this cannot be emphasized too strongly. Breathe deeply and often, expand always in the abdominal region to the fullest extent. There is hardly any need for me to call your attention to the fact that if you are exercising in a room it must have wide-opened windows. You cannot secure too much oxygen. But little benefit can be gained from exercise taken in a closed room. Therefore open your windows wide, top and bottom; and do not be afraid of the draught. Of course, I would advise you to gradually accustom yourself to this form of ventilation, presuming that you have ordinarily the closed-window habit. At first, open the window a few inches, and gradually, day by day, increase the width of the opening, until you become a thorough "fresh air fiend."

In the case of the exercises I am herewith illustrating, be sure to tire each muscle thoroughly. Of course, do not continue the exercises until actual pain is induced, but instead, stop when there is a slight feeling of discomfort. In order to bring into play all the muscles of the upper part of the body, it would be well for you to combine the previous lesson with this one, the 'en exercises furnishing a splendid system for all-round development of the upper parts of the body.

It is perhaps hardly worth while mentioning that the various exercises in these two lessons can also be taken with almost any light weight that you may desire to use. Two books, for instance, or anything that can be conveniently held in the hand, would be satisfactory. Of course, the exercises can be taken with empty hands, though naturally, the movements under these circumstances would be very mild, unless they were made very swiftly, or



Exercise No. 8.—Exercise No. 6 can be taken with the irons gripped tightly in the position illustrated, if one is especially desirous of bringing out the bicep muscles. Exercise No. 8, however, is for the benefit of the front portion of the forearm. Allow the hands to hang downward with the palms forward, and then, gripping the irons strongly, bringing the hands upward, until the irons are in the position shown in the illustration. Repeat the movement, until the muscles of the forearm are slightly fatigued.

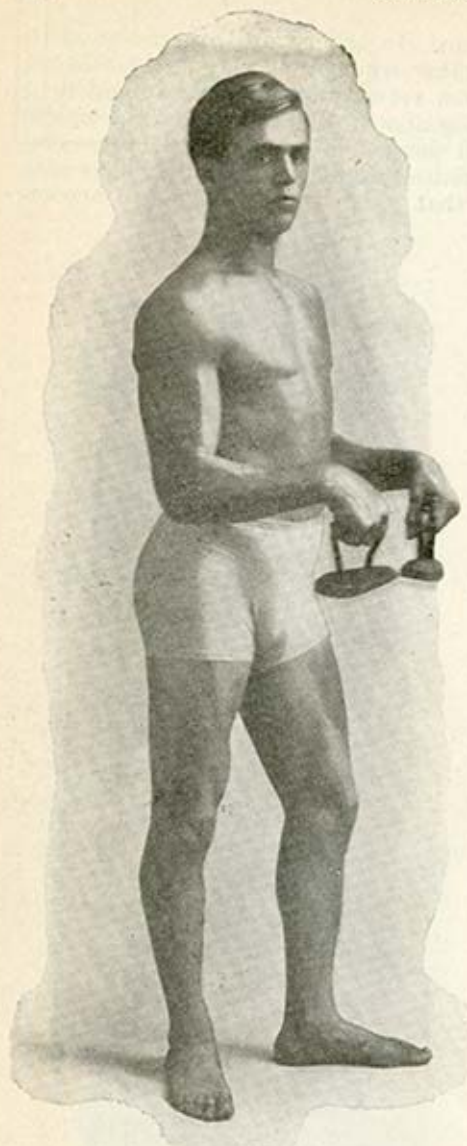
with the muscles employed very strongly tensed.

In the case of these exercises, as in that of all others, the mind and body should work together when executing

them. In other words, there should be a clear conception of exactly what a given set of movements is intended to bring about. If this is done, the results will be much more satisfactory and definite than if you had but a hazy idea of that which you are trying to accom-



Exercise No. 9.—Stand erect, with the irons hanging at the sides, then bring them high over head, with the elbows rigid, at the same time bending the knees, assuming the position illustrated above. Return to former position, and continue until fatigued. This exercise especially affects the large muscles of the upper leg; and also vigorously uses the muscles of the shoulders. It will bring into play both the muscles on the front and side portion of the shoulders, if you will alternate in bringing the irons upward at the sides and at the front



Exercise No. 10.—This exercise brings into very vigorous use the muscles of the back part of the forearm. With the irons gripped tightly as shown in the illustration, bend the wrists, bringing the hands upward as far as you can, until the irons are extended straight outward in front of you. Return to former position and continue until slightly tired.

plish. When body and mind work together in this harmonious manner, the latter seems to have the power of concentrating the whole bodily energy on the task, so that there is no waste of this same energy by unnecessary movements, neither is there a slackness or sluggishness in the execution of the exercises.

I would once more call your attention to the special value of these flatiron movements in connection with increasing the strength of the grip. As I have already said, these exercises are impossible of accomplishment without the assistance of a good grip. But you may add to their value in this respect, by constantly remembering the fact; in other words, let the mind, in the way that I have indicated, prompt the body in this regard. The result will be that you will do much more grip work than if you handled the flatiron in a merely perfunctory manner. And I venture to think that after a comparatively brief time, you will be astonished to find that the muscles of the hand have developed unlooked-for powers.

Another notable feature in connection with the flatirons is, that, quite outside of those exercises described by myself, they, the flatirons, lend themselves very readily to the invention, on the part of the student, of other exercises or movements. Thus, when making one of the movements illustrated in this or the preceding article, it may occur to you to so extend or modify it, that it is practically an entirely new movement. Or you may accidentally discover novel means of using the irons, or better still, you can tax your ingenuity and resourcefulness in so doing.

Anyway, the flatiron is a most useful adjunct in the pursuit of health and strength. And I am assured that if you take advantage of the movements described in this series, you will find that your so doing will afford as much amusement as it does wholesome exercise.

WITH THE MERRY VERMIFORM APPENDIX

Johnny—"Pa, what is hell?"

Pa—"The vermiform appendix of

theology. Many doctors remove it entirely—*New York Sun*.

Rounding up the Quacks

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



THE letters and communications received by PHYSICAL CULTURE from victims of quacks or from those interested in our crusade against the charlatans, amount to some hundreds weekly. In consequence of the somewhat limited amount of space devoted to this department, it is obvious that only a very small percentage of these letters and the valuable matter which they invariably contain, can receive notice in a given issue of this magazine. Nevertheless, the most sincere thanks are extended to the writers, and they may rest assured that in accordance with the importance of the information which they give, or the order in which they reach this office, their communications will receive due notice, sooner or later.

That the quack will stop at nothing in order to further his interests and add to his hoard of dirty dollars goes without saying. It is the "nature of the beast" you know, and it makes itself manifest in a variety of ways, mainly to the accompaniment of blatant mendacity and brazen impudence. But one of the latest methods of catching gulls exhibits these characteristics of the quack in so marked a manner that a somewhat extended notice will now be given to the matter.

That PHYSICAL CULTURE, the magazine, and physical culture, the religion of health, are alike bitterly and irrevocably opposed to the quack in any shape or form whatever, is so well

known that it is almost unnecessary to allude to it. That the cult of physical culture is growing rapidly and that its principles are honored and its methods practiced by thousands where formerly, only hundreds were concerned, is equally true. Or to put it in another way, physical culture is no longer an



Cover of a thirty-two page booklet issued by Lydia E. Pinkham, showing that physical training is valuable only when taken with the famous Pinkham remedies.

object of criticism, but instead, is the center of a distinct popularity.

Now the quacks recognize the foregoing facts and with an effrontery that is simply amazing, seek to use physical culture as a means to boom their nostrums or "treatments." In other words, they endeavor to sandwich the truths of physical culture in between their lies so as to puzzle the public and cover, so to speak, with a film of wholesomeness, the filthy rubbish or absurd "treatments" by means of which they rob people both of health and cash.

In last month's issue of *PHYSICAL CULTURE*, allusion was made to the cover of the pamphlet sent out by the Miles Medical Company of Elkhart,



"Misleading" cover of a booklet distributed by the Miles Medical Co., to advertise their "remedies."

Indiana. As was then stated, the Miles Nervine and the Miles pills of several sorts, and the Miles blood purifier and "Nerve Plasters," whatever they may be, and all the rest of the trash, are of the usual quack sort and in connection therewith, there are the usual claims and the usual "testimonials."

But with the blushing modesty that characterizes gentlemen of the Miles breed, nothing is said about these "remedies" on the cover of the pamphlet. Instead, and on this same cover, there is the simple legend "Scientific Physical Culture" and the pictures of a remarkably well formed young man and woman, who are *not* shown as swallowing the Miles' Nervine. In this case, as in others to which we shall allude, the

title of the pamphlet causes it to be received with a certain amount of respect by the person into whose hands it falls. If it was clear that it had to do with the Miles' nostrums, it would probably find a grave in the gutter, as most of such literature very properly does. But the trap being baited as told, and the body of the booklet consisting of alleged physical culture exercises intermingled with the praises of the Miles' pills, etc., the unwary reader is, of course, entrapped as per the intention of the maker of the book.

Then again there is dear old Lydia E. Pinkham, who in spite of the fact that she has been dead for a good many years, is still allegedly prescribing for "ailments peculiar to womankind," has taken the tip furnished by Dr. Miles and others of his ilk, and has issued a book of thirty-two pages, on the title cover of which are the words "Physical Culture" and the picture of an awkward female who is supposed to be a physical culture girl. In this connection, it will be remembered that, incited thereto by the fact that *PHYSICAL CULTURE* published a picture of the grave of Lydia, the present management of the Pinkham concern issued a circular in which they attempted to explain that no fraud was intended on the public in regard to the "Write at once to Mrs. Pinkham" feature of all their advertisements. The explanation was badly mixed up, however, and the tendency to mental muddle on the part of the concern, still remains, judging by the following which appears in one of their recent advertisements. "Mrs. Pinkham is daughter-in-law of Lydia E. Pinkham, and for twenty-five years under her direction and since her decease she has been advising sick women free of charge." It is evident by this that the tendency to speak from the tomb runs in the Pinkham family, since that Mrs. Pinkham—we admit that we don't quite know which Mrs. Pinkham it is—"Since her decease has been advising sick women free of charge."

The amusing feature about the Pinkham brand of physical culture is that in the description of the exercises in the book, stress is frequently laid on the

fact that such exercises will absolutely bring about unlimited and permanent health. But each description winds up with the assertion that you have to take some one of Lydia's nostrums in order to be healthy.

The action of the late lamented Lydia, or of the Mrs. Pinkham who survives her, or the proprietors of the Pinkham name—you see that the writer as well as the public is somewhat puzzled about "Who's Who" in Pinkham land—has brought forth a host of letters of protest from loyal physical culturists. We publish two of these.

MR. BERNARR MACPADDEN:

Eastern fakirs are invading our city, attempting to blindfold the people, under the banner of physical culture, and through the medium of inclosed circular trying to introduce their rubbish here. Some time ago, I called your attention to Mr. Billy Manning, a western medical fakir, to whose activities you paid immediate attention.

Trusting that "dead" Lydia Pinkham shall be notified to disconnect physical culture from her peculiar enterprise.
Oakland, Cal. HENRY J. SNELLENBERG.

MR. BERNARR MACPADDEN:

I enclosed a Lydia Pinkham booklet. This is a new phase of the deceased Lydia's activity, combining a patent medicine and physical culture.

Brooklyn, N. Y.

G. MACLIN.

One Dr. McLaughlin, extensively advertises electric belts, which he claims, are certain cures for a number of serious disorders. The fact that the highest medical authorities after years of experiment, are in doubt as to the therapeutic value of electricity, doesn't cut any figure with Dr. McLaughlin, nor does the added fact that it is very generally believed that so-called electric bodily appliances are useless or practically so. Space will not permit quoting at length from the McLaughlin literature, except in the instance of this passage, which is a touching example of the fact that even the proprietors of electric belts have consciences. "When the patient is in doubt * * * he should send us a statement of his case, and after the same has been carefully examined * * * under no circumstances will we advise the purchase of any of the Dr McLaughlin belts if we believe the case incurable." And there you are. "An honest man's the noblest work of God."

But the point that we want to make about Dr. McLaughlin is, that as in the instances just cited, the cover page of his pamphlet bears a reproduction of a design that has been intimately associated with this magazine and its propa-

The Elixir of Life Discovered!

Dr. Rentel's Vitality Pills

IMPROVED FORMULA

THESE PILLS ARE UNDOUBTEDLY THE MOST MARVELLOUS DISCOVERY of the Present Century. PILLS which contain

LIFE - VITALITY - VIGOR

They do not patch you up temporarily, but but make a

COMPLETE AND LASTING CURE.

To this is owed their PHENOMENAL, UNPRECEDENTED SUCCESS. The demand for them has been so great that we feel it our duty to SUFFERING HUMANITY to bring their WONDERFUL POWER still further before THOSE WHO ARE AFFLICTED. Patients write saying: "THAT AFTER EACH DOSE THEY FEEL THE INCREASED VITALITY RUSHING THROUGH THEIR BLOOD TO THE WEAKENED PARTS."—They call them the

ELIXIR OF LIFE.

THEIR WONDERFUL VIGORATIVE POWER is instantly conveyed THROUGHOUT THE ENTIRE SYSTEM, carrying NEW LIFE to every Pore and Organ that has become WEAKENED from any cause. THEY KILL ALL GERMS AND STERILISE ANY POISON IN THE BLOOD, rendering it PURE AND CLEAN. THEY BUILD UP NERVE AND BRAIN TISSUE; They give VIM, VIGOR, VITALITY, AND AMBITION to the

MOST DESPONDENT SUFFERERS.

YOUNG OR OLD—MARRIED OR SINGLE—They give ENERGY AND POWER TO THE VITAL ORGANS, STOP ALL WASTING WEAKNESS AND UNNATURAL GRAINS. THERE IS NO REASON TO SUFFER—OLD AGE, MENTAL AND BODILY DECAY ARE DEPIED. No illness so bad but what can be overcome. If you are suffering from NERVOUS BREAKDOWN, LOSS OF STRENGTH, FUNCTIONAL WEAKNESS, VARICOCELE, OR URINARY COMPLAINTS, THE CURE IS HERE!

GET CURED AND REMAIN CURED! DO NOT BE PATCHED UP!

These Pills Cure Effectively and Permanently.

10¢ of Bottle.

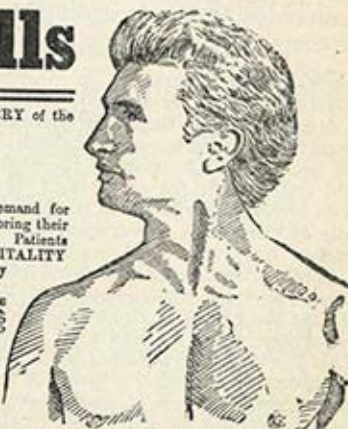
Post Free, in Plain Wrapper.

DON'T DELAY! SEND AT ONCE!

Two Bottles, \$1.

Sole Agent: S. H. HENSHALL, Chemist, 245 Clarendon-street, South Melbourne, VICTORIA.

Copy of an advertisement ten inches wide, published in an Australian paper. The drawing is a copy of the photograph of the Editor of this magazine which appeared in Physical Culture for August, 1906. This is the limit.



SCIENTIFIC STUDY... SUCCESSFUL

Taken from Exercise 21, August issue

ganda; that is, the athlete wrestling with and overcoming a lion.

Also in last month's issue it was told how that the proprietors of the Viavi treatment embodied therein what is practically a full-fledged remedial course of physical culture. We do not place Viavi, however, in the same category as the quacks just alluded to, for reasons already given. Nevertheless, we believe that Viavi to a great extent relies upon the physical culture means which it recommends for its cures rather than anything else.

But one of the most striking examples of the impudence, assurance, shamelessness, effrontery or what you like to call it of a quack, is the advertisement in a South Melbourne, Australia newspaper, of a charlatan who calls himself "Dr. Rentel," and who is the proprietor of "Vitality Pills." These pills are guaranteed to do anything from growing wooden legs to restoring to youth those who have reached the century mark, to speak figuratively. And—don't start, gentle reader—as an example of the type of man which his pills will assuredly manufacture, *he reproduces in his advertisement a picture of Bernarr Macfadden which appeared on page 117 of the August issue of PHYSICAL CULTURE.* Will you please say if the impudence of a quack of the rankest can go further than this?

In reference to the foregoing an Australian correspondent writes us as follows:

MR. BERNARR MACFADDEN:

In writing this letter to you, I must first, of all, let you know that I appreciate your magazine very much, and though I pay od. (18 cents U. S. A. money) for each copy, I would not miss it for anything. My main object in writing this letter is to show you an example of the quack advertisements we have in some of our papers. I enclose a sample and I think it is one of the most barefaced swindles ever tried on the public. You will notice that the quack to draw attention to his advertisement uses a picture of yourself in it. This is evident proof that your magazine is known out here, and if a quack doctor can find something good in it, surely we readers can find something better. I think this fellow is one of the cunningest quacks we have in Australia. I will not mention this "Land Shark" any further as I am sure you can draw your own conclusions about him. We have several other quacks out here, such as Pe-ru-na, etc., but I am glad to say that the

leading paper in Sydney, viz.: *Sydney Morning Herald*, has refused to publish Peruna advertisement and the like.

R. S. COATES.

Sydney, N. S. Wales, Australia.

Space will not permit of our telling at length of those other charlatan wolves who seek to snare their prey by disguising themselves in the sheep's clothing of physical culture. But we will give more attention to these gentry in the future.

A lawyer writing to one of the Chicago papers relative to the numberless medical frauds with which the city has been or is cursed has this to say:

"The worst of any of these, however, is the quack doctor who advertises himself as a specialist, and professes to be able to cure any and all diseases by mail. The means taken by this wretch, are particularly contemptible as he knows at the start, that he cannot treat a man who has a serious complicated ailment successfully by mail, any more than an engineer could survey a piece of ground without being on the spot. Some of these scoundrels do most of their work by means of form letters which are printed so ingeniously that they would perhaps fool even the intelligent man. When the poor victim even applies to these sharks for treatment their first move is to ascertain his commercial standing, and they usually frighten him enough to get a large portion of his money unless he has good advice in time. I have recently prosecuted a firm of this kind for a client who had signed papers involving him into paying up nearly \$500.00 for a slight ailment which any reliable practitioner would have cured easily for \$10.00, as he afterwards found. One of these institutions in this town is at present managed by a bucket-shop operator, who hires the doctors at so much a week, and has branches of his firm in four different cities.

"Is it not time then that an inspector is appointed to investigate advertisements, as well as one to look after rotten meats? I think that, for the interest of the community, doctors and reputable medical concerns, and for the benefit of the public at large, that such an inspector is a much needed institution."

Record-Breaking College Girls

By EDWARD R. BUSHNELL



O better illustration of the really remarkable lengths to which athletics are being carried in the present day could be furnished than that supplied by the complete equipment for the physical instruction and pleasure of undergraduates in the majority of America's leading colleges and seminaries for girls. That the young men of the country are committed to every form of athletic exercise and competition is so well understood and expected that it fails to excite a ripple of comment. But that the authorities of girls' schools should endeavor to emulate those of the universities and schools for men in the construction of their gymnasiums and the adoption of a system of competitive and compulsory athletics is both remarkable and praiseworthy. This is a movement which deserves all the support that it

can receive. If athletic competition is a good thing, mentally and physically, for college boys, it is just as beneficial and necessary for college girls, as of her sisters, that nearly 40 per cent. of American women are invalids.

In addition to a marked increase in health and strength resulting from athletics, mention should be made of their effectiveness as seen in the various meetings which have become a part of the life of every girl's college. Hardly a year goes by without the necessity for chronicling new records made on track and field by athletic girls. And most of them are very creditable too. And when girls have been as thoroughly educated up to athletics as are boys we may expect even more noteworthy performances.

