

PHYSICAL CULTURE

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

Vol. XVIII

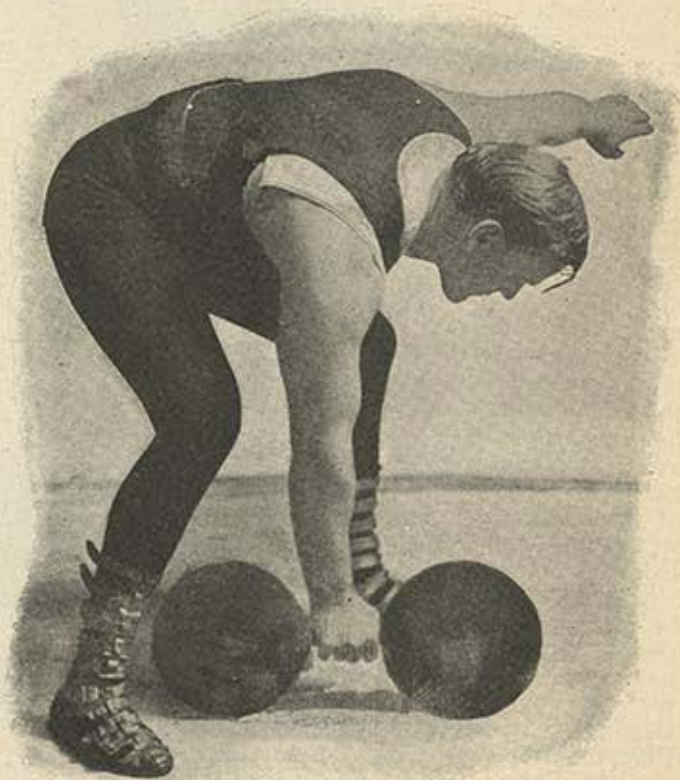
NOVEMBER, 1907

No. V

Right and Wrong Methods of Weight-Lifting

By BERNARR MACFADDEN

PROBABLY some of my readers will be somewhat surprised at the illustrations of heavy dumb-bell exercises in these columns. I would ask, however, that you will not be alarmed at the apparent size of the dumb-bells, inasmuch as their external dimensions do not necessarily indicate a corresponding weight. As a matter of fact, most of the very large dumb-bells commonly used for exhibition purposes are hollow. This does not always indicate that the "strong man" performance is a hollow sham, for there is usually sufficient metal contained in such a dumb-bell to require prodigious



Photograph No. 1.—This is the first position in an exercise that may be depended upon to develop very generally the muscles of the entire body, including the arms, back, legs, sides and abdominal muscles. There is one caution that you should observe when assuming the first position, to the effect that the **BACK SHOULD BE KEPT STRAIGHT**. It may even be advisable to bend the legs a little more than is shown above. Do not bend or arch your back, for in that case there will be a possibility of a strain. This exercise should be taken with both hands alternately. In raising the bell you will develop more strength—which is the purpose of this movement—if you begin the exercise by raising the weight slowly. (See next photograph.)

strength to hoist it high overhead. The reader, if he is not already aware of the fact, should also know that most dumb-bells intended for the use of young men endeavoring to gain strength, are hollow, and do not weigh very much until the user has filled them with shot, poured through small openings in each ball, in order to increase their weight to any point that is desired.

All systems of training by means of weight-lifting, depend upon the use of dumb-bells or bar-bells which are gradually increased in weight as the user gains strength, and inasmuch as it would be impracticable for one to buy a new pair of dumb-bells of slightly increased size every few weeks, naturally those who adopt this means of acquiring strength most commonly use a dumb-bell of the type mentioned, in which a half pound or a pound of shot can be added, when desired, to each ball. And by the way, considering the nature of the apparatus, one might more reasonably expect it to be called a "dumb-ball" or "bar-ball," rather than dumb-bell or bar-bell.

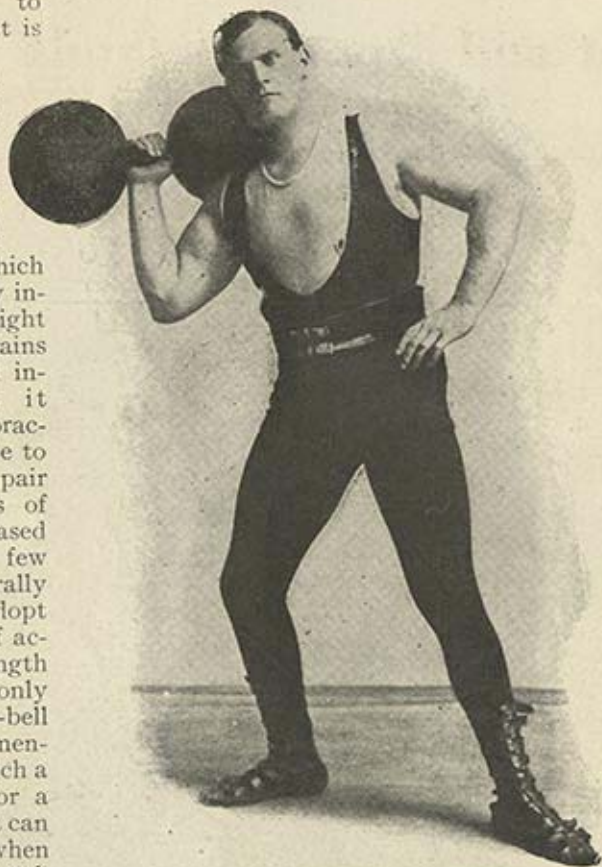
I am presenting these movements, together with comments in regard to the proper and improper methods of using

weights, chiefly as the result of many requests that I have received from readers in regard to the practice of weight-lifting as a means of developing strength.