The following table, gives the athletic records held by women prior to the present year:

EVENT	RECORD	HOLDER	COLLEGE
50-yards dash	6 1-5 secs	Miss Fannie James	Vassar
75-yards dash	13 secs	Miss Helen Buck	Mt. Holyoke
100-yards dash	13 secs	Miss Fannie James	Vassar
220-yards dash	30 3-5 secs	Miss Agnes Wood	At Poughkeepsie
40-yards hurdles	7 1-5 secs	Miss Marion Amick	Elmira
60-yards hurdles	10 3-5 secs	Miss Nina Ganung	Elmira
100-yards hurdles	17 1-10 secs	Miss C. S. Barnes	Vassar
120-yards low hurdles	30 secs	Miss J. B. Lockwood	Vassar
Running high jump	4 ft. 6 in.	Miss H. Schulte	St. Paul, Minn., C. H. C.
Running broad jump	14 ft. 6 1/2 in.	Miss Evelyn Garner	Poughkeepsie
Standing broad jump	7 ft. 11 1/2 in.	Miss Edith Boardman	National C. S., Wash.
Putting 8 pound shot	32 ft. 3 in.	Miss Helen Buck	Mt. Holyoke
Fence Vault	4 ft. 10 1/2 in.	Miss D. E. Merrill	Vassar
Throwing base ball	195 ft. 3 in.	Miss Alice Belding	Vassar
Standing high jump	3 ft. 6 in.	Miss T. Bates	Bryn Mawr
Hop, step and jump	27 ft. 5 in.	Miss H. Kempton	Bryn Mawr

It is of importance to note, in connection with the records, that the athletic training of the American college girl is sane and wise. The records are merely its incidental results. The aim of athletic instruction and training in girls' colleges is primarily the rounded, healthful development of the students, and the athletic courses are to be estimated less by their record-making

students than by their variety and special adaptation to the physical powers of growing girls and young women. No more conspicuous example of the rounded, sane athletic training of an entire student body is to be found than that in operation at Bryn Mawr, where high general averages are sought for.

Bryn Mawr College, if not the

pioneer, yields a striking object lesson in regard to what can be accomplished where athletics are conducted with wisdom and moderation. Life at Bryn Mawr is essentially of the open air kind. A visitor to the campus is surprised to see the disregard of the students for cold and rainy weather. Their athletic sports have so hardened them that they go out bareheaded, and not even winter weather has any terrors for them. That this outdoor life agrees with them is evident, for one would have to go far to find a healthier lot of young women.

Bryn Mawr uses the same method of athletic control as do Harvard, the University of Pennsylvania and other Eastern educational institutions for

coaches are furnished and the instruction is most thorough.

The athletic scheme is in charge of a director. At the beginning and close of each athletic year, every undergraduate is required to undergo a thorough physical examination. Students who are found to be deformed in any way, or prove to be underdeveloped, are given special sets of corrective exercises and are re-examined from time to time to note the effect of the work. It has not yet been found feasible to make athletics compulsory as in some colleges for men. But at present, a student in residence, unless excused for ill health, is obliged to exercise five hours each week, one hour of which must be in the gym-



The Dance of the Garlands, at Bryn Mawr. Notice the perfectly symmetrical development of limb in the group of dancers to the left, the result of all-round physical training.

men. Provision has been made for every form of athletics available for girls. A magnificent gymnasium, the fitting of which with the best and latest apparatus was supervised by Dr. Sargent, of Harvard, forms the nucleus for the athletic life. The gymnasium also contains a swimming pool, seventy-five feet in length. Outdoors the big campus is laid out with fields for every kind of sport which is countenanced. It is doubtful if any college for girls fosters as great a variety of athletics as Bryn Mawr. All told, they number twelve, including track athletics, indoor base ball, basket ball, tennis, swimming, water polo, cricket, golf, gymnastics, field hockey and fencing. Experienced

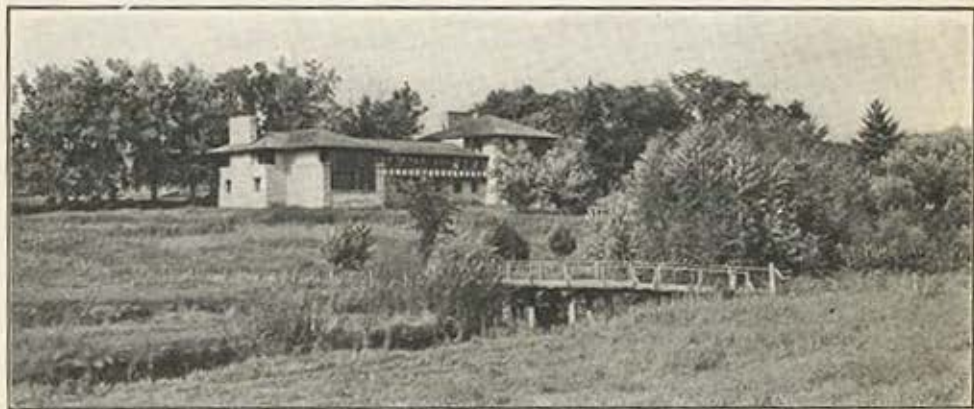
nasium under the direction of an instructor.

The physical examinations are most thorough. The desire of the directors is, of course, to make athletics as general and as safe as possible. As the health of some girls would be endangered if they indulged in athletics to the same extent as their more robust sisters, a lighter form of exercise can be prescribed for such students, not only with safety but with beneficial results. In making the examination, particular attention is paid to the physical development, strength of the heart and lungs, and hereditary tendencies. With this knowledge carefully tabulated, the director and her assistants are enabled

to work to the best advantage and every student is given the character of work of which she stands most in need. The director aims to make the work as pleasant as possible. The students are urged to do as much of their athletics as they can through the medium of various games. This method has been found more pleasant and, in the long run, more beneficial than adoption of any indoor gymnastic course exclusively. The tennis court, hockey fields and golf links are always in use, and on them are played innumerable tournaments for the college and interclass championships. Most novel of all the athletic sights to be seen at Bryn Mawr, is a game of cricket played by girls. This is probably the

tennis and basket ball. Basket ball is played out of doors, and no other events evokes so much enthusiasm among the undergraduates as the interclass championship games.

The department of physical instruction is well prepared for the important work of tabulating statistics relating to the development of the physique, and the health of the student body. To this end, the physical instructors have kept tables from 1885 to the present date, the statistics embracing the measurements of students taken at the beginning and the close of each college year. The increase was most marked in the lung capacity and depth. Another set of statistics, of the class of which graduated

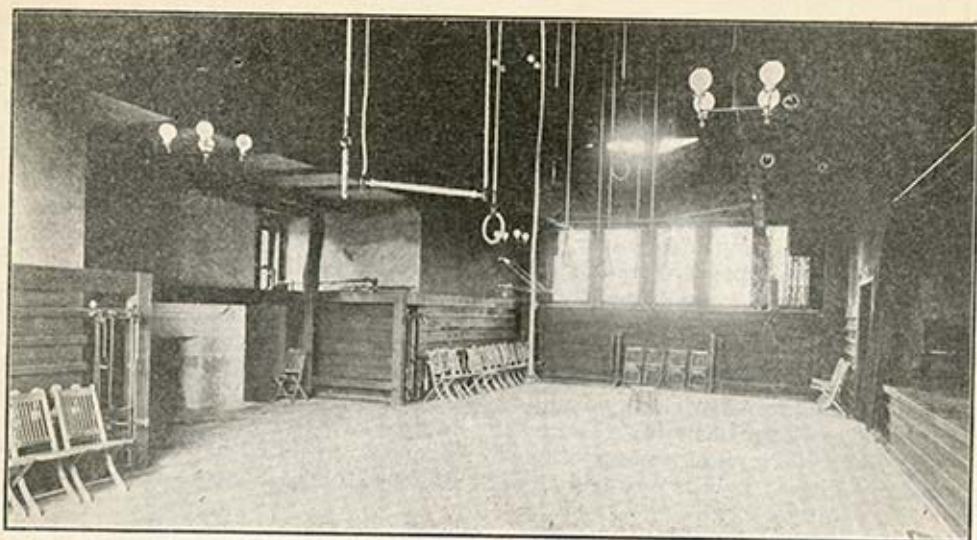


Hillside Seminary, on the Wisconsin River, 30 miles North of Madison, Wisconsin. A model, modern Western school for girls, where learning walks with life in the open.

only place in America where girls engage in so strenuous a game. The location of Bryn Mawr, so near Philadelphia, the home of American cricket, is a sufficient reason for the maintenance of the sport. Every Spring and Fall a cricket team is organized and a schedule of games is played.

Of the indoor sports fostered at Bryn Mawr, special note should be made of swimming. The faculty has made it possible for every girl to learn to swim, and there are few who fail to take advantage of the opportunity. Besides learning to swim, the girls are expert water polo players and strong teams are organized every year. The two games which are the most popular, are probably

in 1903, and covering the entire four years of its course, shows an increase, above the normal, of 90 per cent. of the students. In two cases, which may be taken as fair samples of the student body, the girls gained an average of seven pounds during their gymnastic course, the lung capacity was increased from 220 to 250, the strength of the back from 110 to 170, the strength of the back from legs from 150 to 215, the strength of the chest from 35 to 56, and the total strength from 275 to 475. These two cases are not exceptional, but typical of what is being done for the average student, and they prove, as nothing else could do, the wonderful results that are being achieved.



The Interior of the Gymnasium at Hillside Seminary

If further proof of the good that can be accomplished by athletics were needed, it could easily be found in the high standing maintained by the girl athletes. Of the last Senior Class, among the ten girls with the highest averages for class room work, six were members of the various athletic teams.

In view of results at Bryn Mawr, the belief is forced on one that the time will soon come when there will be athletic

competition between girls' colleges as keen as that which exists between men's colleges. This is not, as the prudish would have us believe, an evil or a thing to be dreaded. For when this sort of athletic competition becomes a reality, its evils, if any, will solve themselves just as surely as the athletic feature of their college life has reached its present stage through a natural course of development.

OUR HOME TREATMENT DEPARTMENT

Treat Your Disease At Your Own Home Under The Instruction Of Our New Department

AS a means of increasing the Subscription List of PHYSICAL CULTURE, I have organized a complete Home Treatment Mailing Department. In this department, you can get detailed individual attention to your ills no matter what they may be. This department will enable you to secure detailed information as to exercise, diet, and other instructions needed to effect a cure in your complaint regardless of its nature. You will secure instructions that will be as accurately devised for your particular needs as if you were to come into my own office and describe your ills in detail. I have assisting me in this department a regular medical graduate, in thorough sympathy with the theories we advocate. If you are willing to spend some time in securing

subscriptions, treatment in this department will cost you absolutely nothing. We simply require a certain number of subscriptions to the magazine, in payment of treatment. The treatment will not be cheap by any means as each case will secure individual attention, and be prescribed as carefully as if you were here in person.

Write us for particulars of this offer, and also sample copies of our magazine, for soliciting subscriptions. No matter what your disease may be, or how long you have been suffering, we can certainly cure you, if you are willing to follow the instructions we send you.

Address Subscription Treatment Department,

PHYSICAL CULTURE PUBLISHING CO.
Spotswood P. O., N. J.

The Organs and Their Purposes

No. 2.—THE HEART

We purpose to give a series of articles—of which this is the second—having to do with the various organs of the body, the part that they play in the total scheme of the system, and the manner in which they perform their work. It is a curious and lamentable fact that although a knowledge of the machinery of our bodies is of prime importance to us, yet as a rule, we are more or less ignorant of it and its actions. One of the fundamental laws of health and happiness is embodied in the maxim "The proper study of mankind is man," in both a bodily and spiritual sense. Nevertheless it is the law that is most ignored, with resultant sickness and unhappiness. It is true that in our schools there are so-called physiological courses, but these are alike unto the majority of the other "courses" that are inflicted on our children by the usually idiotic public school curriculum. That is to say, the physiology so taught, is shallow, insufficient, and of such a nature in general that it is promptly forgotten by the child who has learned it in parrot-fashion. In these articles will be told tersely but intelligently, the story of the organs on the lines indicated.—Bernarr Macfadden.

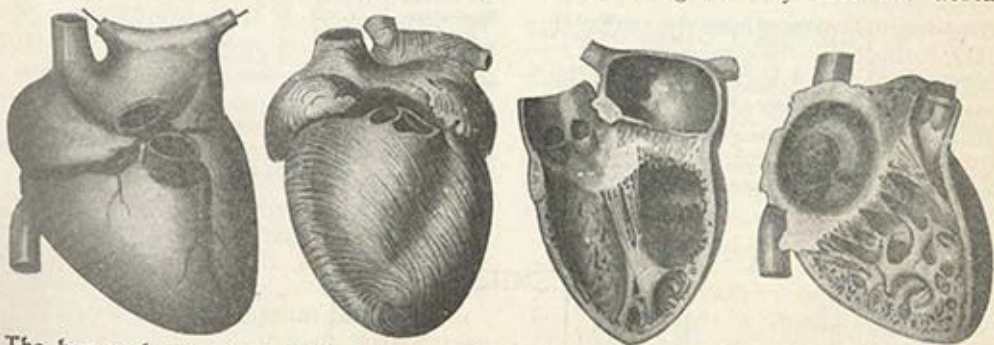


THE heart, in a sense, is the most important organ of the body, if we are to judge by what may be called its direct action in sustaining life.

An injury to the heart is invariably fatal. Heart troubles are liable to result in sudden death and the stoppage of the organ is equivalent to cessation of life. This, because bodily existence is dependent on the circulation of the blood, which in turn, relies upon the continuous and spontaneous action of the heart.

The heart is a hollow, muscular organ, the interior of which is divided by a partition in such a manner as to form two chief chambers or cavities, one to the right and one to the left. Each of these chambers is again subdivided into an upper and a lower portion, called

respectively the auricle and ventricle, which freely communicate one with the other. The aperture or point of such communication, however, is guarded by a sort of valve which allows the blood to pass freely from the auricle into the ventricle but not in the opposite direction. Thus there are four cavities altogether in the heart—two auricles and two ventricles; the auricle and ventricle of one side, being quite separate from those of the other. The right hand auricle communicates with the veins of the general system and also with the right ventricle while the latter leads into the pulmonary artery, the orifice of which is guarded by a valve. The left auricle on the other hand, communicates with the pulmonary veins and with the left ventricle, the latter leading directly into the aorta,



The human heart, views of its exterior and of its muscular structure

Sectional views showing interior of heart

the large artery which conveys blood to the general system and whose orifice, like that of the pulmonary artery, is guarded by valves.

A little consideration of this arrangement of the heart's valves will show that the blood can pass only in one direction, which is as follows: from the right auricle, it flows into the right ventricle and thence into the pulmonary artery by which it is conveyed to the capillaries or minute blood vessels of the lungs. From the lungs the blood, now purified and altered in color, is gathered by the pulmonary veins and taken to the left auricle, from which it passes into the left ventricle and thence into the aorta, by which it is distributed to the capillaries of every portion of the body. The branches of the aorta, which are distributed throughout the general system, are called systemic arteries, and from these, the blood passes into the systemic capillaries, where it again becomes dark and impure. Next, it flows into the branches of the systemic veins, which at the point of their union, form two large trunks called the superior and inferior vena cava, from whence it

is discharged into the right auricle, from which the blood started in the first instance.

The heart's action in propelling the blood, consists in the successive and alternate contractions and dilatations of the muscular walls of its two auricles and two ventricles. The auricles contract simultaneously; so do the ventricles. These contractions are what we call the "beating of the heart."

The heart is about four inches in diameter and about six inches in length, beating seventy times a minute, four thousand two hundred times an hour, one hundred thousand eight hundred times a day and over thirty-six million times a year. At each beat of the heart, over two ounces of blood are thrown out of it, one hundred and eighty ounces a minute, six hundred pounds an hour, and about eight tons per day.

All the blood in the body passes through the heart in three minutes.

This little organ, by its ceaseless industry, pumps each day what is equal to lifting one hundred and thirty tons one foot high, or one ton one hundred and thirty feet high.

PHYSICAL CULTURE SOCIETY NOTES

Efforts are being made to establish a Physical Culture Society in Mexico. There is even more isolation for the physical culturist in Mexico than in the United States, and if anything such an

organization is even more desirable there than here. All of those interested are requested to write to Mr. H. L. Hall, Hotel Sanz, Mexico City, Mexico.

PHYSICAL CULTURE SOCIETIES

W. Hoboken, N. J.—Garabed Sabonjohn, 410 West St.
 Brooklyn, N. Y.—Mr. John J. Costello, 117 Carlton Ave.
 Philadelphia, Pa.—Mr. J. C. Edwards, Bryn Mawr, Pa.
 Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.
 Detroit, Mich.—Miss Josephine P. Scott, 57 Hancock Av.
 Denver, Col.—Miss A. Reed, 1648 St. Paul St.
 Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.
 Minneapolis, Minn.—Mrs. Lora C. Little, 1114 12th St., N.
 Buffalo, N. Y.—Mr. Frank L. DeBoy, Jr., 452 William St.
 Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.

Manhattan, N. Y.—R. R. Purdy, P. O. Address, Ossining, N. Y., Box 294.
 Pittsburg, Pa.—Dr. S. M. Stauffer, Bell Phone, Court 1286, 524 Pennsylvania Avenue.
 Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.
 Cleveland, O.—Miss C. J. Lowrie, 229 Arcade.
 Chicago, Ill.—Mr. A. G. Gobrecht, 3541 Cottage Grove Ave.
 Paterson, N. J.—Mr. Frank Berdan, 35 Clinton St.
 Newark, N. J.—Henry W. Miller, 335 Lafayette St.

SMILE

Smile awhile.
 While you smile
 Another smiles,
 And soon there's miles

And miles
 Of smiles,
 And life's worth while
 If you but smile.

Remarkable Improvement of Our "Incurable" Paralytic



OUR readers will remember the announcement made in the November issue, of our acceptance of the case of Mr. Robert N. Wolle, of Lititz, Pa., for free treatment. He had been paralyzed for a year and a half and had been declared totally incurable by several members of the medical profession, this verdict being concurred in by an Osteopath of high professional standing. We are now pleased to report a most remarkable improvement in his condition during the two months which he spent under our care, such improvement being partially indicated by the two photographs of him on the next page. One of these was taken when he arrived at our Health Home, and the other, eight weeks later, when he returned home. The first shows a very old man, with a bent form and a face furrowed and drawn with suffering and a useless arm; the other pictures a man of apparently middle age, having an erect figure, and a face expressive of hope and returning health.

Of course, in the short space of eight weeks, it is out of the question to effect a radical and complete cure in the case of an ailment of the serious character from which Mr. Wolle has been suffering. An absolute cure would require months of faithful observance of our methods. But through the medium of the success which we have had with this case and others, we have demonstrated just what can be accomplished through our system of natural curatives even in apparently hopeless instances. When Mr. Wolle left us he was well on the road to health, and if he continues to follow in his own home the daily regime which we have outlined for him, we have no doubt of his entire recovery.

When he came to us he could not walk except with the aid of a cane or other support, and then only with the greatest difficulty, using very short, laborious

steps. But it was the upper portion of his body that was most seriously affected. He could not write, feed or dress himself, neither could he speak except with great difficulty, and then most inarticulately and indistinctly.

When he left he could walk very readily and without any support, and was able to cover some four miles at a time. He had control of every part of his body, could even run a little, and take exercises of an active nature. After he had been a short time at the Home he was able to write letters, was



Showing the Improved Condition of
Mr. Wolle After Treatment

able to use his hands at the dinner table and his speech improved rapidly. His mind grew clearer, and with its so doing he began to take a more optimistic and wholesome view of life. Since his return home, we have received the following letter from him, in his own handwriting:

Lititz, Lancaster Co., Pa., Nov. 13, 1906

DEAR SIR:

I want to fulfil a promise made to you, to write you a letter. My friends and acquaintances all notice the improvement in my gait and speech, as well as my general appearance. Wherever I go, I am greeted



Mr. Robt. N. Wolle, of Lititz, Pa.
Photo taken when he began treatment

with expressions of surprise at my improved condition. The gain of eight pounds in weight, and an average expansion of muscle of three-quarters of an inch equally distributed over my entire body, shows that there was "something doing." The fact that I can write this letter shows that I can do what was impossible before taking treatment at the Health Home.

Wishing you continued success in the humane work you are doing, I am,

Your friend,

ROBT. N. WOLLE.

We believe that anyone who had an opportunity to see Mr. Wolle before and after we took charge of him, would admit that his case was removed from the "incurable" category into the cura-



Photo of Mr. Wolle after his return to his home

ble and that he has excellent prospects of regaining his health completely. It is true that there are cases that are beyond help, though in such instances, the fault lies not so much with the disease as with the fact that the patient does not have enough vitality left to enable him to build up his constitution. But in a great majority of instances the so-called hopeless cases could doubtless be brought back to health. And this in spite of the fact that, for ages we have been assured by the "wise ones" that the unfortunates afflicted by any of these "incurable" ailments, are most irrevocably doomed.