As a general thing, I disapprove of weight-lifting. I have repeatedly condemned it in the past, owing to the manner in which the average enthusiast engages in it, frequently at the cost of vital energy, and sometimes at the cost of shortened life. However, I realize that to a certain extent, the trouble lies as much with the manner in which these weights are used, as with the weights themselves. Very frequently I receive a request from some young man who desires to develop muscular vigor to the utmost possible degree, and who perhaps wishes to give public exhibitions of his prowess, asking me for advice as to whether or not weight-lifting is injurious, and for other general in-

formation in regard to it. I am therefore presenting two articles, of which this is the first, knowing that they will not

only fulfill the desires of those who have made special inquiry along this line, but will enable me to give other readers additional information in regard to the general theory of muscular development and



Photograph No. 2.—This shows the second position of the same exercise. After raising the bell slowly from this first position it is brought to the shoulders. At this point you can pause a moment for the purpose of securing poise and balance, also gathering your strength for pushing the bell upwards. You will notice that in this case the body leans somewhat to the right side, that is to say to the side of the arm supporting the bell. (See next photograph.)

nealth-build-
ing.

There is absolutely no question but that the lifting of heavy weights tends to develop extreme muscular vigor. I wish to say just here, however, that it is usually possible by persistent application to resisting and tensing exercises, which I have elaborated in these columns in the past, to develop the muscular system to its fullest normal capacity, or in other words, to an extent equal to that which can be acquired by the use of weights. There is this difference, however, namely: that the resisting and tensing exercises referred to, furnish a comparatively safe method of building strength, whereas the use of heavy weights, unless much intelligence and care are used, is likely to result in a loss of vitality, and impairment of the general health to a greater or less degree.

To resume, weight-lifting will positively develop muscular vigor. If one wishes to acquire the ability to raise a weight of two or three hundred pounds high above his head, the best way to accomplish his purpose is to practice the raising of weights above his



Photograph No. 3.—This shows the final position of the dumb bell after it has been pressed upwards. Note that the body is inclined to the left. It may help somewhat when pressing up from the shoulder to move the body from right to left in this manner. It will also help you to balance the weight after you have raised it. It is particularly important that you keep your eyes on the dumb-bell continually in order that you may know just where it is and balance it properly. Lower the bell slowly to the ground and perform the same exercise with the other arm. Be careful never to use a bell so heavy that you would have difficulty in performing the whole movement slowly.

head, slowly, gradually increasing the weight that he uses, until finally he stands before the public as a "muscular marvel." Furthermore, I would say that it is impossible for a person, with

the use of light dumb-bells or by the practise of any kind of calisthenic exercises, to develop the muscular power necessary to handle

heavy weights.

In this respect, it seems that a large number of physical culture enthusiasts are very much mistaken, for I have frequently heard people who believe that the use of light weights is best, declare that one can develop by light movements such strength as would enable them to equal the feats performed by men who train with heavy weights. It may be true that the use of light weights is most advisable in all cases, and that they will enable one to develop a marked degree of constitutional energy, but the impression that they will enable one to ac-

quire the same degree of muscular power as heavy ones is an entirely erroneous one.

One may

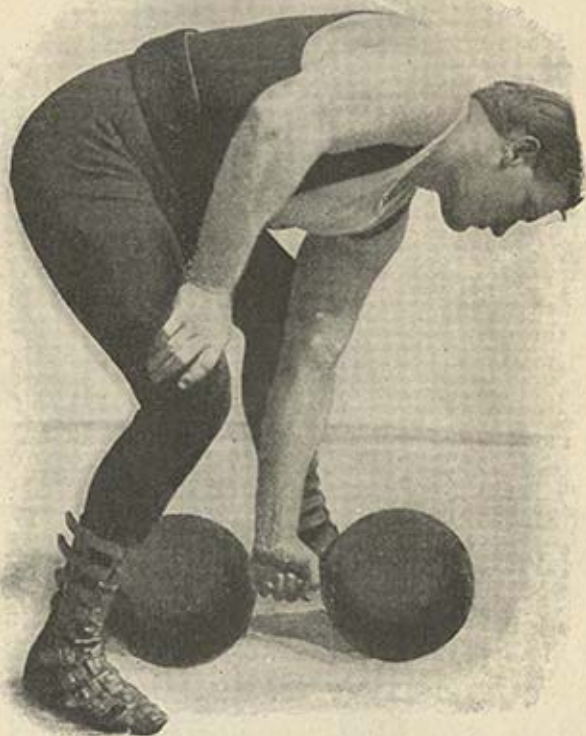
use two-pound dumb-bells, and in connection with such movements make a practise of tensing his muscles as he energetically "grips" the handles of the weights, and thus develop strength far above that which would ordinarily result from the use of such bells, but such movements should really be classed with the tensing exercises, rather than with light dumb-bell work.

It requires a severe effort, a powerful contraction of the muscle in order to develop and maintain the strength necessary for great exertions. Tremendous muscular vigor cannot be acquired by mild or moderate contractions of the muscles, no matter how often repeated. The use of light weights continued for hours at a time, would develop great endurance, but not a capacity to handle those exceedingly heavier.