Growing to Manhood in Civilized (?) Society

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

THE PERSONAL CONFESSIONS OF THE VICTIM

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

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

CHAPTER IX.

I THINK I might safely have kissed Nellie then, for she was so happy to have found a friend, so trustful of me, that her pure heart would never have fathomed the baseness that lay beneath all I said and did.

The really dreadful feature of it all was, that notwithstanding the black treachery that lay concealed in my heart, I was enjoying every good sentiment I pretended to, every kind and loving word I uttered. And I did love Nellie, if my nature was capable of so exalted a sentiment.

We sat there and planned all sorts of foolish little ways of making a Christmas in the house; we jotted down the various articles that we should need, she all the while protesting that we were putting down too many; as if the trifling expense of ten dollars, which they might come to, meant anything to me. But yet her solicitude over so small a matter told me how much a habit it was with her to count the pennies.

I think the realization of the extreme

penury of her life helped to reconcile me to the perfidy I was plotting against her. I revelled in the thought of how differently she should live by and by.

When Robert came home and little Nellie shrank from encountering his sour face when she should ask him to return to the village to make our purchases for us, I took the list and went out to him before he could unharness the horse.

I first slipped a five dollar bill into his hand. I think the sight of the big V on the bill was like a spell of magic to the wretched, underpaid fellow; and so he could not too readily turn around and go back.

Nellie's eyes were big with surprise when I returned to the house. She had been watching me, ready I think, in spite of her fear of Robert, to dart out and hush him if he dared to answer improperly to me. And then to have him so polite and ready!

"Why!" she cried when I entered, shaking the snow from my coat, "he did not seem to mind at all."

"I think he was glad to do it for us," I answered with a smile.

"It's very funny," she said; "I never knew him to act that way before."

"I waved my magic wand over him," I laughed. "Didn't you see me?"

"What did you do?" she asked, in the prettiest, coaxing way I ever had seen. Now that she was no longer afraid of me she displayed a hundred little tricks of manner that fairly fascinated me.

"Well," said I, "I couldn't bear to think that while I was having such a merry Christmas, he might be wondering what cheer it was going to mean for him; so I gave him five dollars."

"Oh, Regy!" she cried in a tone of mingled dismay at the largeness of the sum and admiration of my generosity.

"I hope I haven't done wrong," I said, pretending to misunderstand her.

"Oh no! I think it was beautiful of you. Poor Robert! he will feel rich with all that money. Oh, it must be splendid to have so much that you can afford to give to others."

She was a tender-hearted little creature; and the most unselfish that ever was, I think. She was hungry enough for love, but I really believe she was still more hungry for some one to pour out the wealth of her love on.

I think that was the reason why we grew near together so quickly that day as we worked together about the house, getting it ready for the great surprise of the tree.

For my own part, I had an idea that Mrs. Felton would be utterly disgusted when she learned of the tree; but I knew she would feel bound to lend herself to any scheme I might care to concoct, so I gave myself no concern about that, but bent all my energies to doing any little thing that would keep me and Nellie together.

And I want to say that I was really happy in it all. I was happy in the sight of her ingenuous pleasure; and I must have been a man of stone not to have been moved by her hardly concealed admiration and liking for me.

As we trimmed the tree we stood very close together, our shoulders touching most of the time, our hands becoming tangled up together as we plunged into the basket of ornaments at the same time.

At first I was very careful not to alarm her by any boldness, but as time wore on and I saw how she was coming to feel towards me, I ventured now and then to press her hand a little.

The first time I did it, I could feel her start and look at me as if wondering if she had imagined it, while the ready color mounted to her round cheeks. The next time, when there could be no doubt, she trembled and kept her hand quite still, so that I knew she was neither offended nor alarmed.

"Oh," I cried at that, "I feel, Nellie, as if I would like to go around the house holding your hand as if we were only children."

I could see her bosom heave convulsively, but she was quite silent, her soft eyes looking down into the basket. I took her hand in a firmer, bolder grasp and said coaxingly:

"It seems to me, Nellie, as if I never had had any childhood. Won't you humor me and play children with me?"

She turned her head slowly, lifting it at the same time so that I could see her face and look fairly into her great, soft eyes.

"Oh yes, Regy," she said in a low, tender tone, "I will. I—I never had much in the way of childhood, either, but that was because it wasn't possible; but you! Oh, and I had an idea all the time that you had always had all the love and happiness there was in the world.

"What a kind, sweet little girl you are, Nellie!" I said, my voice breaking a little, for her goodness set me all aquiver. "How happy I am to have come here and found you. I have always wanted a girl friend. You will be my true little friend, won't you, Nellie?"

"Oh yes, if you want me."

"But do you feel as if you wanted me for a friend?" I asked.

"Oh yes," she answered earnestly.

I took both her hands in mine and held them while I looked into her sweet face. It was like a little child's in its purity and simplicity. And oh, how winsome!

"Will you kiss me, Nellie?" I demanded, carried out of my prudence. The red color rose to her cheeks in

the wonderful way it had of doing, and her bosom began to heave; but her eyes met mine steadily as she held up her rosebud mouth to me.

I bent over and kissed her; and then somehow she was in my arms and I was straining her to my breast with a passion that was new to me, my emotion almost choking me.

And she rested there as a little child might have done, as guileless and innocent as any child; and not until I had kissed her over and over again, did a soft sob break from her lips.

"You are not angry?" I cried.

"Oh no; I am very happy."

A little more and I would have been telling her that I loved her; for I did love her as much as it was in my nature to love any human being; but one of those trivial accidents happened that turned our thoughts suddenly in another direction, and I had time to collect myself.

I had stepped on one of those thin glass globes used in decorating Christmas trees, and the sudden crunching sound made us both jump. Then, to cover her embarrassment, I suppose, Nellie said she would go for a dust-pan and brush.

When she had come and gone and come again, I had had time to think how near I had been to an impulsive declaration of love that might have ended otherwise than as I intended.

As it was, there had been nothing definite said on either side. Both of us were greatly moved, however, I more than I had ever believed was possible, and she to the very depths of her soul.

I could see that in her; for as she came into the room after being out of it, there was a rising flush on her face and a look in her eyes half furtive, as if in doubt whether what had happened had been real, half the ecstasy of the joy that had come in to her life.

For there it was! She had been hungry for love and it had come to her when she was least expecting it. Her whole nature was permeated by the love that had been generated in her pure heart by the words I had spoken.

I suppose she had begun by admiring me because of the things her mother and brother had said about me before

her; for before her they would not have betrayed the mercenary character of their relations to me; not because they cared for her opinion of them, but because they were selfish enough to leave her out of all their calculations excepting so far as the drudgery of life was concerned.

Anyhow and whatever her first feeling for me, I had won her completely by the part of benefactor I was playing. I loomed large before her innocent and unsophisticated eyes; and the figure I made was the more imposing because of the surprise it was to her to find me good and liberal, instead of a mere, hard man of the world.

I know better than anyone can tell me that I was despicable, but I say again that I loved her. I say, too, that I was even exalted by the love that came to me from that pure nature.

I don't think I had any actual plan in my brain at the time; I think I went on from one point to another until the terrible climax was reached, just as one who wanders aimlessly in the woods, will unconsciously descend. It is always easier to go downhill, if only the grade be a slight one. Few men plunge deliberately over the steep precipice of evil. Many who slowly descend to the deepest depths, would hesitate in horror on the brink of even a trifling incline.

At one stage, I remember that I did say to myself that her shy, retiring nature would be lost and wretched in the gay life that I was inevitably destined for and which my wife would have to share with me. I don't know whether or not I whispered that specious thought to myself then, but I recall that I dwelt constantly on the idea that a quiet, retired life, away at once from the tyranny and unfair exactions of her mother and brother, where she could bask in the sunshine of my love, would be an ideal existence for her.

Perhaps it will be said that I was a perverted monster, happily unusual in society. I declare that I was the natural product of the scheme of life which is based upon pretence, upon systematic hypocrisy and upon that prurient prudery which converts the beautiful, natural sex attraction into a nervous disorder.

CHAPTER X.

Nellie and I went about the house the remainder of the day, until Mrs. Felton and Schuyler came home, growing in intimacy with each other, holding hands for the most part, stealing shy glances at each other, making mutual confessions.

She told me about herself and her faults of character, exaggerating these last in a positively angelic way; and I made pretended confessions to her, artfully calling sins some of the most trifling of my acts of commission. I did not do this to deceive her, or because I was an ingrained hypocrite, but because I did love her and wished her to think as well of me as possible.

In a sense she was not a brave girl; she stood in mortal fear of her mother. Alas! that this terror of her mother should have played into my hands.

As the short day grew into the dusk of later afternoon, and that delightful mystery and charm of waning light filled the old house, Nellie and I drew closer together and unconsciously our arms entwined each other's body.

At last I sank with her into a window seat, so that we might look out at the setting sun; my arm was about her waist and insensibly she nestled up to me; and so, cheek to cheek almost, we sat there. Then a sudden noise startled her and she half broke away from the restraining grasp of my arm while she listened.

"I thought it was mama," she said with a little gasp.

"She would not like us to be such friends," I said with an artfulness little short of fiendish.

"Oh, no."

"Why?" I asked.

"She would think it presumptuous of me, Regy. I am so stupid and so commonplace."

"I don't think so, dear."

"That is because you are so kind," she sighed.

"Then must we keep our friendship from your mother?" I exclaimed; and seeing a doubtful expression creep into her eyes, I hastened to add: "Well, we will then. It will be so delightful to have a secret together. Besides, I am

sure from what I have heard your mother say, that she would break off our acquaintance if she knew how close we had grown. And, Nellie, I could not bear to lose you now that I have found you."

Her eyes studied mine in the growing dimness, and she nestled closer with that trustfulness which sets one's heart throbbing.

"Why should it matter to her?" she asked, sadly.

"I suppose she has other views for you," I answered; and then, studying to instil doubt of her mother in her mind, I added: "I am afraid you are too useful to her, Nellie."

"Sometimes I think that is all she cares for me for," she cried, more in pain than in anger, however.

"Parents, alas!" I murmured, "do not always think of the child's side of a matter. I know that my father and mother used me always as a sort of club with which to pound each other without any regard for my happiness."

I had told her enough of my story to enable her to understand me; and she had rather betrayed than said that she had always been made use of for her brother's greater ease. Why! the poor child had been fairly taught that it was her duty to sacrifice herself for Schuyler; and she had let slip the fact that even little sums of money she had earned by her needlework, which so it seemed she was an expert in, had been put into the fund that was to enable the brother to mingle with boys who might be useful to him in his social climb.

"How dreadful!" she whispered, thinking only of me and not at all of herself; and really I think hers was the harder case.

"Yes," I answered, drawing her closer to me, "it is dreadful. Even now, although mother seems to be very proud of me and to love me, I know that if I were to tell her about you, she would cut off my allowance and perhaps spoil my career by taking me from school and college."

I wonder I kept a straight face when I spoke of my career, but, under the spell of that pure creature's influence, I could almost believe in my own deception.

Anyhow, it was enough for her that I would be injured by our love being known. I think that rather than have entered upon a course of deception for her own sake, she would have braved her mother's anger by telling her the truth, even though there was nothing in the world she feared so much.

Afterwards she came to accept the situation because, having failed at the first to be frank, each hour that passed made it increasingly difficult to face her mother's wrath.

We had done all we could on the tree, and Nellie, in fear of the scolding she would receive if her household work were neglected, had worked like a little slave until the house was in order.

I went about with her, ostensibly to give her what assistance I might, but really only that I might be with her; and I was horrified when I discovered what that one pair of little hands was required to do. And when I thought of the money that was spent on Schuyler and how much of it was the outcome of the drudgery of Nellie, I was outraged.

Her education had been neglected in order that her brother might make his way in the world; and the probability was that if ever he reached the rung of the ladder toward which he was climbing, she would be neglected and thrust into the background. They would be ashamed of her because of an ignorance which they had caused.

But ignorant though she was, she was just the tender, loving, self-sacrificing sort of girl I yearned for; and if I was untrue in all else that I said to her, at least it was absolutely true that I loved her.

At first I was afraid to say those particular words, but when the work was all done and we sat together in the window seat, my pity for the way she was exploited by her unloving mother and brother together with my knowledge that she would keep our relation secret until I said it might be known, loosed my tongue.

The window was one of the old-fashioned sort called, I think, a cottage window. It was deep and wide and a seat ran across it and at each end, so that we could sit together at one end

and look out at the sky as it changed from deep red to pink, then to a few bands of deeper red and then to a dull gray.

It seemed the most natural thing in the world for me to hold her closer and closer and for her to yield with an eager willingness. For a while we lapsed into silence. It seemed as if we fully understood each other; or at least that she believed of me what I wished her to, and that I really had her heart open before me.

"Nellie," I said at last in a low tone that seemed to suit the silence and mystery of the darkness, "I never loved anyone before. I never was happy before. I did not know what life held of happiness."

She nestled closer to me as if she would merge her soul into mine, and I could feel her cheek move on my breast as if she were looking up to see my face. I bent over and our lips met; and I knew then that only that avowal of mine had been needed to induce her to give herself entirely to me. I had no need of her assurance that she loved me when her silent lips were so eloquent.

Perhaps if we had had more time, and the purity of her spirit had entered and filled me, as it seemed it must do, I might have been moved to say and do those things which would now enable me to look back upon the past with joy and peace instead of misery and wretchedness. But how was one educated as I had been to overcome his training in an instant?

I can look back now and know that I was wavering in my mind whether or not to greet Mrs. Felton and Schuyler on their return with the knowledge that Nellie and I had become lovers in their absence.

They came, however, unexpectedly, and I said nothing, though I was tempted to for a moment. The thought of their delight in such wonderful news, and my own gratification in posing as the deity of the family, tempted me; but they were full of the story of what they had done, and Nellie, after a cold greeting from her mother, stole away, so I let the opportunity slip by me.

Mrs. Felton was not the woman to be

interested in such trifling as giving presents from a Christmas tree, and I am sure that in her heart she was disgusted when later she was led into the drawing-room and saw what we had done.

Nellie had lighted all the candles, had started the wood fire on the hearth and had, in short, done everything to make the surprise a success. I had given her the presents that had been bought in the city, and she had hung them on the tree when they were small enough, and had placed them at its foot when they were too large. Her own presents I had marked myself and put in place for her.

Perhaps Mrs. Felton knew more about the surprise than she pretended to. She was clever enough to make a pretense not only of surprise but of delight as well; and as for Schuyler, I think he was so genuinely pleased that his mother became quite reconciled.

Mrs. Felton's pretense of utter amazement on receiving for herself the gift she had bought for my mother, was the most beautiful bit of acting I had ever seen.

It was a bargain in coats, worth twice what she had paid for it, she had told me; and if it did not fit, as was possible, it would be made over for my mother without extra charge.

I could see my mother wearing a coat that was a bargain. It was a remarkable coincidence, too, that the coat exactly fitted Mrs. Felton. How amazed she was at that! And how amazed and delighted Schuyler was over his watch! Some time afterward I accidentally discovered that Mrs. Felton had taken twenty-five dollars out of the hundred that was to go for her present so as to get a little better watch for Schuyler and a gold chain as well. A pretender and an actress and a bad mother to Nellie she might be, but a passionately devoted slave to her son, she surely was.

But I cared nothing for them and their sorry little humbugger; what I took real delight in was the genuine astonishment of little Nellie when her gifts were handed to her.

It was I who handed the things out, and I am afraid I played the smug

benefactor as I did it. No doubt the keen eyes of the mother and brother saw my silly pose; no doubt their sharp tongues dug holes in me when they were alone together; but neither of them was keen enough to notice how my Nellie's hands trembled nor how her tear-filled eyes beamed love at me, and boundless gratitude as she opened her presents and realized that they all came from me.

How she had accomplished it, I don't know, but among my gifts was a dainty little pen-wiper made that very day by Nellie's deft fingers and hung on the tree by her. How she had found the time during her short absences from me was incomprehensible, but there it was, and I sentimentally carried it near my heart for many a day.

Mrs. Felton started to sneer at Nellie for the absurdity of giving such a thing to me, but I shut her up instantly, which was easy to do; for she was playing toady to me in an outrageous fashion. I have had occasion to make use of toadies a number of times, and I always marvel that they are so infatuated with the notion of their cleverness as to fancy that their fulsome praise is not understood by the object of it.

I think I may say that we had a delightful evening, notwithstanding there was so much hypocrisy among us; for after all, life has some realities even for hypocrites, and material benefits are among those realities.

And for me, Nellie's pleasure made the evening. It was my first Christmas in any real sense. I was absolutely indifferent to anything Mrs. Felton and Schuyler might feel, and I counted the money well spent that had made possible that day for me and that evening.

If the selfish two had not been so full of their own profit, so full I verily believe of the delight of thinking they had cozened or fooled me, I am sure they would have seen how Nellie and I exchanged glances throughout the evening.

Later, just before we separated for the night, Nellie and I found the opportunity to get into each others arms,

"It was so good of you!" she murmured. "Oh, how good you are!"

It had not occurred to her that most of the money had been spent on her mother and brother. Indeed it was not in her nature to grudge anyone happiness. Never was there a human being freer of the petty vices of envy and jealousy.

"If only I had known in time, your share should not have been so trifling as it was," I answered. "But you see, dear, I did not dare to give you much. But wait! some day you shall see whether I love you or not."

"I don't want anything but your love in proof of that," she answered very simply.

"But I am determined that some day you shall be indemnified for all that you have not had up to now. I shall have plenty of money and it is on you, Nellie darling, that I want to spend it."

For answer she laid her head on my breast, but I knew as well as if she had said it, that she never would care for what my money would buy for her, but only for the happiness my love might bring.

CHAPTER XI.

I felt myself a man in those days; more a man than now when I have lived through long years; but for all that I was a boy—nothing more. Vilely sophisticated, it is true, and with what is called worldly wisdom, which seldom means anything else than that one is able to call glibly off a list of the superficial tricks of life and believe them the sum of all that is. I think now there is more of real wisdom in knowing of one wholesome thing in life than in knowing of all the bad ones.

And Nellie was a child without any pretence of being anything else. It required no cleverness to deceive one who had no thought of guile, who gave her faith and trust utterly.

Two children we were together then, in very truth; though I prided myself so wittlessly on being a man of the world and felt a secret pride, with ever an undercurrent of shame, in practicing the scurvy tricks of the world's wisdom.

We had very little chance of being

much alone together, which naturally but whetted our appetites for each others' company; so that when the long-looked for opportunities came and we had time for surreptitious exchange of caresses we were all the more ardent.

Perhaps we met alone four or five times a day, for five or ten minutes at a time; and the days of my visit flew by. I was beside myself. Here was the only thing in life that I really prized, and it was only mine Tantalus-like, as it seemed to me.

Oh, how many times as I lay abed at night, after a stolen kiss and caress in the hall while Schuyler called to know where I was, I wondered if I would not better make this happiness a permanency in my life by making Nellie my wife.

I wish I could set down here the arguments that came trooping to fight against the notion: Did I know ever a man and his wife who were happy? How would I like it when unsophisticated Nellie with her little calloused hands was called upon to meet my mother's fashionable friends? How very angry my mother would be! How unhappy Nellie would be in the fashionable world! How unfit she was for it! How unkind of me to place her where unhappiness was made certain for her.

These and scores of other specious arguments came readily enough; and in favor of the little girl only a beggarly few suggestions of which my worldly wisdom was mightily ashamed. Among such suggestions were: She is honest with you, be so with her; Will she come to you except as your wife?

That's all; and I have never been able to understand why or how they ever came to present themselves. I generally ended my struggle with myself with what I fancied was the philosophic reflection that: it's time enough to think of marriage when there is no other way.

I want to tell all this honestly, the vile and the good, if there be any of the latter to tell. I believe there is little merit in it, but I loved Nellie. I cannot say that too often for my own peace of mind. It seemed to me then that anybody must love one so pure, so unselfish, so loving; and I was in a desperate hurry to make her mine before

someone else came along and took her from me.

I do not know that all lovers get along as rapidly as we did. It actually seemed to me as if we more than took up our loving where we left off in our hasty few minutes with each other; it was more as if we had each gone on alone to join again at the advanced point of our love.