Suppose we take, for instance, the use of a ten-pound bell. We will imagine that the individual is strong enough to raise this bell with one hand high over

the head just once. Now it will not require twice as much strength to raise it over his head twice. It will be rather a matter of good circulation, good heart action and good lung power, than of increased muscular vigor that will enable

him to raise it over his head many times repeatedly. It will need but very little more strength in his muscles to enable him to raise it over his head ten times or twenty times, than was required to enable him to raise it once. That is to say, instead of requiring ten times as much strength to raise a ten-pound weight ten times as it would to raise it once, it might take approximately ten per cent. more strength. From a superficial point of view, one might suppose that the raising of a ten-pound bell over the head ten times, would be equivalent to raising a one-hundred-pound bell over the head



This shows the position for making a quick lift to the shoulder, or for a "snatch lift." The illustration is similar to Photograph No. 1, but note that in this case the free hand is braced upon the knee, the legs being well bent. In making a quick lift the legs should do a large part of the work, giving the weight a great momentum in its upward course. The "snatch lift" consists in swinging the weight from the floor to a position high above the head, and if you will give a quick pull with the legs at the right moment you will find it comparatively easy to get the weight high above the head. If the dumb-bell is placed further back between the legs before starting the upward pull, you will be able to get a greater swing and perform it still easier. Perform the same exercise with the other hand, though always avoid a weight that is so heavy as to require your utmost effort.

once, but such is not the case. It would be necessary for one to practice raising dumb-bells of gradually increasing weight approaching very near the weight

of one hundred pounds, in order to develop the strength necessary to raise the one-hundred-pound bell. I hope I have made this point clear. I might say that a person could actually gain greater weight-lifting capacity together with the exceptional muscular development required for such an effort, by raising a one-hundred-pound bell three times in the course of the day, than by raising a ten-pound weight three hundred times, although this is not saying that he would be benefited in health, or acquire any endurance by such a course.

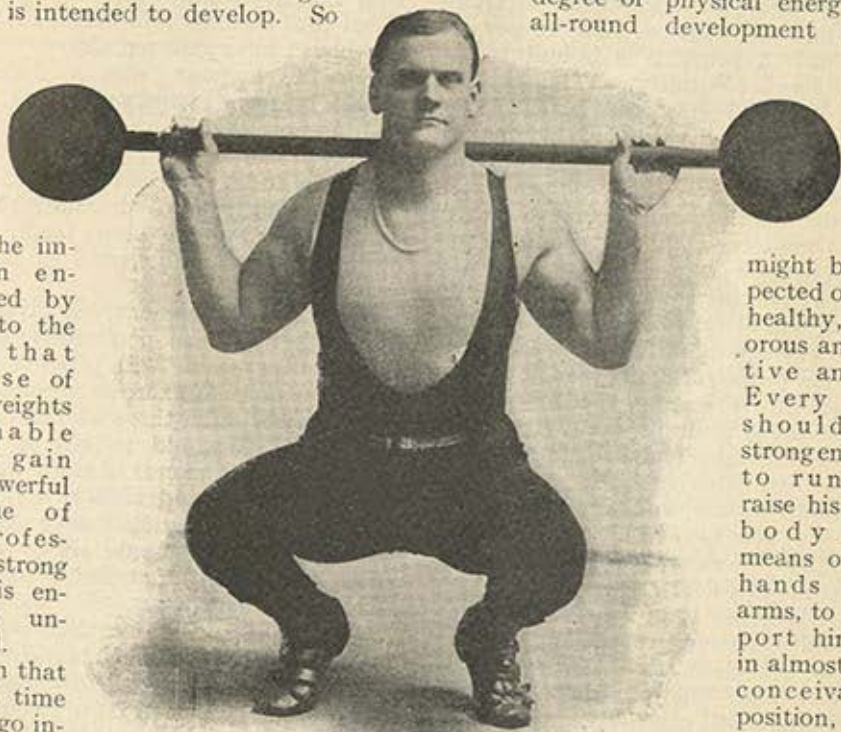
In the same way, in order to build vigorous muscular energy by means of the resisting exercises, it is necessary to make an effort with each exercise in proportion to the amount of strength that it is intended to develop. So

dumb-bells, not only because they are known to build strength, but because they enjoy that particular form of exercise. To such particularly, these suggestions will be of value. For others I would say that the following directions will also be of more or less benefit as a means of furnishing variety to their usual exercises, building strength and at the same time avoiding any of the injurious results which are known to frequently follow the intemperate use of weights.

It is natural that every normal man should have strength. I do not mean by this the abnormal muscular development which one sometimes goes to a theatre to witness, but merely that high degree of physical energy and all-round development which

that the impression entertained by many to the effect that the use of light weights will enable one to gain the powerful physique of the professional "strong man," is entirely unfounded.

I wish that I had time here to go into a more detailed discussion of this entire subject, but space forbids. I would say that there are many who insist on using



Photograph No. 5.—This shows a splendid exercise with the bar bell for strengthening the legs. First raise the bell above the head, then let it rest on the shoulders back of the neck. With the bell in this position bend the knees and lower the body to the squatting position shown above. Then rise to a standing position again and raise the body high on the toes. Repeat the exercise until tired. This movement is effective without the use of a bar-bell, but will develop exceptional muscular strength in the legs when using some added weight, as in this case.

might be expected of any healthy, vigorous and active animal. Every man should be strong enough to run, to raise his own body by means of his hands and arms, to support himself in almost any conceivable position, and also to handle conveniently the weight of other bodies similar in weight to himself, as for instance the weight of another man. It is true also

that every woman should have strength enough to fulfill these requirements. As a means of developing such vigor, the proper and intelligent use of weights is permissible.

The average enthusiast makes the one great mistake of attempting to lift a weight which taxes his powers to the utmost. If he finds one weight comparatively easy to handle, he immediately secures another considerably heavier, and in the effort to lift it, he is compelled to strain every muscle and fibre of his body to the limit of its capacity. Such an effort always involves a tremendous expenditure of nervous energy, and when undertaken by one who has not a vigorous constitution, is likely to result in a sensation of trembling and exhaustion. In course of time, such a practice is bound to result in loss of vitality. The exceptional demand upon the vital organs of the body will be inclined to weaken them, and though it may be a matter of many years, still, in time, such demands upon the system will make themselves felt, and these organs will deteriorate.