I suppose the truth is, that we loved so ardently that we took much for granted; and no doubt the secret longings of each of us were the same. And yet I longed passionately for another day alone with Nellie.

The day of my departure was close at hand, and I knew that Schuyler would be suspicious if I tried to put that day off; for all he thought of was the life he would be introduced into by my means and mother's.

I was not ready to submit to what seemed the inevitable, and the day before the one set for my return home with Schuyler, I whispered to Nellie after breakfast to follow me into the library.

I knew that the mail was always brought to the house by Robert just about the time we got up from the breakfast table, and that Mrs. Felton and Schuyler usually went to her bedroom to look it over. I suspected that Mrs. Felton's affairs were in a pretty bad condition, though I was too young to understand what complications an ambitious woman living in the hope of what the future would bring, could compass.

I went into the library this morning, as indeed I was in the habit of doing, and Nellie followed me as soon as she had seen her mother and brother go upstairs.

I caught her in my arms and, pressing my lips to hers, strained her to my breast. She returned my caresses with an equal fervor, but in a few moments disengaged herself, saying anxiously:

"Something is wrong with mama this morning, Regy, and I daren't take the risk of remaining here. She is so angry when I don't work on the days when things go wrong with her."

Of course I didn't know what Nellie meant by things going wrong, but in a

vague and general way suspected money troubles.

"But I must see you, Nellie darling," I protested. "I go away tomorrow and I don't know when I shall see you again. We must have time to talk about the future."

"To-night then, Regy dear," she said in a troubled tone. "Honestly I don't dare to stay now. Mama may go down to the kitchen any time; and if I am not there clearing up, she will be very angry."

"The deuce take the dishes!" I cried, furiously. "The idea of your soiling these little hands with that rough work. I hate them for making you do it."

"Hush! hush! Regy darling! somebody has to do it."

"Then let your mother do—"

"Oh!" gasped Nellie in mortal terror; "mama is coming downstairs and she can see through the doorway. Oh! Oh!"

We lost our heads in the suddenness of the event. If we had separated and Nellie had gone to the table, pretending to look for a box of matches or a paper, it would have seemed quite a matter of course, but Nellie thought only of her mother's anger, and I thought only of being caught in a compromising situation.

I looked around hurriedly and Nellie simply clung to me, so that if her mother came we must have betrayed ourselves.

"Let us go into the little room," I whispered, and dragged her swiftly towards a small room, hardly more than a closet, which had been used by Mr. Felton as his private writing room, and which now was used only to store old books and magazines in.

My thought was that by going in there we would be out of Mrs. Felton's line of vision as she passed the door of the library, and that Nellie could run out as soon as she had passed.

But to our dismay—to Nellie's actual horror when she considered the possibility of being found in the closet with me—her mother, accompanied by Schuyler, came into the library and closed the door behind them.

"Where is that fool boy?" I heard her say sharply; and I knew that she referred

to me. Nellie shivered and buried her head in my breast.

"I don't know; in his room, maybe. What is it, mother?"

"Read this!" she said in the same sharp tone, but with a new note of agitation in it. Evidently she had given him a letter, for we could hear the sound as of a letter unfolded; then silence.

"Oh, mother!" we heard Schuyler cry out; "it means utter ruin; and just as things were going so nicely. Do you think he will do it?"

"Don't you see what it means? The mortgage has been transferred to old Mortimer's lawyer, Sutherland. Sutherland isn't doing this on his own account but for Mortimer, who has been wanting this property for a long time. If he forecloses on a second mortgage like this and can make any sort of arrangement with the holder of the first, he can bid the place in for a mere song."

"I see."

"And we are powerless, powerless. The money I have been spending for the entertainment of that conceited puppy should have gone for the interest."

Again Nellie shivered and clung to me. I held her closer to assure her that I did not care.

"Why didn't we use the money for the Christmas presents to pay the interest," cried Schuyler. "Why not go down to the city and sell them now?"

"Too late, now. He can refuse to consider the matter. You see he has taken steps toward foreclosure. Nothing but principal and interest, too, will do now."

"At least go to him right away, mother, and tell him that you will pay the interest to-night. You can take my watch and chain. I'll make some excuse to Regy. It's easy to satisfy him."

"I suppose I ought to try, but I am convinced that it is the intention to force us out."

"A miserable thousand dollars," cried Schuyler. "Why Regy has more than that in the bank now. I looked at his

bank book yesterday when he was out with you."

Nellie looked up into my face, appalled. I smiled scornfully. It was worse than I had supposed, but what did it matter? The more I knew, the better I could use Schuyler when the need was.

"If we could only think of some way of working him for the money. Schuyler, I must think of that. It is useless to try to avert the foreclosure. I will take a walk down to the village and think out some plan on the way. He is such a fool that if I can only present it to him properly, he will let us have the money."

"Yes," assented Schuyler, "he doesn't know the value of money. And it won't hurt him. His mother will give him another supply."

"You are sure he has the money?"

"Positive. I make it a rule to know everything about him; and he is so easy in spite of his fancied cleverness that he can hide nothing from me."

"Very well, then. It is life or death with us, and we must have the money. But his mother mustn't know what he has done with it."

"That needn't bother you, either."

"Then I'll go at once."

With that they both left the room, and we could hear their footsteps going down the hall.

I looked down at Nellie and she seemed to feel the glance for she cast one furtive piteous look of pleading up at me and then with a heart-rending sob sank in a heap at my feet.

I knew she was thinking that after what I had heard of the perfidy of her mother and brother, all would of a necessity be over between her and me.

But the thought that formed in my brain then was quite different. I looked down at her, I bent over and took her in my arms to lift her up, saying:

"What they say does not matter to us, Nellie darling; if you love me, I care for nothing else."

My secret, exultant thought was: "This makes you surely mine, Nellie dear

Child Labor in the Metropolis

THE following are further extracts from an article by John E. Spargo, Esq., which appeared in *The Ladies' Home Companion*. They throw a strong light on the shocking conditions surrounding child-workers in our great cities.

"When women's wrappers are paid for at the rate of forty-nine cents a dozen, and silk waists at eight cents each, it is easy to understand why even the help of tiny children must be called upon to earn a pittance for the makers. If the children can do no more than thread needles or pull out bastings, their assistance is precious; if they are intelligent enough to sew on buttons, or make buttonholes, their help is more precious still. As soon as baby fingers can move intelligently, they play an increasingly important part in the labor of the household.

"It seems incredible, I know, to talk of an infant three years old, working, and some may regard the statement that such little ones do work, as a sensational exaggeration. But it is literally true, as is proved by the testimony of witnesses of unimpeachable character. A baby three years old can straighten out tobacco leaves or stick the stamens of artificial flowers through the petals. A child of four can put the covers on paper boxes, or even help to paste them. A child from four to six years of age can pull out bastings and sew on buttons. A child of eight can make artificial flowers almost as well as an adult, and can make paper bags just as well, and almost as quickly. Many a girl from eight to twelve years old can finish boys' 'knee pants' as well as her mother. In our greatest and richest city, babies who should be in the kindergartens have been compelled to work in such occupations as I have described, and others of a like nature.

* * * * *

"Perhaps there is no form of child

labor in which worse conditions prevail than in the manufacture of artificial flowers. Millions of American women wear artificial flowers in their hats and bonnets with never a thought of the terrible conditions under which they are made. They do not think of the wasted lives represented by these imitations of Nature's handiwork. They do not know that weak women, with strained, tired eyes make these flowers under conditions which ought to redden with shame every American cheek. Their imaginations have not been awakened to the tragedy of artificial flowers; they do not see the bloom stolen from children's cheeks to paint their roses; they do not read on the petals of the violets how the light has been stolen from childish eyes.

"Frank Hird tells the story of a little ten-year-old girl who was taken into the country for an outing by one of the Fresh Air missions. When she got to the little cottage in the country, the growing flowers excited her curiosity and admiration. She had never seen living flowers, but she looked at these with a critical eye, for her mother was an expert maker of artificial flowers, and for years she had helped her mother.

"When the 'mission lady' explained to her how the flowers grew, and pointed out the difference between Nature's handiwork and man's poor imitation, the little girl looked up and asked: 'Do yer think as Gawd's riled wif us fer makin' them there roses so bad?' Something of the same feeling must have moved little Rosa Gozzola, to whom I gave a carnation one day last summer as she worked away in her basement home on Mott Street, to ask, 'Would the kind gentleman show me how to make the flowers so nice?'

"Imagine a child slaving at the making of artificial flowers without ever having seen a flower growing!

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.

Tensing Exercises not Good for Piano or Violin Technique

TO THE EDITOR:

I want to warn pianists, violinists, and all other persons who have to have highly developed muscular dexterity and control against using any system of exercises (physical culture) which involves the tension at the same time, of opposing muscles. Tensing exercises are good, but unless done properly are apt to involve the use of flexor and extensor muscles at the same moment; this should be avoided.

When we wish to contract a certain muscle, or set of muscles in order to move some part of the body, the muscles which control the reverse movement should be relaxed; otherwise wrong motor-nerve impressions and muscular conditions will be established. For instance; undertaking to bring towards the shoulder the forearm, by means of the biceps, and at the same time to try to keep the forearm from closing, by means of the triceps and under arm muscles, is to set up wrong motor-nerve habits.

In my piano teaching, I frequently have to spend several months with a pupil, getting them to establish correct muscular responsiveness—which means using only such muscles as are needed to move the object at hand and leaving all other muscles relaxed. Of course every muscle should be exercised, by movements that will bring it into play without at the same time producing stiffness.

In rapid piano playing, the changes from tension to relaxation occur with lightning-like rapidity and no one can become a really fine pianist who does not master the art of conserving his energy and passing it along from finger to finger, with the least possible degree of friction.

MORDAUNT A. GOODNOUGH.

Portland, Ore.

More About Sleeping

TO THE EDITOR:

I noticed in one of your issues (I think it was September) an article in which a reader asked about sleeping before midnight, and I

beg to quote the following from another authority on physical culture.

"Every hour before midnight is worth two after that time, owing to the change in the magnetic forces. Whether we wish to admit it or not, there is surely much reasoning in the effect of the magnetic currents upon the human system.

"Dr. E. D. Babbitt, of New York, claims that 'the position in sleeping should be with the head mainly to the North in the Northern Hemisphere, as the cool electrical forces which sweep the magnetic needle toward the North magnetic pole are needed in the brain, the hottest part of the body.

"Many sensitive, nervous systems have been almost wrecked by long continued sleeping with the head to the South or West."

"I think a few nights, trial will convince anyone that the position of the head of the bed has much to do with obtaining a good night's rest.

"The question is often asked as regards the lying on the right or left side. It is a well-established fact that it is better to lie on the right side, especially if there is undigested food in the stomach. Lying on the right side is also less likely to crowd the heart, and otherwise interfere with its proper function. A lawyer, however, can lie—on either side."

I trust that the above will clear up to great extent some of the questions regarding sleeping.

EARL V. JONES.

Pittsburgh, Pa.

More About Baking Beans

TO THE EDITOR:

I would like to add somewhat to your suggestion on how to bake beans without pork; add a little saleratus to the water in which they are boiled, cook until nearly done and drain off water, put into baking dish with a generous lump of butter, sprinkle with salt and a teaspoonful of sugar, pour on a little water and bake, when partly baked add a cupful of sweet cream, and you will think them delicious. Of course everybody doesn't have cream, but if you have to buy it I think

that cream and butter would not be as expensive as meat. However, if it is only pork you object to, and still use beef, the drippings from that are very good for beans. Some of my family still eat meat. So you see I still have to cook it. I handle a good deal of meat, and the more I handle the less I want to eat it.

Westgate, Iowa.

Mrs. E. D.

Go to the Country

TO THE EDITOR:

I was very much impressed by the letter in your November *PHYSICAL CULTURE*, from the poor restaurant worker, age 43. It touched me. There are thousands in a like condition. What can be done for them? Can we not help them in some way? My heart bleeds for thousands of poor down-trodden men and women, and I think that through you, much might be done. Let us first purify ourselves and become men and women of the highest type and with noblest ideals; then help others, and in doing so, help all humanity. Would that I were wealthy that I might do something for others. But to the question: I advise this man to get out of New York first of all, then come West. How? Perhaps he might write some interesting articles that would financially start him. If not, he could far better pick up and "bum" it out here, begging his way. Thousands do it every day. There are hundreds of opportunities out here for good, healthful out-door work. In this section there are many farmers only glad to hire a man by the month through the winter at about \$25.00 per month and board, etc. Good work and well adapted to physical culture ideas. I may say that should this man ever find his way out here, I can use my influence and get him a job infinitely better than the one he has. Labor, during the summer, demands about \$1.50 to \$2.00 per day. By all means get out of the city—go into the country and find happiness and contentment!

I most heartily endorse your great work for humanity, your crusade against such evils as Comstock and his evil-minded associates. I can say of you as one could say of Americans in general in their championship of the cause of humanity: Oh, favored race, whom God has made the recipient of this great boon, in all its fullness, truly thou are the "heir of all the Ages."

R. W. ELLIS.

Vermillion, S. Dak.

Warm Sitz Bath for Lessening Pain of Child-birth

TO THE EDITOR:

In the Women's Question Column, of *PHYSICAL CULTURE*, for October last year, appears an inquiry from a woman of thirty-eight years as to the advisability of her entering into marriage at her age, and as to the probable consequences that motherhood might bring about. Will you kindly tell your inquirer and all prospective mothers of whatsoever age, that if they will adopt the practice of taking a warm sitz-bath at least

once a week shortly after pregnancy, increasing the number to two baths, and then three, and finally as the time of delivery draws near, take a bath once a day, they will experience no trouble or pains at the momentous occasion. The bath need not exceed from five to ten minutes, as warm as can be borne comfortably, finishing up with cold water and a good dry rub.

SUBSCRIBER FROM MEXICO.

Cedral, Mexico.

The World Makes Progress

TO THE EDITOR:

Can it be that the world is waking up to see the truth of physical culture ideas, and to follow your teachings?

The following is quoted from the *Topeka Daily Herald*:

"Ten thousand young Danish women have sworn to drive corsets out of Denmark, and return to the ancient Greek figure as their model. They are opposed only by elderly females who consider this immodest. Doctors and teachers of calisthenics have urged the reform to such an extent that nearly one-third of the young women in Copenhagen have taken to the freer life. All the dresses for the corsetless brigade are cut low in the neck, for the healthfulness of bared necks is a principal article in the corsetless creed.

"Danish women who have discarded their corsets, declare that nothing could induce them to put them on again. They assert that they have greater bodily strength, feel fatigue less, are more comfortable and can throw off illness more rapidly.

"Denmark is sending corsetless preachers into the rest of Scandinavia and Germany, who are securing many converts."

It is certainly encouraging to us physical culturists to know that our cause is taking root and growing, not only in our own country, but all over the world.

HARRY B. SYLER.

Topeka, Kansas.

Physical Culturists who Do Not Know How to Eat

TO THE EDITOR:

Being one of your subscribers and a firm believer in the methods you advocate, I cannot refrain from expressing my ideas of some of your would-be followers. I am employed in the vicinity of one of your restaurants and always have my lunch there, taking notice of many things going on. I have especially taken notice of a good number of your patrons when having some soup or vegetable, salt and pepper it, enough to make a dyspeptic out of anyone. In eating sliced tomatoes, they put about three or more heaping spoonfuls of sugar upon about five slices. The same amount of sugar is also used on their cereals, puddings or in their coffee, in fact they season nearly everything they eat to excess. How about these for ideal physical culturists? Some of these poor creatures are sallow-faced, anxiously seeking good health, but I am sorry to say, that they are not going about it in the right way, and contrary to your good advice

that you advocate in your magazine. This is not as yet the worse. Besides spoiling the nutritious elements of the food they eat by excessive seasoning, they gulp it down in a hurried manner, and are in and out of the restaurant in a few minutes.

I sincerely hope that this will meet the eye of the majority of your readers, especially those referred to, and may God bless you in your noble work.

BENJAMIN DARGO.

New York City.

Physical Culture and Study

TO THE EDITOR:

Your hits at the faults of our present educational system are well founded. There is one evil in connection with it, that is more or less evident among highly-educated men or women, and that is their poor physiques. If physical culture was taught in our schools the consequence would be an inevitable physical uplift. Without it the body dwindles, and the mind loses vigor and acuteness.

Over-study is responsible for thousands of boys' and girls' nervous breakdowns. And it moreover defeats the very end sought by its victims. For the mind becomes lax and languid, and loses that grasp and quickness, which it otherwise would possess, making it impossible for it to produce new ideas and vigorous thoughts, that the more fertile and minds may evolve.

Our college athletics are to be commended. But sometimes their influence does not reach those who need them most, these being the men who rank high in their classes and love intellectual work. It is this class that physical culture should reach, and will so reach through your efforts. I have come to realize more than once the necessity of continually counteracting the palsy effects of study by proper exercise.

B. H. GRAFF.

Univ. of Wis., Madison, Wis.

A New Physical Culture Drink

TO THE EDITOR:

A new drink to take the place of tea or coffee is made as follows:

Cut apples in very small pieces and spread out in a pan and place to dry in a moderately hot oven. Heat must not be employed, however, beyond what is necessary to dry them thoroughly. The apples should be of a decided brown color when removed from the oven. Allow them to cool and grind in an ordinary coffee grinder. Of this apple powder use a teaspoon for every cupful of water and allow to boil for a few minutes.

Physical culturists who have in vain sought for a hot drink to take with their meals, will find the above not only palatable, but also healthful, in fact much more so than cocoa, which is now the only satisfactory substitute of our old, but dangerous friends, tea and coffee. It may be remarked that cocoa does not, however, agree with every one, as it is too heavy. Containing, as it does, a very large percentage of oily substances; it should never be taken in connection with substantial foods. "Apple tea" can be drunk at all

times and an experience of heaviness never follows its use. It can be served with sugar and cream or milk, same as coffee and tea.

O. OSWALD LINDROOS.

Montreal, Que.

Sour Milk Among the Syrians

TO THE EDITOR:

To those of your readers who would like to give sour milk a trial, I suggest that they hunt up a Syrian or an Armenian store, and ask for "Leban" or "Margume," as prepared by the Syrians—it certainly is a palatable dish. It is first heated to about 150° then placed in a cool spot and allowed to stand until thick, care being taken not to shake. The cheese is called dry "Leban" made by dripping the fresh "leban" over night, a little salt being added to assist thickening. I have made it my chief diet for the past ten months and find it nourishing and a substitute for meat. I recommend it to those having weak digestion. The Syrians regard it very highly and will tell you of its good qualities with much enthusiasm; they appear to be healthy, having good complexions and sound white teeth. It is not expensive, I pay five cents a pint for the fresh "Leban" and sixteen cents per pound for the dry or cheese.

With some it is apt to be constipating.

G. P.

Boston, Mass.

Drugs Do Some Good at Times

TO THE EDITOR:

I, for one, cannot understand why you should spend so much effort railing at the uselessness of drugs, both prescribed and patented. Now, common sense should tell you that all things have their proper places in this world. It should not be very difficult for a man of your intellectual standing to find out what service drugs and medicines are performing. I for one, can see their beneficent effect every day, yea, every hour of every day, and I have no complaint to make, for they do their work so thoroughly and well that he who would find fault with their work is indeed hard to please. In fact, if you, yourself, were as perfect in your work as the action of drugs is on the human race, you could never be found fault with, for what more active and perfect work can the eye of man ever expect to behold than the work of prescribed and patented medicines in killing off slowly the simple, ignorant and vicious whom Nature would have annihilated quickly?

Then let Nature work, unless peradventure you should feel sorry for these unfortunate creatures and wish to save them from destruction.

G. H. CORSAN.

An Australian Reader's View of Dancing

TO THE EDITOR:

I notice in a recent issue an article on "Is Dancing Immoral." I note that Dr. Sylvanus Stall says that the greatest objection to dancing is the way in which it appeals to the sensual nature. He says, "the insufficient dressing, undue exposure of the persons of the female in the dance, the suggestive attitudes,

the personal contact, the passionate excitement, and the undue license allowed while whirling on the floor to the strains of music, are such as cannot help but arouse in any strong, vigorous, normally developed young man the strongest sensual tendencies and propensities of his nature."