It may be true that for all of this, the "strong man" may live nearly as long as the average man, for the reason that common errors of living, such as the practice of over-eating, the use of stimulants, dissipation of every kind, the lack of pure air, and other similar influences are also inclined to tax the functional system, and similarly shorten life. And it is also true that the neglect to exercise, in other words, living a life of virtual physical stagnation, is often as bad or worse than the overuse of the muscular system referred to above. But nevertheless, that does not alter the fact that the practice of weight-lifting may be injurious and entirely inadvisable, except when very carefully followed out according to the manner that I will suggest.

I have a great many other comments which I would like to make here, but I will have to postpone them for my article next month. But I wish especially to say that weight-lifting may be practiced without injury, provided one is careful to use dumb-bells of such moderate weight, that they can be

handled easily. Let this be your guide. Always keep well within your strength, and be sure that you can enjoy every move you make. Do not approach it with the spirit of a conqueror and master one weight after another, each one greater than the last, as a means of demonstrating your grit, determination and exceptional mental strength. This may be very heroic, but equally unwise. I suggest that you never handle any weight that you cannot put up if necessary at least twelve or fifteen times in succession, and then avoid exerting yourself to the limit. For instance, if you can put up a certain weight twenty times, then put it up only ten times, which would be sufficient to tire your muscles somewhat, but not bring about that state of complete exhaustion to which I have referred above.

For the average man a dumb-bell weighing from twenty-five to forty pounds, preferably the lesser weight, would be satisfactory for all ordinary purposes, and if used as illustrated in the photographs presented herewith, will enable him to develop back, sides, stomach, chest, arms, and in fact the entire body.

The first movement, illustrated in three photographs, performed by both hands alternately, will provide a very excellent general exercise for the entire body. Naturally, those who are already very strong, would require a weight considerably in excess of that just mentioned, but should always be careful that it can be handled with ease and comfort. There should never be any of that sensation of straining to the full extent of one's powers.

I would also call attention to the fact that one who uses such weights in the manner that I have described, should also make a special point to use a variety of other exercises which are conducive to activity, and the development of endurance.

Mr. Warren L. Travis posed for the photographs. He is a remarkable example of a healthy athlete, and a man of clean habits. We will try to say more about him next month. But in the meantime his photographs speak for him. He is mentally and physically, every inch a man.



This is Baron Jean De Bellet, of Paris, Executing Figure Skating of a Graceful Order

Skating as an Ideal Sport and Exercise

By JAMES T. WARREN

FROM a physical culture standpoint, skating is an ideal recreation, inasmuch as it is practiced in the open air, affords one's muscles and mind capital exercise, and breeds strength, health and grace. We need hardly remind the reader that these admirable qualities are more or less in evidence wherever there is frozen water and a crowd of skaters upon it. One only has to note the wholesome glow on the cheeks, the sparkle of the eyes, the ready laughter and the untiring effort of those "shod with the ringing steel" to realize that skating, unlike a good many other sports, is a practically perfect physical culture pursuit.

We shall try to say something in this article about the history of skating, and what a beginner should do when he is in the early stages of the art. Of course, the subject cannot be fully covered within the limits of the space available, but we think that we shall be able to say enough about it to excite the interest of the novice, and perhaps add to the

number of those who know the joys of gliding along almost without effort, and certainly with physical benefit.

It has been said that flying is the "poetry of motion," and the statement is, without doubt, true. But up to the time that man has conquered the air with the aid of aeroplanes, or some other device for enabling him to cleave the atmosphere, skating is the next thing to actual flying, and in point of beauty of movement is a close rival to the latter.

There are historical records which go to show that skating in some form or the other has been in existence for a thousand years or more. It is said that the birthplace of skates was in Northern Europe, where the old time Swedes, Danes and Dutch were accustomed to skim over the ice on runners of wood or bone. Later, the sport was introduced into England and to-day it is known in every country in which the climate permits of the formation of ice.

In further allusion to its antiquity, in the "Edda," which as the reader may

know, is a collection of Icelandic literature gathered together by Saemund the Wise, and which dates back to the ninth century, there are several interesting references to skating. One of the gods of the ancient Northland named Uller was represented in mythology as being famous for his arrows and skates. A writer of the twelfth century, Fitzstephen by name, definitely states that skating was introduced into England from the Low Countries, now Holland, and he gives some interesting details of the sport as it was then known.

In the early days of the art of skating,



Champion Fuchs, of Munich, Doing a Clever "Rocker"

the implement used was the brisket-bone of the ox, fastened to the sole of the foot, and around the ankle by straps. The skater was armed with a stick which had an iron point, and pushed himself forward with its assistance. In the museum at Cambridge, England, are the bones of a red deer, ground and shaped for skating purposes, and similar relics are to be found in the British Museum and the Guild Hall, both in London.

The wooden skate, with its runners of iron or steel, is a fourteenth century invention. They are apparently of German origin, and were called "Scrickshoes." In form they were longer than those of to-day, and the irons or blades were turned up very much higher in front.

In 1572 a Dutch fleet was frozen in at Amsterdam, whereupon Don Frederick, a Spanish commander besieging the town, sent a number of soldiers to capture the vessels, but the Dutch musketeers strapped on their skates, slid forth on the ice, and successfully routed the invaders.

The old home of skate-racing is said to be Holland, although it was developed in England in an organized form. The first race of which there is any record in the latter country, took place in 1723, the distance covered being five miles, the prize a bowl valued at \$125, and the place Maze Lake, Hertfordshire. Six competed, the winner being a person named Blenkinsop. This much is told about the contest, because from it, dated all those notable events which are of interest and are on record, in the skating worlds of England and the United States.