Now as one who has done a good deal of dancing, I beg to disagree with these assertions. Surely, to say the least they are exceedingly prudish. He speaks of the insufficient dressing of the females; well, further than a rather low-cut bodice, I have never seen an insufficiently dressed female in any all-room.

As to the "undue exposure of the person of the female in the dance" what is meant by this I do not pretend to know. Evidently it would not do for the learned Doctor to attend a Physical Culture Competition, as the costumes worn by the lady competitors would frightfully shock his sense of propriety.

Now as to dancing appealing to the sensual nature, I have collected the opinions of a good many young men—the average normally developed variety—on this subject, and they one and all say, that while dancing they have never been troubled with a sensual thought, but enjoy it purely and simply for the love of the thing, and not for any appeal it may have to the sensual nature.

The objection that some people have to their daughters going to dances, is, that there they may meet a man of bad character, and be influenced to evil by him. This may certainly be true, but the man of undesirable character is met everywhere in society, and most young maidens of average common sense are well able to take care of themselves, and may I feel sure go with perfect safety to any well conducted dance. The young men met in the ball-room are not all roaring lions seeking whom they may devour in the female line. The average young man is one of clean and healthy thoughts, not one who is watching for opportunities to bring about the downfall of some innocent maiden.

Surely if the dance is to be done away with, this world will not be worth living in. Let us away then with Mother Grundy, and all her prudish train, and let us still enjoy the wholesome dances of our forefathers.

F. MACDONALD.

Australia.

Dancing and the Proper Hours for it

TO THE EDITOR:

Dancing, in the real sense of the word, taken as a pleasant exercise for two or three hours in a well ventilated room, should be only productive of good results. But, like many other things of the present day, it is certainly overdone to a very great extent. We cannot deny the fact that when it is carried on till the early hours of the morning, it is not productive of much good, either from a moral or physical standpoint. How many of our young men and women get to business next day with anything but a feeling of vigor, after dancing till about 2 a. m. in a heated room, and indulging in refreshments

of a highly injurious and stimulating character?

We can't get away from the fact that there is a certain amount of danger in coming into contact with the opposite sex, but I firmly believe that it depends on the state of mind of the individual.

I think the remedy lies partly with our ministers of religion, who should endeavor to keep together the young men and young women who attend their churches; because the majority of people will dance, and is it not far better to provide pure and wholesome surroundings, than for them to seek enjoyment elsewhere? I also advocate the system of commencing about 7.30 p. m. if possible, and discontinuing at 11 or 11.30 p. m., this giving young people the opportunity of reaching home before midnight, as I think the danger is greatly enlarged by walking home in the early hours of the morning. We have tried this system now for four years with great success, and I think if we show the example of pure-mindedness, the whole room seems to be infected with it.

TYNESIDER.

Durham, England.

For Supporting the Skirts

TO THE EDITOR:

A questioner in a recent issue of PHYSICAL CULTURE seems to be having the same difficulties in "dress reform" that I have settled for myself after much tribulation.

In place of waists of any kind to hold up skirts, I use shoulder hose supporters and sew a wide strong band by one end to that cross piece in the back and sew another band across the waist line in the back fastened to each side and to the middle piece. This makes a solid place to pin through and fasten all skirts to. Of course I wear my skirt bands loose, so with union suits and a chemise that is long and ruffled enough to take the place of one underskirt I have no drag whatever at the waist line and am comfortable and happy while I wait until more radical reforms can be considered.

S. A. R.

Los Angeles, Cal.

A Socialist's View of the Pure Food Problem

TO THE EDITOR:

In the October number of PHYSICAL CULTURE, you published an article entitled the "Farce of the Pure Food Bill." This is but one of a number of articles in which you attack the results of capitalism.

Why don't you attack the cause, the private ownership of our industries? Why don't you come out boldly for socialism and thus help the comrades who are fighting the people's battle? If we are to have pure foods, they must be put up by the people for the purpose of nourishing the human body and not by the capitalist for the sake of profit.

Come comrade, study up on the subject of socialism and help bring the co-operative commonwealth.

JACOB M. RUSE.

Bozeman, Mont.

General Question Department

By BERNARR MACFADDEN

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

Combinations—Abominations!

Q. Can you advise who originated such food combinations as corned-beef and cabbage, ham and eggs, liver and onions, sour pickles and oyster stew, and others commonly served in the ordinary restaurant? Is there any special food value in the combination?

A. No one person ever originated the combinations referred to. They became popular simply because they pleased perverted palates. Of course there are many combinations of natural foods which are commendable, but these depend always upon the nature of the foods which go to make up the combination. Those named above have no special food value, and in fact, would invariably be rejected by a perfectly normal dietetic sense. The cabbage, the eggs and the onions are unobjectionable but they are unfortunate in being combined with articles that are more or less unwholesome.

Unhealthful Work

Q. Do you consider it injurious to health to work in a closed room without ventilation? My occupation is that of cutting wet and mouldy leather, some of which emits a very offensive odor. Would this be responsible for my not being robust?

A. Working in an unventilated room is always injurious to health, for under such circumstances, you are compelled to breathe poisoned air over and over again. But the handling of leather of the offensive character which you mention only adds to the unsanitary nature of your occupation. There may be other causes which contribute to your lack of robust physique, but without doubt, your confinement and the nature of your work have something to do with it. The matter of satisfactory occupation under existing industrial conditions is one of the greatest difficulties of the physical culturist, and it is one too that no one, can, solve for him.

Is Boxing Commendable?

Q. Do you approve of prize-fighting? Is boxing a really brutal and dangerous sport, as many claim, and is it deserving to stay?

A. There is much difference between the boxing game in itself and the professional prize ring. Prize-fighting is more or less brutal, though not nearly so dangerous or objectionable as many think. There are, of course, the same objections to prize-fighting that are to be found against other branches of professional sport. Personally, I am in favor of what might be called amateur athletics only, though I might express myself more clearly by saying, "sport for sport's sake." But whatever may be said of prize-fighting, I can thoroughly recommend the practice of boxing, as an exercise in private life. It is one of the most interesting and delightful of all exercises. It arouses all the energies and functional activities of the body. No one in good physical condition is in any danger of serious injury from boxing, and the practice of it will make one vigorous even though he begins it as a weakling. Of course it should be done intelligently, and there is no real occasion for the beginner to suffer any special discomfort. It will develop both endurance and quickness, but more than that it is invaluable for cultivating self-control, decision and what might be called mental agility.

Phlegm in Throat

Q. Will you kindly advise me how to avoid phlegm in the throat, a condition with which I am annoyed almost constantly?

A. The condition you speak of is of a catarrhal nature and should be treated as catarrh would be. Avoid all animal food, even using milk and eggs sparingly, but take fresh fruits freely. Drink freely of pure water between meals. Let your meals fairly light and take exercises that compel you to breathe deeply. If they even make you

perspire profusely, so much the better. Pay special attention to the purity of air you breathe. Do not coddle your throat in cold weather. A good local circulation will affect the condition favorably, though constitutional treatment is, of course, the most important consideration.

Question of Overcoats

Q. Do you advise the use of an overcoat in winter? If no overcoat is worn, do you advise any change of garments on going out from a heated room? We are excepted to wear coats in the office in which I work.

A. The question of overcoats can only be settled according to individual circumstances. If you work in a warm office, I would not advise you to wear a heavy suit of clothes, with heavy underwear, even if it is the winter season, for while it might be suitable when out of doors it would be out of the question in your office. It would be far better to dress lightly and add the necessary garments when going out. Light summer clothing should be quite satisfactory in a warm office. You might not need an overcoat out-of-doors even when dressed in this fashion, if you are very vigorous and exceedingly active when out-of-doors. One who must be inactive when exposed to severe weather should be dressed warmly.

The Question of Continence

Q. Is not an unmarried young man justified in visiting houses of ill repute, since the law of society forbids indulgence in any other way?

A. No one is ever justified in going to a house of prostitution. Apart from all moral considerations, it is the height of folly to pursue the course which you refer to. You are practically certain, sooner or later, to contract some one of the various venereal diseases which prevail in these places. These same maladies are of the most loathsome character, and though they can usually be cured by the very strictest physical culture methods, yet they often leave results which last for a lifetime. Often, too, the future

wife and offspring will suffer for the rash conduct of a "wild" young man. You cannot afford to risk it. It is not worth while. It is true that the impression prevails among men that there is a sexual "necessity" such as you allude to, but this erroneous notion is largely due to the accursed prudery which has prevented the world from acquiring true knowledge on the subject. Strict continence can be recommended for you as being of benefit from the standpoint of health, as well as being the perfectly safe and honorable course. At the same time, avoid the excitement incident to a too close association with the other sex.

The Radical Remedy for Bad Blood

Q. My tongue is always heavily coated and is even slightly ulcerated at base. Am much under weight. A nut and fruit diet for six months has not remedied the trouble. Kindly advise proper treatment.

A. There is probably some mistake in the method of taking your diet. Perhaps the proportions of the foods eaten by you are wrong. You should partake freely of fresh fruits, a large proportion to a very limited amount of nuts. The latter are a very concentrated form of food. Thorough mastication is absolutely necessary. But if your condition is such that ordinary physical culture treatment will not prove effective, then you can depend upon getting rid of the impurities in your blood by fasting. The free drinking of water during the fasting period will greatly assist in this, and will help you to keep up your weight. As much active exercise as you are in a condition to stand would also facilitate the cure, together with special care of the skin, in the form of sun, air and dry friction baths, as well as other usual bathing habits. The length of your fast would depend upon individual circumstances, though it is probable that you should take a prolonged fast, lasting perhaps from one to two weeks. Of all the means of eliminating bad blood, there is none so certain and quick as fasting, though, of course, there are many other ways of assisting in the process.

JUPITERIAN BEL IN OREGON UNDER THE NAME OF GRACE ELSIE

TO THE EDITOR:

The "Weird and Wonderful Story of Another World" being ended, I write to allay poor Wuzzy's mind as to Bel's whereabouts on this earth. On her aerial trip, in passing over Oregon, she noted the beauties and grandeur of that State and alighted on the Oregon coast. Not having worldly necessities, as money nor means of getting any, she took a homestead, a few months ago, near to mine, so as to study the flowers of Oregon. She became interested in "Physical Culture,"

and says that while she has much love for Wuzzy she thinks she has found a man more adapted for her life companion. We soon expect to marry. Many thanks to Wuzzy for bringing such a model of womanhood to this world for without her, I never could have found my ideal.

Bear in mind I only write this to let Wuzzy know her whereabouts and that any further search for her is useless.

FRED H. EDMONDS

Ridgefield, Wash.



THE VIRTUES OF OUR METHODS PROVEN

Change of Diet Bring Change in Weight

TO THE EDITOR:

About a year ago I gave up tea, coffee and meat, retaining only eggs; I also drank great quantities of mountain spring water (I do not mean bottled water), and have gained thirty-five pounds, my weight increasing from 154 to 189 pounds. I never felt better in my life, I walk a great deal, sometimes ten miles in a day, also ride a wheel. I believe I have found the right way to live and it was all through finding a copy of **PHYSICAL CULTURE** at a friend's house. If you wish to print this letter you may do so, only kindly do not use my name.

Yours truly,

M. D. M.

Whitehall, N. Y.

Cured of Headaches

TO THE EDITOR:

Not long ago, I was troubled with headaches, especially in school, which was very seldom properly ventilated. Then I did as **PHYSICAL CULTURE** tells its readers to do. I quit drinking coffee and drank milk instead, and also took proper exercise and deep breathing. It was not long before I was no longer troubled with headaches from lack of exercise and pure air.

A BENEFITED GIRL READER.

New Kensington, Pa.

Vegetarianism and Coffee

TO THE EDITOR:

The **PHYSICAL CULTURE** Magazine was the means of making me a vegetarian. I have read and heard talks upon vegetarianism previously, but did not seem able to put same in practice.

This is what a vegetarian diet has done for me: It took away the craving for coffee. Ever since I was a mere child, up to becoming a vegetarian several months ago, I drank the blackest and hottest coffee I could get. I used to swallow an average of three cups to a meal. All along I knew of the bad effects of coffee and made several honest attempts to give it up, but failed; every time I went without it for three meals or more, I would get a headache and had to return to it. I have also noticed that since I have become a vegetarian, I have no craving for it whatever. I have no more headaches because of the lack of it as heretofore. I am now able to drink milk for the first time in twenty years. In my coffee, I never used milk. Milk was a liquid that I had hated, now it is just the opposite with me. For the last

twenty years, the following articles of food had never entered my stomach. Stewed corn, corn on cob, macaroni and cheese, spaghetti, stewed tomatoes, cucumbers, cantaloupe, muskmellons, carrots, parsnips, turnips, beets, pumpkins and squash. Now I can eat all of them with a relish. My greatest victory came a week ago when I drank the first full glass of milk since I was a child.

FRED DUTRA.

Los Angeles, Cal.

Benefited by Abandoning Sugar

TO THE EDITOR:

In the October number of **PHYSICAL CULTURE**, I noticed an article, "Sweets Worse than Meat," by Ed. A. Kellaway, and would say that we have come to the same conclusion. We think cane sugar does more harm than any other commonly used article of diet.

We never ate much meat (never any pork) and finally stopped eating it altogether but we were not satisfied with the result. My husband often said to me that he knew sugar hurt him more than meat, so we decided to try getting along without it. For six weeks, we have been living on bread made of graham flour without sweetening or shortening (it is very nice), vegetables, baked or thrown into boiling water and boiled just long enough to be tender, nuts, fruit, milk and butter. I had always been troubled with a bad taste in my mouth, mornings. In a week it was gone, and Mr. Button no longer had dark circles under his eyes, and felt much better. I had also been troubled something as the party in the article, "Forever Hungry," in the General Question Department. Now two meals a day are generally all I care for. Shortly after we left off eating sugar I felt that I must have it, and tried eating all the sweet potatoes, winter squash and fruit I wanted, as a substitute. Now I don't want sugar, and we never intend to use it again. We eat but little salt and no pepper or spices. We enjoy our food very much, having more variety in the various meals than in the menu for each meal.

MRS. RAY E. BUTTON.

Oswego, N. Y.

One Experience with Rational and Comfortable Dress

TO THE EDITOR:

If I may be allowed space in our excellent magazine will give a few words of suggestion and encouragement to those who are struggling with the problem of "dress reform," or

at least of dressing comfortably. I have reached the age of twenty-three without ever having worn or possessed a corset; that instrument of "torture and distortion," and find no difficulty whatever in supporting my clothing, which is as simple and uncomplicated as well can be. Find that I can dress comfortably and well, with but three garments, (aside from footgear), viz., union undersuit, union underskirt that is, skirt with sleeveless and low-cut waist attached, the band of which is furnished with four or five large buttons for the support of an extra "petticoat" when needed, and a one-piece dress, whether it be for work, street or church wear. Waist and skirt are always made of same material, unlined, fastened in back and joined with a narrow band of material at waistline. Waist is cut so as to admit of free easy movement of chest and abdomen in breathing.

In regards to boot wear, which was the subject of an interesting letter in the October number of *PHYSICAL CULTURE*, I have solved the problem to my entire satisfaction, though I await the introduction of a substitute for leather. I wear my sandals anywhere, before the eyes of an admiring and high-heeled public, when weather permits, and am at present wearing a made-to-measure shoe. Though I do considerable walking both winter and summer, (made eight miles in two hours, twenty minutes, recently) I find overshoes a superfluity, and wear rubbers only in wet weather. Nor do I live in the southern states, but in one which experiences extremes of heat and cold, and boasts of a large snowfall.

Let our young men and maidens freely discuss the sex problems together and no harm, but great good will result. Parents don't be horrified, they'll only learn what you should have been taught them, in childhood. P. C.

Remarkable Cure of Lame Feet

TO THE EDITOR:

Having read an article in a recent issue written by L. S. Wright, of Grand Rapids, Mich., on "Spring-heeled Shoes," I would like to relate a little experience I have had with rheumatism, as I supposed, in my feet.

I have been a physical culturist ever since the first issue of your magazine and have built myself up from an invalid to a strong robust man. I have followed your ideas in regard to diet, fasting and everything you advocate, but nothing did my feet any good. Being a barber and standing on the hard floor so many years, I thought this must be the cause of my trouble. I had given up any hopes of ever being any better unless I quit the business. When I saw that article, I immediately took an old pair of shoes, ripped the heels off, put them on and in twenty-four hours time could run and jump with as much ease as when I was a boy. I wish you would give the fact some publicity in your columns for humanity's sake.

C. E. WATERHOUSE.

Winsted Conn.

In Regard to Shoes

TO THE EDITOR:

In a recent number of your valuable magazine I noted an article by Mr. L. S. Wright, Portland, headed "Spring Heel Shoes the Best."

Doubtless all your readers will agree with his assertion. Our friend, Mr. Wright claims it impossible to buy such shoes. He does not want style! He wants comfort—Ditto! Now our friend has but to ask any dealer to show him shoes that bicyclists, base-ball players etc., buy. These he will find are spring heels, though some of the cheaper grades in that line are made with a low heel. The shoes are laced nearly to the toes which is an advantage as far as comfort is concerned. Some years experience has proven that to me. As a walking shoe, they have no equal, their only fault being a rather light sole, but this can be easily remedied by any cobbler. Their cost is about half that of the regular shoes, so that one does not mind paying the "little extra" for a half sole. The shoes I wear cost me from one dollar and a half (\$1.50) to three dollars (\$3.00) according to quality. The half sole is one dollar (\$1.00) extra. Ordinary shoes are from three and one-half dollars (\$3.50) to six (\$6.00) here in Canada.

J. J. H.

Lindsay, Ont.

A Cure for Dandruff

TO THE EDITOR:

Can dandruff be cured and how? These are questions that are heard almost daily. They are questions that I myself have asked, as I was troubled for years with a very bad case and had almost despaired of ever getting rid of it. My head was in a fearful condition, the dandruff scales being as large as the head of a pin and covering the entire scalp. Shampooing did no good as in two days the scalp would be as bad as ever. At last I figured out a system of treatment that I decided to give a fair trial to.

Each night I thoroughly brushed my scalp (not the hair only but the scalp itself) using the brushes vigorously and in all directions until the skin tingled. Then I combed the hair back and forth, shaking out the loose flakes. Each morning, I shampooed the hair with clear cold water, using a small shower nozzle and considerable force of water, rubbing the scalp with the finger tips in the meantime.

My theory is this: The brushing invigorates the scalp and roots of the hair and the shower shampoo and massage keeps the scalp and hair clean without entirely destroying the natural oil and thus causing the hair to become dry, as is the case when soap is used. That my theory is correct was shown by the fact that in six weeks I was entirely cured and both hair and scalp have since been in perfect condition.

I am confident that all sufferers from dandruff will find a cure in this treatment. My case was one of the worst I have ever seen.

GEORGE BIRD

East Orange, N. J.

Boxing Lessons for Boys



We are illustrating two body blows this month which you will have frequent opportunities to use in the course of your boxing. These blows are not very important from the standpoint of prize-fighting, in which there is a desire to "knock out" an opponent, for they will not do any serious injury, but in sparring for points and fun, they will add to the total count of the blows landed. We do not advocate prize-fighting for boys, that



Illustration No. 21.—Short left swing to side of body. Imagine yourself in the position of the boy on the right. Then suppose that your opponent has made a feint toward your head with his right, or for some other reason has raised his right arm. Now let go swiftly with a short left swing to his body in the manner illustrated. The advantage of this blow depends upon getting it home quick, the instant the opening occurs, and before he can get back to a position in which he can parry, meanwhile protecting yourself with your right.



Illustration No. 22.—Duck to left, with right hook to kidneys. Suppose yourself the boy on the left. As your opponent starts left lead for your head, duck quickly to the left so that the blow will go over right shoulder. At the same instant, step forward and deliver right swing to your opponent's back, in the neighborhood of the kidney, as shown. While executing this movement, bring the left hand up to protect the face, pushing to the right with it, palm open, to parry your opponent's lead in case your duck is not successful. Practice over and over again.

is, fights to a finish, or any attempt to knock out or stun. We recommend boxing for the sake of sport and because it is one of the most beneficial of all exercises. It will bring you the very highest degree of health, make you quick and ready for emergencies, besides giving you courage and self-reliance. Actual fighting is demoralizing and degrading, and must be condemned as such. But fighting for a good cause may be uplifting. Also it is good to know how to fight, in case it may be necessary at any time to defend yourself or those you love.

Passing the Medicine Ball

LAST month we introduced our young readers to the so-called "Medicine Ball." We are herewith presenting further illustrations showing new



methods of passing it or throwing it, all of them affording excellent exercise, as you will find on trying them.

I would say that catching the ball is almost as good exercise as throwing it, and one should try to catch it every time it comes his or her way, even if it is necessary to jump up into the air to do so. Remember that the more active the play the better, and while two can enjoy themselves very much at this game, there will be more fun if there are more players. If there are any grown up people around, you might invite them to join in your play, for it will do them as much good as anybody. Most people do not laugh enough. They take life too seriously. Just such a game as this, would not only make them more happy, but will bring them much better health.

On catching the ball, try to pass it back or pass it on to a third player without a moment's delay, each one thus making the others keep their wits about them. For this reason learn to throw the ball from any position, so that if you catch it above your head or close to the ground you can pass it on or back with almost the same movement and without losing a fraction of a second in time. Photos No. 3 and 5 illustrate this possibility.

Last month we referred to the size and weight of the medicine balls suitable for children. But since a great many may not care to purchase a ball of this character, the writer would say that a home-made substitute can be easily made. An excellent medicine ball could be constructed by taking an old football or punching bag, and stuffing

Photo No. 3.—Overhead position for a straight forward throw. Take ball between both hands, raise overhead and bring as far back as you can. Then throw forward. This is splendid exercise for developing the chest and strengthening most of the muscles of the trunk of the body, especially of the stomach and back.



Photo No. 4.—Showing a backward throw. From this position, the girl with the ball, throws it back over her head to her playmate. She may sometimes surprise the other who may not be expecting to see the ball come in this manner. It will require some practice to be able to throw accurately in this way. This is a valuable exercise for the back.

it with cotton or even old rags. Lacking this, one can easily make a little bag out of some strong cloth, canvas or duck perhaps, and stuff it with rags in much the same manner that one makes a sofa pillow. This would answer the purpose very well, and a great deal of fun could be secured from it, as well as the attendant benefits in the way of health. You would get splendid exercise in tossing a small bag of beans about, although the beans could perhaps be put to a better use at the dinner table. Almost every child knows how much fun and exercise can be found in a "pillow fight," but it is usually pretty rough on the pillows. They are not intended for such violent handling. As a matter of fact, you could use an ordinary basket ball, a football or even a detached punching bag, for the same purpose, though, of course, there are comparatively light, and would not afford as much good exercise as the regular medicine ball. The weight of the latter will enable one to gain more real strength from its use, though the use of the basket ball can be recommended to develop quickness. But the medicine ball is designed for the purpose of being thrown about. Next month we will explain some interesting games to be played with the

medicine ball, and will give further illustrations.



Photo No. 5.—This is a good position for throwing the ball quickly after picking it up from the floor at either side of you. Instead of waiting until you stand upright, throw it quickly forward or sideways in the manner illustrated. If some one throws the ball to you and you catch it near the floor, this is a good way to throw it back without an instant's loss of time. It will strengthen the back, arms and legs.

Horizontal Hand-Balancing



THE above photo represents an attempt to do the horizontal hand-balance, a feat which looks difficult, but which is fairly easy. It can be done on the floor, as shown, or by placing the hands on the edge of a table, or almost any level object. First, take position on the floor on hands and feet

as illustrated, with elbows bent and points of fingers pointing toward the feet, instead of outward, in which respect the position of the boy in the photo is incorrect. The elbows should be well under the sides of the body, so that the hips, or hip-bones, will rest upon them. Then lean slightly forward and you should find it easy to pick up the feet and balance yourself on your hands. It is a very good exercise.



BACK-BENDING

THIS photo represents what is both an exercise and a test of strength.

It partakes of the nature of a contest, and that makes it exceptionally interesting.

With feet well braced, and with shoulders against each other, let each of the two boys clasp his hands around the other's back, as illustrated; then endeavor to push and bend him backward. For a fair hold, neither boy should have both arms passed under the other's armpits, but should have one under and the other over. One might be misled into thinking that this was a test of strength for the back, but it really depends entirely upon the muscles of the stomach and abdomen, together with the arms, of course.

Health and Beauty in Dancing

A Means of Acquiring Health, Strength, Grace, and Elegance of Carriage—The Superiority of Fancy Dancing and the National Folk Dances of European Nations, Ireland and Scotland

By BERNARR MACFADDEN

(Assisted by Miss M. Powell)



WHAT woman does not prize beauty? Even health, the most precious of all possessions, is scarcely valued by the average individual until it has been lost, but a woman's desire for beauty is incessant. But beauty at its best, can only be possessed by one who lives a life of natural activity and who gives due attention to the general principles of health and hygiene. To hope for the attainment of beauty through any other channel is folly, and bound to end in disappointment.

This point has repeatedly been made clear in previous issues of this publication, but the superior value of dancing as a means of acquiring both beauty and grace, though frequently touched upon, has never been emphasized to a fitting degree. And one of the most commendable advantages of dancing is to be found in the fact that it develops grace and elegance of carriage. Many other exercises will help to develop these, though probably none to the extent that dancing will. Dancing is the music of motion; mere physical beauty is incomplete unless blended with a certain grace of movement, and stationary poise. Furthermore, poise is not only an essential to beauty, but it has an important bearing on the general health, which is not generally realized.

head is inclined away from and toward the partner alternately. The body must be kept erect, with the toe of the backward leg well pointed. The change from one step to the other is made by springing on the ball of the foot. Keep in mind the necessity for the full extension of the body, with the chest out and the hips in.

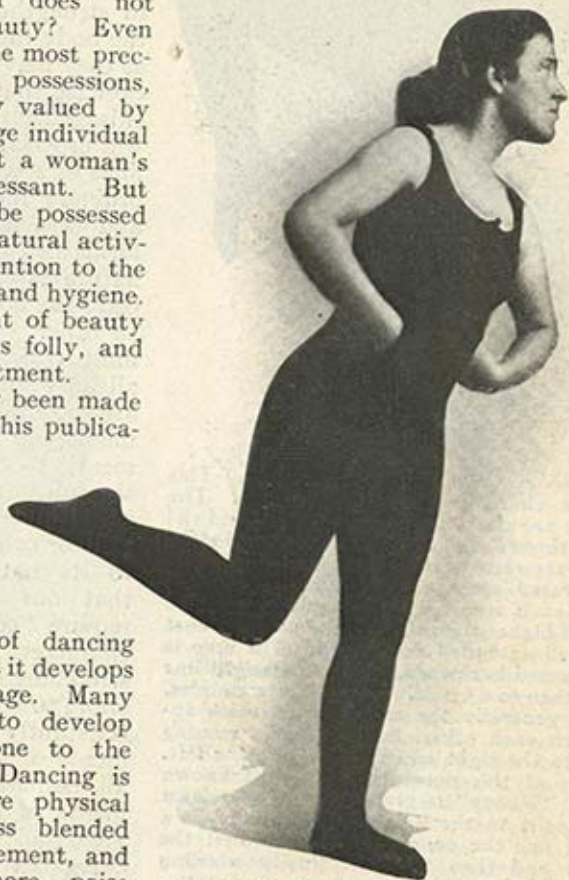


Photo No. 6.—Second position, Irish Jig.

This is usually danced in couples, the dancers, with the arms in the characteristic position, elbows well forward, move around each other in a circle, flexing the left and the right legs alternately upward and backward, as illustrated. With each step, the partner alternately. The body must be kept erect, with the toe of the backward leg well pointed. The change from one step to the other is made by springing on the ball of the foot. Keep in mind the necessity for the full extension of the body, with the chest out and the hips in.



Photo No. 7.—Third position, Irish Jig. This is the characteristic Irish jig step. The hands are clasped behind the head and the head thrown well back. The left and right knee are raised alternately, in the manner illustrated, springing on the ball of the foot with each step. The knee should not be raised higher than the hip and the toe must be well extended downward. The step is performed backward, first in a straight line and then in a circle. If danced in couples, as is generally the case, the partners approach each other, back to back, passing one to the right and the other to the left. (It is at this point that the well known Irish "Whoop" is given, which is at least a benefit to the lungs.) Frequently, as a wind up, the couple lock arms, first the right and then the left, finally whirling round and round each other.

It is true that the Delsarte system of movements will unquestionably develop grace and control of the body, but they are of comparatively little value from the standpoint of exercise and the building of robust health and vital energy. Furthermore, the practice of the Delsarte movements, while commendable enough in the way mentioned, is

necessarily confined to the very limited number who are specially interested in the professions which require such training. On the other hand, dancing may be, and should be universal.

No woman wishes to develop the large, prominent muscles seen in a powerfully developed man. It is true that, owing to their peculiar anatomical structure it is almost impossible for women to acquire a striking development of this character. But, however, this may be, it is certainly far more important that they make special efforts to strengthen the extensor muscles of the body rather than the flexor muscles, as they may be called, and dancing is an exercise that will accomplish this. The enlargement of the extensor muscles, will especially contribute to the beauty lines of a woman's figure. Most of the ordinary movements of every day life, and especially those involved in most forms of "house-work" are of such a nature as to pull the shoulders forward, bend the body, and double up the arms. In other words, the flexor muscles are most concerned. Furthermore, nearly all upward and outward movements are incomplete, as one might say. One might use the term "complete movement" to designate one which realizes the full possibilities of the muscles and parts involved, that is, one in which a limb or other part is extended or flexed to its natural limit. It is apparent that our ordinary activities do not require "complete" movements of this character. The habit of occasional stretching is an involuntary and natural effort to counteract the influence of the constantly restricted and limited movements of daily life. And substantially all exercises consist of complete movements of the nature referred to, their great advantage over ordinary work being derived largely from this fact.

Women need most to strengthen the retracting muscles of the shoulders and those of the back. Ordinarily, they have, perhaps, enough strength in their arms and legs for their daily use, but do not have sufficient vigor in the muscles of the back to keep the body upright. A graceful and symmetrical development of the limbs is unquestionably an advantage, but strength in

the muscles of the torso should be every woman's first aim.

Those who are not yet strong enough to engage in the more or less vigorous dancing exercises which are recommended for the purposes referred to above or who perhaps have but a little spare time, will find it to their advantage to practice walking around the



Photo No. 8.—First position, Highland Fling of Scotland. One hand and arm arched over the head, the other, resting on hip, as illustrated, knuckles or back of hand against the hip. The toe of the active foot is pointed diagonally forward and is brought upward so that it touches the other knee while the dancer springs on the ball of the supporting foot. This is repeated four times on one foot, when the position of the feet are exchanged, making the other the supporting foot, changing the arms at the same time. The toe of the active foot should be well extended as the knee is flexed. The hip is rotated outward with each movement.



Photo No. 9.—Second position, Highland Fling. This is a balance or rocking step, in which the dancer keeps the same positions of the arms as in the last step. One foot is slightly in advance of the other. Starting with the forward foot on the toe, the heel of this foot sinks as the backward foot rises on the toe. The movement is continued, first the forward and then the backward foot, rising on the toe alternately. The position of the feet in this instance, as in the case of the last step, is changed by a spring, in which the backward foot will become the forward foot, the arms changing position simultaneously. The step is executed by a slight movement of the body towards the left and the right alternately with each step.

room on tip toes, with hands clasped behind the head and the head thrown far back. Five minutes of this, will do you an immense amount of good, especially if you try all the time to reach an imaginary point just above you with the top of your head. Do the same thing with the arms stretched

out to the sides on a level with the shoulders, all the time trying to touch two imaginary points at each side just out of reach, to to speak, with the tips of the fingers. Any woman who will persistently practice these movements together with a little fancy dancing and other exercise, will assuredly take years off her age in appearance, and add to her health and length of life.

Last month, in the first article of this series, reference was made to the Irish jig, the first position being illustrated therein. We herewith present two more characteristic steps of this, the national folk dance of the Irish people,

We also present several illustrations of the Highland Fling, the national dance of Scotland. It is of a more martial nature than the other dances that we are considering in this series, and is favored more by men than by women, though as a matter of fact, it is danced by women in a modified form. It was originally danced by the Highlanders when kilts and feathered bonnets were the national costume, and is interesting for that fact alone. It depends more upon agility and balance than on grace, and affords very vigorous exercise.

The first position, illustrated in Photo No. 8., is characteristic. The change of the position of the feet in this instance, is executed by a rather high leap in the air, which serves to give it somewhat of the character of a "war dance." It is impossible to more than suggest the general style of this dance, as we have done with the aid of these illustrations. There are fully nineteen different steps to the complete Highland Fling. The dance is characteristic of the people among whom it is so popular, for the Scots, as a whole, are an exceedingly hardy race.

The vigorous character of the Highland Fling naturally calls for great endurance. When a group of Highlanders get together, it is not infrequent for some of them to dance to the point



Photo No. 10.—Third position, Highland Fling. With the body inclined well forward, the arm at the waist is often linked with that of a partner, one dancer moving to the right, the other to the left. The step is executed by flexing the left and right knee alternately backward, as shown. It is naturally performed in a circle, frequently changing the linked arm from right to left, and with each change moving in an opposite direction.

of exhaustion. It is usually danced to the rather weird music of the Highland pipes, and there are some who are so remarkably expert that they can dance and play the pipes simultaneously.

Next month we will consider the more distinctively graceful dances of the Spanish and French nations.

ACCOMMODATING

His Wife—John, dear, the doctor says I need a change of climate.

Her Husband—All right. The weather prophet says it will be colder to-morrow.

Dainty Menus for Three Days

MONDAY.

Breakfast.

Fresh Currants,
Puffed Rice with Cream,
Broiled Perch,
Toast,
Postum.

Dinner.

Cream of Rice Soup.
Baked Chicken with Nut Sauce,
Succotash,
Potato Cakes,
Cucumber Salad,
Fruit Custard

Supper.

Muskmelon,
Sweet Omelet,
Graham Bread,
Milk.

TUESDAY.

Breakfast.

Cantaloupe,
Rolled Oats and Cream,
Curried Eggs,
Cocoa.

Dinner.

Banana Soup,
Fish Croquettes,
Steamed Stuffed Tomatoes,

Baked Potatoes,
Lettuce and Radish Salad,
French Dressing,
Peach Fluff,
Lemonade.

Supper.

Uncooked Vegetable Salad,
Triscuit,
Huckleberries and Cream,
Fruit Punch.

WEDNESDAY.

Breakfast.

Peaches on Shredded Wheat
Biscuit with Cream,
Poached Egg on Broiled Tomato Slices,
Toast and Postum.

Dinner.

Puree of Mushrooms,
Egg Plant Surprise,
New Potatoes with Parsley Sauce,
Green Corn,
String Bean Salad with French Dressing,
Fruit Ice Cream,
Olives, Nuts, Dates.

Supper.

Nut Club Sandwiches,
Russian Cream with Fresh Fruit,
Crackers,
Milk.

Cream of Rice Soup.

One scant cup of rice boiled until tender in slightly salted water, to this add one quart of milk, one onion chopped fine, one teaspoonful of salt, one-half teaspoonful of pepper, butter the size of an egg. Just before serving, strain through a wire sieve and add a little chopped parsley. If too thick, thin to proper consistency by adding hot milk.

Nut Sauce for Baked Chicken.

Put one cup of Brazil nuts through a nut mill, add one dessertspoonful of olive oil and blend to a smooth paste, to which add a little pepper, salt and nutmeg. Take one-half cup of chicken bastings and one-half cup of milk, scald together, then add the nut paste, and serve.

Curried Eggs.

Boil eggs until hard, remove the shells, cut in halves and arrange on a hot platter, pouring over them a sauce prepared as follows: Rub the bottom of a small skillet with an onion, pour in one cup of milk and place on the fire. Mix one heaping teaspoonful of cornstarch and quarter of a teaspoonful of curry powder with a tablespoonful of cold milk, and stir it into that already heated, with one-third of a teaspoonful of salt and one teaspoonful of butter. Simmer for five minutes, then pour over the eggs, and send to the table.

Banana Soup.

Rub to a paste with a wooden spoon eight ripe bananas, sprinkle over these one tablespoonful of corn starch and a little salt; bring to scalding point three

pints of milk, stir into it slowly your banana paste and one egg beaten lightly. Let all boil for two minutes, and serve with croutons.

Steamed Stuffed Tomatoes.

Choose eight large tomatoes, remove the centres and to this pulp add one-half a teaspoonful of salt, one-quarter of a teaspoonful of pepper, one dessert-spoonful of sugar, one cup of boiled rice and a dozen olives chopped fine. Fill your tomato cups and sprinkle the tops with cracker crumbs; place a dab of butter on each, steam for fifteen minutes.

Peach Fluff

Take one dozen ripe peaches skinned and sliced, (canned peaches may be substituted if you cannot get the fresh fruit), half a pint of whipped cream and the whites of two eggs, with half a cupful of pulverized sugar, a few drops of bitter almond flavoring, and three tablespoonfuls of blanched almonds chopped fine. Whip your cream, eggs, and sugar to a foam, flavor with the almond and finally beat in your chopped nuts, arrange your peaches, and this fluff in alternate layers in your dessert bowl and set away until thoroughly chilled before serving. Many persons turn it into their freezer for a few minutes, but I think it preferable in layers to being thoroughly mixed. However this is a matter of taste.

Uncooked Vegetable Salad.

Quarter of a firm, white cabbage cut fine, one small onion, half a dozen radishes, three tomatoes, and one carrot. Cut up your cabbage, onion, radishes and tomatoes separately, then toss lightly together. Make a French dressing of olive oil, four tablespoonfuls, lemon juice two tablespoonfuls, salt half a teaspoonful, pepper or mustard quarter of a teaspoonful. When this is thoroughly blended, pour it over your salad and grate the carrot over the top of the whole. Sprinkle a thin layer of cheese over the carrot and serve with water biscuits.

Puree of Mushrooms.

Cut one pint of mushrooms in small pieces (the canned may be used if you

have not fresh ones) and add two quarts of milk. Place over a slow fire with an inch long blade of mace, one teaspoonful of parsley, one small onion cut fine, and one tablespoonful of grated green celery. Cook twenty minutes; add one pint of stale bread crumbs, and cook five minutes longer. Rub through your sieve or colander, return your strained soup to the fire, add another pint of milk, let the soup boil five minutes, stirring all the time, add two teaspoonfuls of salt, and half a teaspoonful of pepper. Beat two eggs with one cup of sweet cream. Lift the soup to the back of the stove and let stand for three or four minutes before adding this latter. At the end of these few minutes, add gradually a little of the hot soup to the eggs and cream to heat them slightly, then stir the whole together, and serve promptly, as soup should never be allowed to stand after adding egg thickening.

Egg Plant Surprise.

Scoop the heart out of a large egg plant and turn both outside and centre into salt and water for twenty minutes. Have hot in your skillet half a cup of olive oil, mince your egg plant fine with half a cup of cracker crumbs, half a cup of nuts, a little salt and two tablespoonfuls of thick cream. Line your egg plant shell with cracker crumbs and after cooking these latter ingredients in olive oil for seven minutes, turn them into the shell, sprinkle with crumbs and bake in a moderate oven for fifteen minutes.

Russian Cream With Fresh Fruit.

One quart of milk, half a box of vegetable gelatin, two ounces of almonds, two teaspoonfuls of almond flavoring, sugar to taste. Mince your nuts to a smooth paste through your mill, and add them to part of the milk. Soak the gelatin in the remainder, for half an hour, then add it to the first half and boil gently for ten minutes. Strain through a fine sieve. Sweeten and flavor. Set in a cold place to stiffen. Mash any fresh fruit that you prefer with a little sugar and serve with the Russian cream.

Women's Question Column

By BERNARR MACFADDEN

Out-of-Door Sleeping and Cold Weather

Q. I live in a climate that is apparently too cold for out-of-door sleeping. At all events, I seem unable to keep my extremities warm, my feet feeling like two pieces of ice on going to bed. How can I overcome this?

A. The positive benefits of sleeping out-of-doors are worth many inconveniences. In exceedingly cold weather, it would be well to make special arrangements for comfort. To begin with, you should certainly have sufficient covering to maintain warmth while breathing the fresh though frosted air. But if your suffer from cold extremities, it would be advisable on retiring to put a hot water bag or bottle at your feet to help maintain a good circulation. It is also a good plan to take a short run just before retiring in order to establish a circulation to begin with. Of course it is not wise to make a practice of using the hot water bag any more than is absolutely necessary, for if you do you may reach a point at which you come to depend upon it. This would be a mistake, though its use is justified in case of extreme cold weather, provided that your circulation is poor.