We need not trace the history and development of the sport in the English speaking countries, but this aspect of it may be dismissed with the remark that Canadian, American and British skaters are among the most expert in the world, and have the added qualities of grace and dexterity, which are factors in an ideal skating champion.

And now for a few hints to beginners. In the first place get a good pair of skates. A cheap or badly made skate is not only unsatisfactory so far as actual work is concerned, but it leads

to discouragement, disappointment, and very often unnecessary tumbles, to say nothing of actual injury to its owner. When you think of the strain that is put upon it, you will begin to realize that it must be well and faithfully made or else something is liable to go wrong with it, and disaster follows.

The plan for the novice to follow under ordinary circumstances is to buy of a reliable firm a skate which has a reputation. Naturally this will mean the expenditure of a little more money than if the skates were cheap, but such expenditure will be found to be the most economical in the long run. Cheap goods are never cheap, by which is meant that skates which have a reputation to maintain are necessarily dearer than those which have not a reputation. You will see the point, I have no doubt, and I trust that you will act upon it.

While almost anyone can learn to merely go over the ice on steels, yet to become an expert skater, necessitates your being in good physical condition. And to secure this desirable state of body, you should practice physical culture, insofar as its dietetic, breathing and general exercises are concerned. Of course, skating in itself is a physical culture exercise and as already intimated, will breed much benefit for you. But you can hardly enjoy the sport to the full, or reap all the results which it can afford you, if you have not a more or less sound body in the first instance. In other words, you should do some training for skating by beginning the practice of the art with muscles and the physical system keyed up to the power of exertion which it will call for.

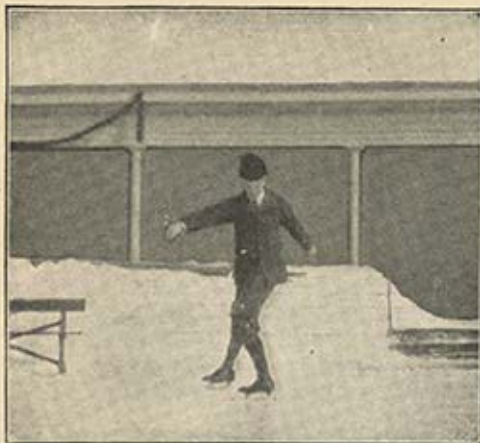
There is no royal road to the sport so far as the avoidance of falls are concerned. Make up your mind that you are occasionally going to find yourself sprawling on the ice, either on your back, on your face, or on your side, and in most cases, the position assumed will appear undignified, not to say uncomfortable. But if you are of the right sort, you will pick yourself up with a laugh, give yourself a shake, go at it again, and it will not be long before you will find that a spill will be the exception much more than the rule. We need hardly remind you, that a fall on the

ice rarely leads to harm because the elastic surface "gives" to the impact of the body. The only exception to this is where there is a general mixup, when you are apt to receive a blow from a skate. This only applies to races, hockey games, etc., in which there are a number of persons in close proximity. Altogether, the element of danger is, in the case of the beginner, reduced to a minimum.

It is most important that from the very first a novice should study "form." It is not meant by this that you should slavishly copy other people, because



Another Intricate Modification of the "Rocker"



Here is an Exhibition of the "Bracket"

everybody has some individual peculiarities in his physical makeup which very often will prevent a close imitation of somebody else. Nevertheless, it is well to study the form of skaters of prominence, in order that you may note in what way they differ from mediocre skaters, and in what respects they are unique. When you "catch on" to their characteristics, see if they are adapted to your physical makeup, and if so, it is well to make use of them. On the other hand, if they make you feel awkward, abandon them and be yourself, so to speak.

The main essentials of correct form are a proper pose and the correct stroke. Whatever you do, avoid a jerky, short, spasmodic stroke. A long, strong glide, perfectly balanced, is the ideal way of going over the ice. There are occasions when it will be absolutely necessary to shorten or jerk the stroke, but in general, the long stroke is the one that tells, and at the same time, it does not necessarily tire one's muscles, affect the wind, or spoil that perfect control of the body which every skater must possess. All this is saying nothing about the loss of speed that is the outcome of a short, irregular stroke.

Do not be in too much of a hurry in regard to becoming an accomplished skater. And don't forget that if, in the first instance, you neglect or ignore those elements upon which fine and speedy skating rests, you will have to

learn all over again and may perhaps never be able to properly overcome the initial blunders. Therefore be content with gradual progress. Every time that you detect a fault in your methods, seek to correct it before you do anything else. Watch yourself closely, watch experts, and do not hesitate to accept or court the criticism of those of your friends who know their business on skates.

After a time that which was at first difficult, will become instinctive with you, and then it will be that you will enjoy to the full, the glorious, exhilarating work of speeding over the ice with your powers unimpaired, and your feet unchecked by improper form.

As far as you can, avoid rink or indoor skating. I do not mean to say by this that I do not believe that these places are very good in their way. But remember, that skating is normally an open air sport, and that no small portion of its benefits arise from that fact.

Good lungs are an essential to a skater, and these demand as much fresh air as possible. In fact it is this quality of breathing deeply of pure air that results in the skater being so free from pulmonary disorders, and a fine healthy fellow in general. Now a rink, even at its best, does not furnish that supply of pure air which is so needful to the participants in the sport. Hence, and as I have already said, rinks are to be



A Sensational Feat in Figure Skating



A Well-known Woman Skater "Coming Out" of a Loop

avoided, unless it is impossible to reach a frozen lake, river or pond. Besides that, in the case of open air skating, the senses are exhilarated in general, and much good is the outcome thereof. As a proof of this, all of the speedy records have been made in the open.