Double Chin

Q. Kindly outline a quick remedy for a double chin?

A. I believe that I have not long since referred to this subject in this column, but do not remember having offered any "quick" remedy. If you are in earnest about wanting a rapid reduction of your double chin I would suggest such an amount of fasting as will reduce the general accumulation of fatty tissue on your entire body. Subsequently, your diet and general habits must be of such a character as will enable you to avoid acquiring an excess of flesh. For this purpose see articles in the September and October issues of this magazine. You could take a great deal of active exercise with advantage, thus maintaining a better circulation and consuming your surplus adipose tissue. As a means of directly affecting the part itself, massage of the chin would be very valuable, increasing the circulation locally and helping to "burn up" the excess tissue. Various exercises for the neck, bending head forward and back, also twisting or turning the neck, and rolling the head around in a circle, would also be advantageous.

Hereditary Disease

Q. Is diabetes more peculiar to one sex than to the other, and is it heredi-

tary? Would you advise a woman to marry a man whose father and brother died of diabetes?

A. Diabetes may affect either sex, and is not hereditary. The question of hereditary transmission is much the same in the case of this disease as in others. There may be what might be called a constitutional tendency toward the disease, but never the disease itself. Probably no real diseases are ever transmitted outside of syphilitic blood poisoning or something of that character. But in the case of the inherited tendencies towards certain diseases as referred to, right living will enable one to obliterate them. I should say that the question of marrying a man whose relatives had died of a certain disease would depend entirely upon his present physical condition and mode of life. If these are not satisfactory he would not be a safe choice in any event, while if he is a true physical culturist, you need not have any fear of such a disease asserting itself.

Cold Bathing in Cold Rooms

Q. Is it advisable for a girl of only ordinary vigor and health to take a daily cold bath in a cold room, in which she has slept with windows open throughout the winter?

A. The answer to your question would depend entirely upon your recuperative powers. If you are exceedingly vigorous you should have no difficulty in enjoying and recuperating from such a bath. But ordinarily, I would say that it is far better to take your cold bath in a warm room, and, of course, following exercise sufficient to arouse an active circulation and thoroughly warm you up. You will find it much easier to recuperate in a warm atmosphere. The use of cold water in an atmospheric temperature which is at or below the freezing point, is likely to tax one's vitality more or less. However, after prolonged exercise and dry friction applied to the skin, one will usually be warm enough to take the bath in question even in her cold sleeping room. In the case of one whose recuperative powers are exceedingly poor, much care must be exercised in using cold baths. In such a case I recommend that the feet be placed in warm water (preferably standing in it) just before taking the bath.

Salt in Cooked Food

Q. After seeing much in your publication regarding the use of salt, I notice that the menus continue to call for salt

in the preparation of the various dishes described. Does not this appear inconsistent?

A. Please remember that the Editor does not hold himself personally responsible for the opinions of contributors. Furthermore, the question of salt is one on which there is such great difference of opinion—so much so that while each one should settle the matter for himself, yet he might well hesitate to decide the question for others, or attempt to do so. And though one finds by his own experience that there is little or no occasion for the use of salt in connection with a raw food diet, yet in most cases, one will feel the lack of it in cooked dishes. However, every one will agree that its excessive use is harmful. There are many who enjoy the best of health without having touched a grain of salt in years, but in the case of the average individual, the force of habit must be considered. And the menus referred to would not be attractive to the majority of readers if salt were strictly excluded.

Oil Heaters

Q. Kindly give your opinion of oil heaters and gas heaters as compared with the ordinary stove that consumes coal and wood.

A. There is hardly any comparison to be made, for the wood and coal burner is of value, while the other is worse than nothing, being a positive enemy to health. The ordinary stove insures some ventilation, but the oil or gas burner rapidly converts the atmosphere into poisonous vapors and keeps them in the room. Imagine a wood fire designed to keep a room warm, with the smoke and gases from it turned loose to mingle with the air of the room, instead of being conducted up a chimney. But this is just exactly the case of the gas or oil heater, except that the combustion is more perfect and instead of having small particles of carbon floating away in the form of smoke and soot, the fuel is entirely converted into the poisonous gases which one cannot see, but which are none the less deadly. Even school children should be able to understand this, and I cannot comprehend how these heaters are so popular among apparently intelligent people. To be consistent, one should keep his head out of a window to breathe while warming his feet by means of one of these heaters.

Washing the Face

Q. How often is it best to use hot

water and soap on the face? Is there any harmless preparation for softening hard water? Should one use a soft or a rough towel on the face?

A. The answers to your questions will depend somewhat upon individual conditions. If the skin is thin and of a fine texture it may be necessary to use some care in the treatment of it. If it is inclined to be oily and subject to blackheads, or slight eruptions in the way of pimples, then a fairly rough towel and considerable rubbing might be used with advantage, soap also being applied freely. But a thin skin can easily be injured by the use of soap and many could afford to use almost none of it on the face. Hard water will be improved by the addition of a little borax, which might also be recommended for its cleansing properties. Pure borax will not injure the skin. The frequency of washing the face should be determined by the character of the skin, but in any case, hot water should not be used too often, perhaps not more than twice a day as a rule. But in every instance, the use of hot water on the face should be followed immediately by a rinsing in cold water, the colder the better, after which, great care should be taken to dry the face very thoroughly before it is exposed to cold air and wind. One of the most perfect means of cleansing the face is by the use of cold cream, first rubbing it thoroughly into the skin, then wiping off carefully with a soft dry cloth. You may be surprised on finding that this is even more effective than washing for removing dirt. Do not use a cheap cold cream, however.

Muddy Complexion

Q. What may be the cause of a blotched, muddy complexion when one seems to be in good health?

A. The cause of your defect is usually the result of imperfect digestion or a disordered liver. Often, too it is the outcome of constipation. The remedy is obvious. Of course the external care of the complexion will have some influence for good, but for any real, fundamental improvement you must rely on constitutional treatment. Free drinking of water will benefit you greatly. Care in diet is most essential, avoiding meats, white bread, pastry and rich dishes, even using milk and eggs sparingly. Use fresh fruits freely. Meals should be fairly light and of a wholesome character. Long walks and active open air exercises will be invaluable to you.

AFTER ANTHONY

"I have invented a form of ladies' hosiery with an attachment which effectually prevents the skirt from flapping"

"A modest stocking, eh? What are you going to call it?"

"I am thinking of calling it the Comstocking—*Louisville Courier-Journal*."

A Letter to a Young Girl

By LOUISE D. MITCHELL

It is because I know that you have a conscience and that your ideals about yourself, and the world at large are pure, sincere and womanly, that I want you to build them upon the secure foundation of Truth rather than upon ignorance. If you do this they will remain steadfast throughout the experiences of the years that may await you.

We are told that "the Truth shall make you free." Do you know just what this means? No? Well, then, let me tell you. It means that knowledge is truth and that when we possess the exact facts of a subject we can never again be led along false paths of thought, bound in the chains of ignorance. We shake off those chains forever—we are "free" men and women and we can never again be deceived regarding that subject upon which the white light of truth has shone with illuminating radiance.

In view of this, then, I want you to be made a "free" woman when the light of truth has illuminated a certain subject for you. That subject is your relation, association, and your responsibility, toward the boys and young men of your acquaintance. I am perfectly aware of the fact that if you are a good girl, you have tried to influence them for the best and that this sweet womanliness upon your part may have held them back from lying, or cheating, or drinking, or swearing, or doing some other low thing. But there is a deeper influence possible to you than this and, because it is so subtle, it is perhaps unsuspected by you. It is the "Truth" in this same influence that I am going to point out to you so that you may be "free" to act as your conscience, your heart, and your God, may dictate to you.

Nature has so constructed the feminine in all kingdoms of life that it is the ideal, the objective, and the real to the masculine. She has intended it to be a stimulus for the attainment of

high purpose; that it shall be the inspiration of noble deeds that it may act as the poise of the energies of the masculine. But is this power always wisely used or properly directed? Not always.

There is an abuse of sex knowledge that has made the sexes so sensitively alive to the proximity of each other, that the influence of which I have spoken acts with almost instantaneous rapidity, and thoughts in consequence, spring either to a high or low plane. The fact that the plane upon which thought shall dwell is almost wholly due to the influence of the woman, suggests a responsibility so great for us, that we may well tremble when we realize it.

Now, I am sure that you will be amazed to learn by this that you are directly or indirectly responsible for the moral nature of the boys and men with whom you associate; but you will see by what I have said that this is indeed the fact, for you are a part—a beautiful, inspiring part—of the feminine in Nature and must therefore share in the responsibilities of your sex.

You little know the terrible temptations to which boys and men are subjected by unscrupulous girls and women. If I were even to hint at some of the allurements held out to them to sin by those whom we must call our sisters because they are a part of the great sisterhood of woman, you would bury your little face in the pillow and lie there shuddering with the horror of it all. Perhaps, too, you would pray despairingly for the safety of that dear brother who must go out and face the danger. For his sake, then, try to remember that the boys and men whom you are receiving at your home are the brothers of other girls whose hearts would be broken by the downfall of their loved ones. Hence guard with conscientious womanliness, your manner, your thoughts, your words. It may be your blessed privilege to restore to these other brothers their lost ideals of

womanhood and so you will through this means, help to undo some of the evil that other sisters have wrought.

There is scarcely a girl who has attained to budding womanhood—who is not conscious of her ability to influence boys and men through what is called her "personal attractions." It is the primeval instinct of the feminine—the "allurement" about which we have spoken—and has for its supreme object the calling of its appointed mate; it is the instinct that leads to home-making, the building up of family life and the highest development of the sexes. Woman has in some degree, the power of increasing or decreasing the force of this influence at will. She is not always conscious of this fact but it often happens that when she is, she abuses it.

In such a case, she throws out the force with wicked intent and the "mating instinct" is roused to dominant strength in man and boy and they follow its promptings with paralyzed will until—what do you think, little sister? Until that "mating instinct" has either been satisfied with the one who has aroused it, or with some one who is paid to satisfy him! Can anything more pathetic—more awful than such conditions as these? I could almost say with you "please don't let me hear anything more, I cannot bear it!" But we are looking at these things in the "free" light of "Truth" and I want you never again to walk with blinded eyes and not see where the danger lies. I want you to never again be willing to pay such a high price for the miserable triumph of your woman's vanity in a "flirtation" that has reached such lengths that you have given some girl's brother to eat of the fruit of a knowledge that is forbidden save under the Divine authority of the Law of God as set forth in the ordinance of matrimony.

Yet I would not have you conclude from what I have said that you should avoid pleasant social acquaintance with man or boy. So far the contrary, that I would say impressively, you would be doing a positive wrong to withhold your friendship from members of the opposite sex. The refining influence of a girl has taught many a boy the finer values to be found in manhood and womanhood.

The thing that I could most wish for you in your acquaintance with boys is that there might be some distinct object of a healthy nature in your associations with them. It might be for pursuing some mutual line of study, or to work together for some charitable cause, or for some exercise that develops your physical body to its highest capacity, such as tennis, or golf, or gymnastics. Laugh and play and be a happy, true-hearted little woman; courteous and independent; a good comrade, a promoter of the best kind of "fun," and get and give all you can out of your youth—your pure, healthy youth that shall promise a glorious womanhood for you, and a lofty ideal for the men who will reverence you!

But in promiscuous embracing, there lies a hidden danger for you and the man that is fraught with peril for your purity and a most desperate strain on the self-control of the man.

To touch the person of royalty was considered an unpardonable offense in the courts of the past. A favorite might laugh and joke familiarly with his royal master, but to touch his person was the "unpardonable sin."

I want to leave with you an inspiring thought by which you may live, and upon which you may build your principles for the future and so develop your fair girlhood into a noble, helpful womanhood. That thought is this: that each girl is in herself an embryo mother and that in all of her associations with men or boys—if she is a good, true girl—there is a dim consciousness of the motherhood latent within her which is inspiring her to protect the very men she would tempt to ruin and which keeps her from going to any extreme if she will but harken to its voice and permit it to rise paramount to her vanity.

In a final word to you, dear future mother, let me entreat you for the sake of that little boy-baby that may some day be cradled within your arms, and who may be called upon to face the temptations you are holding out to other boys to-day, to help those with whom you associate, by your actions and your words, to attain a higher standard of purity for themselves—and you!

Mr. Baggs' Open-Air Gymnasium

By JIMMY SUNN

ON Saturday evening, when Mr. Baggs ran out to the farm where his wife was stopping, he was full of enthusiasm, and a great idea.

"I brought a horizontal bar and some rings and ropes," said he, "and we'll put 'em up under that big tree in the front yard and have an open-air gymnasium. Then you women can put on your bloomers and get strong, exercising every day. I'll show you how to do a few stunts myself!"

The proposition met with great favor all round. The pretty school-ma'am from Milwaukee was modestly enthusiastic, and the fat widow across the road was overjoyed; while her two daughters declared that the way they would perform on that horizontal bar would be "something fierce." Accordingly, Mr. Baggs and Hiram, the middle-aged hired man, spent the greater part of Sunday morning arranging the bar and putting up the rings. Toward evening as the air grew cool, the ladies, in bloomer costume were marshalled on the lawn by Mr. Baggs to receive their first gymnastic lesson. The farmer's family, with the hired help, were in the background, grinning at the display; Mr. Baggs, in blue shirt, overalls and profuse perspiration, was everywhere; and Hiram, chewing his cud like a cow, stood by to lend a hand if needed. After all had made a few preliminary tests of the ropes, etc. Mr. Baggs said:

"Now, we'll get to business. I wonder how many of this crowd can 'skin a cat' on that bar? I'll just show you," and he stepped up to the bar and grasped it with great confidence and with his hands far apart. He made several ineffectual attempts to get both feet off the ground at once, while the hired girls, peeping around the house, giggled in subdued chorus.

"I'm getting too fat" said he, glaring in the direction of these mirthful watchers. "It's a long time since I tried this. Hiram, give me a boost."

Hiram grasped one of Mr. Baggs' legs, and after a desperate struggle the other one was passed through between his hands, and the knee hooked over the bar. After an instant's rest, Mr. Baggs made a tremendous effort to force his other leg through, but his weight was too great for the strength of his grip, and he lost his hold on the bar and dropped to the sod with a thump which made the dishes rattle in the pantry.

"Umph!" said he. His wife, the schoolma'am, Hiram and the fat widow sprang to assist him; but the widow's eldest daughter laughed outright. Mr. Baggs looked at her with a terrible eye.

"Laugh, darn you!" he gasped "Funny thing to see a man killed ain't it?"

They assisted him to rise, and after a few minutes of rubbing himself painfully, he heroically insisted on going on with the lesson. One by one the ladies, beginning with Mrs. Baggs, who had some previous experience, essayed the feat of "skinning the cat." This was the modus operandi: as each one's turn came, she grasped the bar, which was about face-high, and Mr. Baggs and Hiram, each grasping an ankle, brought her feet up to the bar; and with a vast amount of struggling, squealing and blushing, her lower limbs were pushed through between her hands, and she dropped upon her feet. Mrs. Baggs and the two grown-up daughters of the widow performed the feat cleverly enough; but the school ma'am, becoming frightened, kicked out wildly, hitting Hiram under the chin and causing him to swallow his tobacco; whereupon he retired behind the tree for a brief space to conceal his emotion.

And now came the fat widow's turn. As she stepped up to the bar, Mr. Baggs regarded her viciously; he remembered the jeering she had given him on the preceding Sunday. He winked at Hiram as they grasped her ankles. There was a great heave, a mighty pull

all round; the lady displayed remarkable strength, and to the astonishment of all, instead of going under the bar, she went over it, and lay balanced across it, resting on her stomach, while her arms and legs beat the air in wild abandon. This was only for an instant, however, for with a yell of terror, she clasped both her arms around Mr. Baggs' neck and slid off the bar upon him.

"Leggo, you darned old hippopotamus!" he roared, and then went down

under her two hundred pounds, amid a chorus of shrieks and a wild guffaw from Hiram. He lay flat on his back, and the widow, sick and giddy from the "upsetting," closed her eyes and clung convulsively to his neck, lying full length upon his prostrate body. Mr. Baggs struggled in vain, and his language was certainly of a most lurid nature. After the others had lifted the burden from his breast he rose, and without a word, bolted into the house and went to bed.

PHYSICAL CULTURE IN THE PUBLIC SCHOOLS OF SAN FRANCISCO

By Robert H. Barth, Assistant Supervisor of Physical Training, San Francisco Public Schools

ALL of the readers of this magazine may not know that systematic and harmonious development of the body has been quite an important part of the daily school-life of San Francisco. A short description of the branch of its public education alluded to, will be in order.

Although during the last 25 years frequent attempts had been made to place physical training in the San Francisco public schools on a scientific and effective basis, these were not successful until the present administration came into office. In February, 1903, the supervision of the physical training of the schools was given to Mr. Walker E. Magee, Professor of Physical Culture of the University of California. This gentleman arranged a series of progressive lessons which were taught in all the primary and grammar grades.

The daily instruction was given in the school-room by the class-teacher, the fifteen minutes which allotted the year being divided into three equal periods for the pupils of the 1st and 2nd grades, while for the other grades a division into two periods seemed a greater advantage. The gymnastic exercises consisted of calisthenic movements of the simplest kind, which made the work easy for both teacher and pupil. Great pains were taken in the proper execution of the various movements; a slow, steady and correct execution being deemed of more value than quick and snappy action. Every lesson was intended to

impart correct habits of sitting, standing and walking, and to bring about a healthful circulation and energetic respiration.

That the beneficial results of the physical training found due recognition from our school-authorities is proved by the fact that, while the revenues of the school-department have been greatly reduced by our recent disasters, yet such training has not been stricken from our future school program, as would undoubtedly have happened in former years under similar conditions.

This augurs well for the future

But much, very much, remains to be done. The Board of Education of San Francisco appeals to the school children of the country to assist it in reconstructing the educational department, in placing it on its former efficient level. I do not doubt in the least, that the pupils in all the schools of the country will do all that is in their power to realize the expectations of our Board, so that the growing generation of San Francisco will receive the same good and thorough schooling, that has been imparted in the past. Assisted by our fellow-teachers and pupils our city-administration will strive to the utmost to give to the new San Francisco, those school-teachers and buildings needed in order to instruct a generation sound in mind and strong in body. Perhaps at another time I will tell you something about our yard and fire drills, and about gymnastics in our high schools.

Out-of-Door Air Indoors



At the present time the inestimable value of out-of-door sleeping is no longer doubted. But often there are inconveniences attached to it that are of such a nature that one would rather forego its benefits than to be annoyed by them. Especially is this true during inclement winter weather. And while a vigorous physical culturist, immune to exposure, might not mind the play of wintry winds on his body as he retires or arises from his open-air bed, yet one of less rugged health, unaccustomed to such a mode of life, would doubtless find it a very uncomfortable experience. For this reason, we believe that many will be interested in the photographs published herewith, presenting a simple arrangement by means of which one can have a supply of fresh, cold air, direct from out-of-doors, and at the same time, remain in a room that can be kept at any desired temperature.

It will be seen that the plan is especially advantageous when one is confined to his bed with illness. The

apartment in which he is may be so heated as to be comfortable for others, while the patient is able to breathe air as pure as if he were in the open. Furthermore, in spite of the fact that an excess of covering is, as a rule, more or less detrimental to health, yet when sleeping in the open air during severe weather one is compelled to use a great deal of bed clothes to maintain warmth. Sometimes, a hot water bottle at the feet is necessary to maintain the circulation and a fair degree of comfort. The device illustrated will enable one to dispense with superfluous coverings, bottle and other similar things.

The fact that the air furnished by the device is cold as well as pure adds to its therapeutic value. Hence the apparatus is especially beneficial in consumption and other lung troubles. It is also most helpful in all cases where there is lessened vitality. Cold air is a powerful tonic, its invigorating effects upon the body aiding the latter to strengthen and build up the tissues to a normal degree.