As soon as you have obtained a reasonable control of your skates and a fair amount of speed when using them, begin to form the racing habit if you feel that way. This is said because racing develops the possibilities of the sport to the utmost, not only as far as speed is concerned but in other ways also.

A skating champion is, in nine cases out of ten, the liver of a physical culture life. He knows that in order to excel he must be sober and abstemious; that he must avoid all habits which tend to lower his endurance or interfere with his wind, or in other ways detract from his physical possibilities. In short, he realizes—and he practices his realization—that a skating championship can only be acquired and held by a man who is as Nature intended him to be, as far as his nerves, muscles and organs are concerned. Hence, the educational value of skating and its unbounded endorsement by this magazine.

As to costume, much may be left to the discretion of the skater, but when it is said that it should be of such a sort that it does not interfere with the free play of his body, that it should not unduly heat him, and that it should be suited to the occasion, all that need be

said has been said. Naturally, a racing contest will call for a costume which is somewhat different to that which can be properly worn in the case of practice. But again, a reference to an expert will tell you in detail all about this aspect of the sport.

An authority on the matter in a series of "Don'ts" for skaters says among other things:

"Don't fail to breathe deeply and regularly."

"Don't hold your head up. The lower your body is, the less resistance it offers to the air."

"Don't neglect to watch carefully the ice in front of you. A small crack or a tiny twig may suffice to trip you."

"Don't wear garters or suspenders in contest. They hinder movements of muscles, and retard circulation."

"Don't forget, if your ankles are weak, to brace them with strong supporters, in addition to mere straps."

"Don't smoke or chew tobacco, or drink intoxicants. Champion Tommy Nilsson once said 'I never smoked a cigar or cigarette, or drank a drop of whiskey in my life.'"

"Don't fail to get a good night's rest before a race and of course do not overload your stomach."

"Don't be over-confident, especially at the finish, even when you consider yourself to have a commanding lead. Maintain your highest speed throughout. Many a race has been won and lost in the last fifty yards by slackening up



This is a German Expert Showing Admiring Spectators How to do a "Spread Eagle"

and casting a triumphant smile backwards. In such instances very often a strong finisher will go by on the jump and corral first honors."

Morris Wood, the national amateur champion speed skater, says: "Proper training is the secret of speed skating, after, of course, the principles of ice-craft have been mastered. As far as food is concerned, I do not go to excess in eating pastry, candies or extremely starchy foods. I eat simple things that do not keep me awake at night.

"Every skater with speeding ambitions should sleep not less than eight hours every night. Cigarette smoking is fatal

Figure-skating is a most fascinating form of sport, not only as far as the skater himself is concerned, but to the spectators also. The marvels that can be accomplished with the blades in this regard are as many as they are extraordinary. In regard to figure skating the following extract from one of the articles in an authority on skating is not only most pertinent, but is very interesting:

"The figure skater is more of what might be termed an artist than is the speed performer. He is credited in competitions for the carriage and balance of his body, the facility with which



Photo by Graflex Camera

Day, Ice and Man in First Rate Condition

to his aspirations. Deep breathing is essential to speed and lasting powers, therefore anything that harms the lungs immediately decreases swiftness. Walking and running are admirable exercises for the skater. A skater, if he desires to excel in racing, should train so as to acquire supple, elastic muscles, rather than those which harden and knot the tissue. Athletes quick of movement are never adorned with heavy, iron-like muscles. In skating in particular, elastic muscles are essential—muscles that flex readily and will lend themselves, and assist in all sorts of movements."

he cuts figures, the accuracy of his strokes, etc., etc. His racing brother, on the contrary, wins by crossing the finish line first, irrespective of the technical perfection of his stroke, or the degree of development toward the mastery of what constitutes good form. Of course, the carefully trained, scientific racer economizes in strength and wind by following approved, and hence, improved methods, but his glory and gold medals are the rewards of strength, speed and endurance, nevertheless.

"The beginner in figure-skating finds the approach of this fascinating pastime hedged by difficulties. Unless he is de-

terminated to succeed he will never rise above mediocrity, which condition every right-minded person should abhor in any branch of endeavor. First, the beginner must learn what to do, next how to do it, and then, how to do it perfectly. Lastly, he must practice faithfully, so that his muscles will receive necessary training, that his balance and poise will be improved, and his knowledge of figures made comprehensive. One figure leads to another, just as arithmetic paves the way for algebra and geometry in school. Simple strokes graduate into the combinations and thus in turn, merge into the complex. Only he that has a trustworthy knowledge of the skating alphabet, will force himself into the higher circles of competition and accomplishment. Therefore, take time by the forelock and build your reputation on a firm foundation.

"Imitate the leaders" is the rule laid down for beginners in many lines of athletics, and to some extent, it is a good one for ambitious figure skaters. Single out some expert and watch him so closely that he may suspect you of being a detective on his track. But do not sacrifice your own individuality in your style."

The practice of skating requires that those who wish to be proficient should begin at an early period of life and endeavor to throw off the fear which always attends the commencement of an apparently hazardous amusement. The beginner, however, though fearless, must not be violent. He will probably, on his first essay, scramble about for a little while, during which he must not let his feet get apart, and even more carefully keep his heels together. He must also keep the ankle of the foot on the ice quite firm; neither should he attempt to gain the edge of the skate by bending, as is commonly done. The only right mode to either edge, is by the inclination of the whole body in the direction required. The leg which is on the ice, should be kept perfectly straight, though not stiff; the toe pointing downwards and the heel about twelve inches from the other. Look not at the feet to see how they perform; keep the body and face rather elevated. When once off, bring both feet up together, and strike

again when steady; but do not in these early practicings allow both feet to be on the ice together. As the legs are raised, so must be the arms, but contrariwise, so that the arm and leg of the same side be not raised together. Practitioners will soon acquire a facility for moving on the inside, and when they have done this, they must endeavor to acquire the movement on the outside of the skates; which is nothing more than throwing themselves upon the outer edge of the skate and making the balance of their body tend toward that side. At the commencement of the outside stroke, the knee of the employed limb should be a little bent, and gradually brought to a rectilinear position when the stroke is completed. Care should be taken to use very little muscular exertion, for the impelling motion should proceed from the mechanical impulse of the body thrown in such a position as to regulate the impulse. At taking the outside stroke, the body ought to be thrown forward easily, the unemployed limb kept in a direct line with the body, and the face and eyes looking directly forward; the unemployed foot ought to be stretched toward the ice, with the toes in a direct line with the leg. At the time of making the curve, the body must be gradually and almost imperceptibly raised, and the unemployed limb brought in the same manner forward, so that in finishing the curve, the body will be bent a small degree backward, and the unemployed foot will be about two inches before the other, ready to embrace the ice and form a corresponding curve. The movement of the body also deserves attention.

Once more and finally, be sure that your skates are good ones. So much depends upon them that the writer has no hesitation in impressing the fact just stated on the mind of the novice. It is better not to attempt to skate at all than to use cheap skates, that is if proficiency is desired, and as you know, anything that is worth doing at all is worth doing well.

The illustrations used in connection with this article are from a capital little work on "International Figure Skating," published by Barney & Berry, skate manufacturers, of Springfield, Mass.

Railroad Dust and Cinders a Menace to Life

Only the Callousness and Cupidity of Certain Transportation Corporations Prevent the Elimination of this Grave Danger of Travel

Any of my readers are invited to furnish particulars giving the name of the railroad companies on whose road they have travelled and suffered from dirt and dust. If you are about to take a trip on any road you know to be especially lacking in protecting its patrons from dust and cinders, thoroughly dampen a piece of paper or white cloth and place it where it can come in contact with the former. Send this to me, stating the length of your journey, and I will have it reproduced for the benefit of our readers.—BERNARR MACFADDEN.



This is a picture of a "clean" handkerchief, which was simply pressed on the window sill of a car of a famous railroad that has a terminal in Jersey City. The car was about to start westward.

IN some matters which relate to the rights of the individual or of the community, railroad companies exhibit a carelessness or disregard which would do credit to a congregation of habitual criminals. This may seem to be strong language, perhaps, but the fact remains, and it is with one such phase of inhumanity that this article proposes to deal.

Now, in the case of most large communities, the municipal health laws are such, that if you attempt to shake your rugs, or sweep your carpets in the open, or brush off the sidewalk in front of your store or dwelling place after a given hour in the morning, or before a given hour in the evening, you are subject to fine and imprisonment. The reason is sufficiently obvious. In the very early part of the day or a very late portion of the same, there are practically few passers-by who are liable to inhale the harmful dust and disease bacilli which are to be found in every sweeping or shaking. Again, if a municipality should decline to water its streets in summer, or cleanse them of dirt during any part of the year, or neglect to remove the garbage, the citizens would in all probability jog

the conscience of the local authorities with the aid of an appeal to the Governor of the State himself. And the housewife who would let dust accumulate upon her furniture or hangings or bric-a-brac, or permit dirt to begrime the windows of her flat or house, would be very properly treated to that criticism by her neighbors which her laziness or neglect warranted. In each and every instance the danger of letting dust or dirt accumulate or charge the air, is instinctively recognized and, as far as can be, is guarded against.

But a great many railroad corporations apparently consider themselves to be above moral, municipal, and hygienic law in this respect. True it is that there are some who, through motives of policy, self-interest, or—let us be charitable—human feeling, have adopted precautions to the end of preventing their patrons from being blinded, suffocated or poisoned by that influx of dust, dirt and filth which is so manifest in the case of the passenger coaches of a good many of their rivals. It is pleasant and proper to add, that this policy of cleanliness and decency has almost invariably proven to be a profitable one. For instance, the passenger, and for that matter the freight, traffic of a certain line which emphasizes the fact that anthracite coal is used exclusively in the fire-boxes of its locomotives through the medium of advertisements of a snowily-clad and pretty young woman has, so it is said, increased by leaps and bounds within the past few years. Honesty is the best policy even where a railroad corporation is concerned—the honesty which recognizes the fact that passengers are entitled to something more than mere transportation; or, to put it another way, that a railroad has no right to subject its human freight to discomfort and dangers for which there is absolutely no excuse and which are the outcome of the stupidity and cupidity of the offenders.

Very recently, the writer had occasion to take a somewhat long trip over a well-known railroad system. A passenger car which was boarded at the depot at Jersey City early in the day, already had a sort of grimy grittiness about its woodwork which told that

although it was to be presumed that it had only recently passed the ordeal of the cleaner it was nevertheless rapidly acquiring a quota of dirt, and gave promise of what was to follow in the way of added grime. A tap on the cover of the seat or back-rest was followed by a little puff of pungent dust which would have horrified an apostle of the disease germ theory. Women who entered, drew their fingers cautiously across the window sills, that is, if they were habitual travelers on the road. Others, unused to the railroad's methods, if they uncautiously rested hands or elbows on the sills, withdrew them with an exclamation of annoyance and disgust when they saw the condition of their flesh or sleeves.

Presently the journey began, and almost simultaneously the smokestack of the locomotive vomited volumes of black, evil-odored and dust-laden vapor. As the journey proceeded, the dust layers on the seats and sills and other holding spots increased in thickness and the atmosphere grew more and more trying to throat, bronchial tubes and lungs. Once out in the open, the dust raised by the swiftly speeding train was added to the unceasing output from the locomotive. To open a window was almost impossible because of all this. The passage of the conductor from car to car was followed by an incoming puff of irritating substances, which resembled an Australian sand-storm on a small scale.