The device consists of a large, flexible tube, some ten inches in diameter, made



Fig No. 1. The Porte-Air



Fig No. 2. The Porte-Air with hood attachment in use

of strong cloth supported by light steel rings about six inches apart. One end of it is fastened to a board with an opening in it, this board, designated as "B" in Figure No. 1, being so adjusted as to take up the space of an open window. The other end, marked "C" in the first illustration, is brought directly over the head of the sleeper in the manner shown. Figure No. 2 shows the device equipped with a hood, by means of which the cold air can be conveyed more directly to the face of the sleeper—without the hood it would be somewhat diffused. A bend may be made in the tube at any point, as at "F" in Figure No. 2, by merely connecting the supporting rings on the inside of the bend. The opening at the window is provided with a little door, hinged at the top. This can be opened and closed by the patient by means of a cord marked by the letter "G" in the second illustration.

The device will not only supply the patient with fresh air, but will serve to ventilate the room effectively, as well.

In case the wind is in such a direction that the current of air passes from the room out through the tube, a slight opening of the window at the top will establish the desired current of air from out-of-doors through the tube into the room. In summer, when it is so difficult to secure air that is refreshingly cool, good results can be secured by the occasional sprinkling of a little water on the outside of the tube, thus cooling the air which passes through, and also by using an electric revolving fan at the window entrance to the tube.

In severely cold weather, one must take the precaution of wrapping up the shoulders, throat and head, leaving exposed only sufficient of the face to provide for easy breathing. It is true that one can get a more or less satisfactory supply of pure air by merely sleeping with the windows of a room wide open, but not to the extent as that received through this tube, which brings an ample supply direct to the nostrils, though without chilling the entire room.

A NOVEL AND SUCCESSFUL INSTITUTION

For three years a hospital has been in existence at Bromley, near London, where only a fruit diet is allowed to the patients, and where during that time

there have been only two deaths among the 500 patients who have received treatment. The institution is known as the Lady Margaret Fruitarian Hospital.

The Athletic World

By ARTHUR DUFFEY



WITH the close of the Cross-Country Championships, both Intercollegiate and National, comes the period when many sports take to indoors. In looking back over the work of the cross-country runners, it is pleasing to note unmistakable signs that point to a wider cultivation of their sport. Various athletic organizations, both large and small, have encouraged the sport by holding weekly runs, so that when the championship occurred it was evident that this preliminary work was of inestimable value to the contestants. It is true that we have not produced any Shrubb or world-beating cross-country runners, nevertheless it was evident that the all-round development of the athletes had reached a higher state than at any time during the past few years.

The college championships were held for the first time at Princeton, the venue proving a wise selection on the part of the Intercollegiate Committee. It is practically assured that in the future that the Princeton course will become the germ for the meeting. In selecting Princeton as the course for the college race it is apparent that the Committee had in mind a typical cross-country course. The outlying districts around

the New Jersey university, offer better facilities for a good course than either Morris Park or Travers Island, where the race has been held in the past.

Jack Moakley again came down with his band of speeders, and though he had practically new material the fine all-round work of the Cornell runners was particularly noticeable. True it is, Cornell did not win the individual honors. But this is nothing extraordinary, for the Ithaca institution goes into the contest with the intention of winning the championship, and not so much for individual honors, consequently, the up-State boys tried to win the greatest number of points. Although the individual honors of the day were won by Jones, of Penn, a protege of Mike Murphy, his so doing was not wholly unexpected on the part of the college followers. His work in training has been remarkable for a young runner. With such promising material as Jones and others in the colleges, we may yet see America equalling the English in this branch of sport.

Of the club representatives, we have no greater enthusiast for this sport than George Bonhag, of the I. A. A. C. The consistency with which this popular runner turns out at the meetings is nothing short of remarkable. Indeed



Start of the A. A. U. National Cross-Country Championship, Travers Island



Jones, of Pennsylvania, Winner of the Intercollegiate Cross-Country Championship at Princeton

it appears from his recent performance in the National Championship, that he has been doing too much work, and that a rest would be of great assistance to him, especially in view of his forthcoming matches. Bonhag's win in the Metropolitan Championship was expected. In fact, it was likewise thought that he would annex the National Championship, but Nebrick, a new addition to the N. Y. A. C., proved too much for him by a sudden jump to championship honors.

In the recent A. A. U. Championship at Travers' Island, it appeared that there was more than an ordinary lack of intercollegiate element, a fact which no doubt was not overpleasing to the

committee on the championship. But the truth is, that college athletes take more interest in winning a college championship than in winning A. A. U. honors.

Although Nebrick has just been initiated into championship honors, his easy win over Bonhag stamps him as a flyer. It was only to be regretted that Jones was not in the race. Then the outcome of the true championship of America could have been settled.

In indoor athletics, which may now be said to be at their height, the military organizations are responsible in more ways than one for the encouragement of sport. Since Paul Pilgrim returned to America after his unexpected win in both the quarter and half-mile at Athens, he has been subjected to some little criticism, simply because he has not run to any championship form since. Sheppard and others have successfully defeated him on more than one occasion. But the Olympic champion surely proved his mettle in the Seventh Regiment Games when he made a coup at A. B. George's record for 1000 yards, of 2 minutes 25 1-5 seconds.

Pilgrim was successful in lowering George's record to 2 minutes 23 2-5 seconds, but there really can be no real criterion on the respective abilities of George and Pilgrim. The former is in a class by himself and had he been running under the same advantages as Pilgrim, it is more than certain that he, the Englishman, would have made much better time than he did.

Of all the colleges in the East, Pennsylvania seems to have more trouble with her athletic affiliations than any of the other members of the Big Five. Harvard has severed relations with Penn in all branches of sport, Yale is apparently not anxious to meet the Quakers in football, although willing to try comparisons in other sports, and Princeton is also averse to bucking up against the Red and Blue line. So taking everything into consideration, the Quakers seem to be in a sorry plight in regard to meeting fitting competitors on the athletic field. Just why it is that the colleges named do not desire to meet Penn, seems unexplainable. At all

times, the Red and Blue have placed formidable teams on the field, but it is evident that there is some underlying reasons which cause this discrimination against the Quakers.

Of late, there has been considerable discussion about the Westerners seeking admission into the Eastern field sports. From the West comes the report that Michigan desires to be a competitor at the forthcoming Intercollegiate Championships. Although up-to-date there has been no action taken by the Eastern committee, it is practically assured that it will look favorably upon the admission of Michigan. The last time that the Eastern followers of track sport had an opportunity to get a line on the Western athletes was in 1902. Then the University of California sent a team East to compete against some of the leading colleges and also to compete at Berkley Oval. There was a representative athlete in each event and in their performances forced the Easterners to equal records while in some instances the Westerners defeated them. Plaw's remarkable performances with the hammer were the subject of considerable discussion, and his records will yet require a bit of beating.

While the Westerners are trying to become competitors in the East, Pennsylvania has already made overtures to the leading Western colleges to meet it. Already, the Michigan-Pennsylvania football game is considered as a fixture in the football world, and this year, the Penn players will travel to Ann Arbor. In addition, the baseball schedule as announced at Penn for next Spring, and the management of the team is contemplating a trip into the West, where a series of games will be played with Chicago, Wisconsin, Michigan and Illinois. The trip, so it evidently appears, has a motive in it, and a good one at that. At present, Penn has one big football game in the East, that being with Cornell. So if the Quakers do not have more games than those with Cornell and Michigan it is evident that their schedule will be lacking in interest and consequently fail as a money maker. Therefore it behooves the Quakers to do something to establish cordial athletic relations with other

of the Western colleges than Michigan. That such an action should be an easy one is assured, for at the Big Nine conference of last year, it was decided to allow a seven game schedule, but the conference refused to let the big colleges come together.

Although the football season of 1906 has passed, the meeting of the Rules Committee proved of more than general interest to football followers, inasmuch as it was thought by many that some new changes were to be made in the present style of play. But that no new radical changes were so made, was a source of gratification to all, for the



F. Nebrick, Winner A. A. U. Senior Cross-Country Championship at Travers Island

past season clearly demonstrated the fact that the game, considering its experimental nature so to speak, was more popular with players and public alike.

The current committee on the game is a merger of the old committee and the committee appointed by the college conference which last was an outgrowth of the football agitation of 1906. It is true that there are those who favor a reconstruction of the committee, at least in some instances, but when one considers the good job it made of the revision of the rules, there are those who are opposed to interfering to any great extent with its personnel. It is evident that the more the committee is rearranged the more will the continuity of its work be interrupted.

While, as intimated, the new rules have worked out in splendid manner, still in some minor details a few changes might prove of great value. Of late, there has been considerable discussion about the advisability of increasing the number of downs or decreasing the ten-yard distance to be gained. Then too, some are in favor of increasing the length of the halves, for last season proved that the game could have been made of longer duration, and in which case, we would certainly have a difference in certain scores. But while many are clamoring for some changes, it appears to thoughtful experts that another year of the sport without changes, would be a most sensible arrangement. As it now stands, the players have only just become accustomed to the new rules and one rule at a time to be learned thoroughly, will prove of more advantage than piling a number of perplexing problems at once.

Again have the Henley Regatta Stewards discussed the question of allowing American oarsmen to compete at Henley, and according to their recent utterances it would seem that American representatives will in future be debarred from taking part in the events, no matter how spotless their amateur status may be. To the majority of aquatic followers this will be considered as a

manifest injustice. To discriminate against our oarsmen in general, simply because some of our men have in the past been guilty of violating the Englishmen's ethics of amateur sports, is obviously unfair. As a matter of fact, English sportsmen have always looked askance at American competitors, when the latter compete abroad, no matter whether they were track men, oarsmen or what not. Just as soon as the well-known athlete has established a name for himself in his native land, the Britons seem to believe that he is not an amateur in the strict sense of the word. Now that the Henley Committee has come out flatfooted and acclaimed that American crews will not be welcome on the Thames, it is needless to say that American oarsmen and the N. A. A. O. will keenly feel the snub and instead of America and England being drawn together in closer athletic relations, it looks as though the breach will be wider than ever.

There is no getting away from the fact that the Englishmen are particularly jealous about their famous contest at Henley. True it is that the Henley Regatta is the recognized classic in the aquatic world. But from a sportsman's point of view, it seems rather far fetched to have American oarsmen live up to the ideals of the Stewards in regard to an amateur athlete. The truth is that in America, it is absolutely hopeless to have the same rules in existence as are in vogue in the old country. But it would be useless for me to go into detail and speak of the numerous conditions that are present in America and are absent abroad. The A. A. A. of England is theoretically firmly against the allowing of amateur athletes receiving expenses when abroad. Still, when an American athlete competes abroad or at home, he is allowed to receive expenses, and while the A. A. A. knows this, it nevertheless permits our boys to take part in British contests. This fact emphasizes the anomalous position of the Henley Stewards. All that the A. A. A. itself requires is that the foreign athlete shall be in good standing in his own country.

In regard to amateur athletics abroad and in this country likewise, it is per-

fectly evident that the unwritten law in regard to sport, plays a far greater influence than many are aware or will admit. The officials on both sides of the water are cognizant of the fact, also they do not discriminate against the offenders although they knew that many of the so-called undesirable features of amateur sport do exist. This too, in spite of the fact that outwardly they most emphatically deplore them.

Following the announcement of the Henley Stewards as told, comes the report that the English authorities on track athletics are to limit the entries of American athletes in the forthcoming Olympic Games at London. In other words, while the British Committee desires the presence of American athletes still they do not appear very keen on this country sending over as strong a team as in the case of the late Olympic games at Athens. While as yet there has been no exact ruling expressed as to what the limitations are, it is apparent that America will hardly abide by such peculiar actions on the part of the Britishers, but will send as strong a team as can be mustered for the occasion.

One Lord Desborough is more or less responsible for this rather unsportsman-like action. Though the worthy gentleman is perfectly familiar with athletics, it appears to those "in the know," that had the conduct of the forthcoming Olympic Games been placed in the hands of the Championship Committee of the A. A. A., instead of a few aristocratic gentlemen, no such sentiments would have been expressed. As a matter of fact, the A. A. A. congratulates itself on the efficiency of their championship meetings, and well they may. The organization has always thrown its championships open to the world so they might be well termed a world's championship, instead of a British championship. Although from time to time, overzealous members of the Committee have endeavored to limit the competitors to Englishmen, on each occasion, the suggestion was overruled and all foreign competitors were welcomed.

That the Irish and, I might add

The Irish Association Gifts

Britishers in general, fully appreciate the achievements of their champions was illustrated in the case of Sheridan and Flanagan, of the I. A. A. C., who were recently presented with statues of themselves in characteristic poses. As yet we have to learn of an American athlete being treated in a like manner for his achievements on the track or field. It is to be hoped that the action of the Irish Association will be an example to so-called enthusiastic sport-lovers who, as yet have shown no due appreciation of our champion's feats.

America has many champions in every athletic event. But in the past, the rule has been that as soon as a champion's deeds were outclassed he passed with them and was practically forgotten. Generally, too, the best that was said of him by the leading officials of sport was anything but complimentary. It was only recently that I was talking with a leading A. A. U. official regarding this subject and many athletes of past reputation were mentioned; to my astonishment, however, I found that in nearly every instance, the official had nothing good to say of any of the ex-champions. It occurred to me forthwith that the same thing had taken place in the case of other officials that I had met. There can be no question, but that certain officials of the A. A. U. are in more ways than one, jealous of the reputations of past and present champions. But to the fair-minded sportsman this seems a very contemptible way of treating athletes, particularly those of the home breed. This explains why we have no testimonials to give to our great American champions. It is this spirit of official hypocrisy that constantly rankles in the minds of the star athletes.

When Sherring returned to Canada after winning the Olympic Marathon run at Athens, his countrymen turned out en masse to bestow on him the many gifts which he so justly deserved. Now though the Irish are emulating the spirit of the Canucks, and though their gift to Sheridan and Flanagan is but a flea bite in comparison to those made to the Canadian champion's, still the action



Paul Pilgrim, Olympic Champion Middle Distance Runner

of the Irish Association is worthy of all commendation.

When Paul Pilgrim returned to America after his great victories at Athens, we saw no demonstration on the part of the Americans, still this athlete accomplished wonders at Athens. Instead of hearing the heartiest words of appreciation for his wins, the best I heard was that his victory was an accident, luck, etc.

When we learn to fully appreciate some of our champions' performances on the track, we may look for greater harmony between the parent body and the athletes.

The hockey season is now at its height, and in spite of the fact that **Hockey** the weather forbids the playing of matches out-of-doors, it is pleasing to note that indoor matches can take place to the accompaniment of the same enthusiasm, that is evident in the case of games in the open. All the college teams are now reaching their highest state of perfection, and from the present indications it looks as if Harvard will have to play faster than ever if she hopes to retain her championship honors. At Yale, the sport has received a greater boom than ever, and so intent are the Elis on defeating Harvard that they have secured the services of a professional coach from Canada. At Princeton, the gift of Andrew Carnegie, of an artificial lake, has done wonders towards reviving the popularity of the sport; so taking everything into consideration, the college hockey season appears to be more successful than ever.

Neither have the athletic clubs been slow to take advantage of the many fine and interesting points of the game. Around the metropolis interest centers chiefly in the work of the Hockey Club of New York, the Crescent Athletic Club and the New York Athletic Club. All these clubs in the past have placed fast teams on the ice and this year is no exception to the rule. Although the Hockey Club of New York seems to have more new players than the other organizations, its record to date has been exceptionally fine, and I would not be at all surprised to see its team defeat the Crescents and the Winged Footers. The easy manner in which this club beat Yale and Princeton was a source of great surprise to everybody.

This year, and in the case of club hockey matches, there have been fewer importations of Canadian players than ever before. It was only a few years ago that the matter of the number of Canadians on our club teams became a topic of general discussion. But during the present year, it is noticeable that our teams are composed of American mater-

ial. True it is that the Hockey Club, of New York have a few new members from Canada, but we will have to overlook that fact. While there is no getting away from the fact that Canada is the home of the hockey player, still, in the future, I look to see fewer Canadians coming to New York for the reason that in Canada they have evidently solved the correct method of keeping star

Speaking about this same Association, brings to mind the wonderful results which it has accomplished. In its ranks are many of the leading basket ball teams. But it looks as if there is going to be considerable trouble between the A. A. U. and this organization, and can assert that the latter will declare its independence. One great trouble



Hockey Club of New York
Left to right, standing: Hazleton, Bryan, Clornau, Tyne
Left to right, sitting: Mackenzie, Russell, Harmon, O'Brien, Ellison

players in the country. It was only recently that the Hockey Association of Canada decided to withdraw from the C. A. A., for the Association saw that in order to keep its star players from crossing the border, it was necessary to form a new association something akin to the Protective Basket Ball Association of this country.

which exists at present is the playing of a basket ball team in an A. A. U. meeting and the next night under the Protective Association Rules. It is evident that this paradox cannot exist much longer. In time, I expect to see many A. A. U. teams coming over to the Protective Association's jurisdiction.

It is very peculiar that while Colum-

bia's president, Dr. Butler, is firmly against football, he has nothing against basket ball. As a matter of fact, basket ball is considered by many to be just as rough a game as football, but evidently President Butler does not think so. At any rate, Columbia is getting a call in the athletic world, for the manner in which the Blue and White athletes are playing, shows that they have a fine chance for championship honors. Columbia has already won the championship and it is this that has caused the players of Columbia in general to enter the field with great enthusiasm.

As Penn and Harvard are on the "outs" as far as athletic relations are concerned, there will be a greater hub-bub than ever in Basket Ball Championships. Still from the games that are yet to be played, we can get a good line on who really deserves the college honors.

Some of our college basket ball teams daily offend against the A. A. U. rules, and to those who follow the game this appears a huge joke. On many of our college team's schedules there have been games with teams who are not registered with the A. A. U. These latter cannot see the use of paying dues to an organization which already has become rich from the taxation of amateur athletes. When our foremost college teams play with these unregistered clubs they go outside the pale of the A. A. U. Of course suspension might be in order for the teams in question, but as it is an easy matter to say "I am sorry," in the majority of cases the college teams are reinstated by so doing and everything goes on as peacefully as ever until the next offense.

It was only recently that Yale played with the Naval Reserves at New Haven, an unregistered team. The management of the Yale organization apologized to the A. A. U. and everything was forgiven. For a long time there has been a breach between the A. A. U. and the colleges concerning basket ball, for it is the endeavor of the

A. A. U. to get full sway over all amateur organizations. But the colleges see things in a different light. They believe that they are perfectly justified in playing with whom they like, and it does not appear to them absolutely necessary that an organization is registered. All that the college men desire is to play square game and let the best man win. So just as long as the A. A. U. tries to dictate the policy of college athletics, just so long will there be trouble.

The following letter will be of interest as bearing upon the comparative swimming ability of Americans and foreigners:

Chicago, December 24, 1906.

MR. ARTHUR F. DUFFEY,
Editor The Athletic World.

DEAR MR. DUFFEY:

I read the following in Mr. Morgan's letter to you as printed in the January *PHYSICAL CULTURE* and having a ready refutation of the insinuations against American swimming, I offer it pointing out the weakness of the argument:

"Recently D. Billington, of Bacup, at the Ramsey Open Air Baths attacked J. Nuttall's (professional) three-quarter mile record of 19 min. 8½ seconds breaking it by over 16 seconds; doing the feat in 18 min., 51 3-5 seconds. Compare this with the work of Handy, of Chicago, who once made the claim of breaking five American and 13 world's records in New York and who lately took nearly 14 minutes to do 1000 yards. Billington was black-listed for taking part in a professional race in Paris."

Being the trainer of Handy, our distance champion, I am, of course, to be suspected of prejudice in favor of American swimmers, but that does not influence my ability to state facts.

The American record for three-quarters of a mile is 18:48 by Handy, 3 3-5 seconds faster than the figures Mr. Morgan boasts of. Fourteen minutes for 1000 yards or 14:04 to be exact is several seconds faster than 18:51 3-5 for three-quarters, aside from the fact that the 14:04 was made in a mile race. The thirteen records referred to—all that have not been bettered by Handy himself—stand to-day as the fastest times recorded in any country and supplanted figures set up by Joey Nuttall, of England and George Read, of Australia.

Very truly yours,
FRANK J. SULLIVAN.

A CLOSE SHAVE

Harris—"They tell me you had a very narrow escape from death."

Spurr—"Yes; they were going to

operate upon me for appendicitis, but they discovered in time that I hadn't the money to pay for it."—*Life*.