The effect on some of the passengers was pitiable. A young woman with a thin, drawn face and a hectic flush, wheezed and coughed painfully without cessation. Others breathed in short gasps. A baby cried weakly as the clouds of dust penetrated its tender lungs and finally began to exhibit signs of incipient suffocation. The linen of the passengers was speckled with soot and their faces were streaked and blotched by reason of the combination of dirt and perspiration. Most of them had dust rings under their eyes that gave them the appearance of having had those organs "made-up" for a theatrical representation. It was a question of being semi-suffocated through the inability to open the windows, or being

partially choked by the dust that entered when they were raised. And I caught myself pondering upon the percentage of sick men and women and babies and even deaths that would be the outcome of that single trip, and I wondered why the railroad should be exempt from those penalties which are awarded to the negligent neighbor,

store-keeper or Street-Cleaning Department.

Lest people think that I lay too much stress upon the latent harmful possibilities of dust inhaled and acquired through the medium of such a railroad journey as I have spoken of, let me give you a few facts regarding it—this "matter in a wrong place," as dirt flying



Here you see a reproduction of a young woman's hand that had touched the woodwork of a railroad car that had been "cleaned" prior to starting to Albany. Grimy dust is what is seen on the fingers.

or at rest is scientifically characterized. First of all, I will tell you something about the composition of the dust which one encounters on the various ill-provided railroad systems; and secondly, I will endeavor to show you how, by a very little expenditure of money and humanity, the conditions which you are now called upon to face in connection with a passage over one of these same systems, could be easily eliminated.

The dust that soils your clothes and chokes your respiratory tissues, is composed of small carbon particles commonly termed soot; matter from the roadbed and rails consisting almost entirely of fine particles of stone and steel, the former usually very hard and with sharp edges and the latter answering the same description. There is also a certain percentage of finely granulated coal which has been blown out through the locomotive smokestack in an unconsumed condition. And there is the dust of clay, of decaying vegetation, of the excreta of animals and birds and, where the railroad runs near the seashore, of various salts which, when dissolved in secretions of the body, cause a chemical irritation. There is furthermore, the pollen of various plants, which to susceptible individuals, is capable of inducing inflammation or congestion of some of the mucous membranes of the body. I know one or two persons who, after a railroad trip, invariably developed symptoms of maladies akin to hay fever.

The diseases which an exposure to railroad dust causes or develops are, according to medical authorities these: Conjunctivitis, or congestion of the external membranes of the eyes; inflammation of the nasal mucous membrane; rhinitis; laryngitis; consumption; bronchitis; pneumonitis and catarrh of the upper air passages due to mechanical irritation resulting from inhalation of dust. Thanks to the wonderful mechanism of the body it usually has ways of getting rid of the harmful particles, but in some instances the seeds of chronic disease are sown by transportation over a railroad of the type in question.

In the case of the eye, the organ is washed out by the constant flow of

certain liquid secretions, which carry the foreign bodies to the nasal cavities from whence they are blown out with the nasal mucus. From the bronchial tubes, they are removed by what are known as ciliated epithelium—tiny, thread-like bodies which are in constant motion, and when there is enough mucus and intrusive material gathered together, they are expectorated. What little remains, however, is carried to the lymph channels or lobes and there is apt to accumulate, working, in some cases, much harm.

All this in the case of a healthy person. But in the instance of an individual with a tendency to disease, the results are apt to be otherwise. In other words, railroad dust conveys to the soil, so to speak, of a constitution which is below par, the seeds or germs of bacilli of one or one-half dozen maladies.

Remember that this is no mere theorizing. The effects of the inhalation of dust of various forms, are so well recognized that they have received specific names. Thus a general deposit of dust in the lungs is known as pneumoconiosis. But special names have been given to those maladies which arise from a deposit of a special sort of dust. When it is found that the lungs are suffering from an inhalation of coal dust, the malady is known as anthracosis. Where the trouble is due to metallic dust it is known as siderosis. If stone dust is responsible the complaint is christened chalicosis, where clay is concerned, it is called aluminosis.

The soot particles in ordinary railroad dust are, in a sense, the least dangerous of their fellows, as the particles are finely divided and have rounded edges. But in the case of coal dust it is different, as, under the microscope, it resembles a fine powder with sharp, cutting edges. It should be noted in this connection, that in spite of what has been said about the removal of dust from the tissues of the body by natural means, there is nevertheless, a tendency on the part of portion of it to remain. Thus the lungs of a coal miner are almost invariably of a blackish appearance and not infrequently tough and gritty simply on the score of the fine particles of coal

with which they are charged. Something of the same kind of thing is to be found in the lungs of workers in stone, and metal grinders, who by the way, suffer more frequently from bronchitis and lung diseases than do the members of any other known trade. It is also a curious fact that the lungs of the makers of rouge are invariably of a peculiar red color, due to the inhalation of the material. In each and every instance where the workmen labor in an atmosphere charged with dust of any kind, pulmonary tuberculosis is frequent amongst them, as is also pneumonitis. The physiological explanation is, that the inhaled particles fill up the cells of the lungs so that large areas of the organs are converted into a sort of hard substance with no apertures in them. This condition is known to scientific men as chronic interstitial pneumonitis.

But—and we ask the reader to particularly note this fact—such a condition is not nearly as frequent as it was formerly, owing to the fact that in almost all factories in which the trades in question are pursued, precautions are taken to prevent the dust from reaching the workers' lungs, either through the medium of fans which blow the atoms away from his face, or by filters adjusted over nose or mouth, or by some other devices. In other words, employers of these men have exhibited a humanity which is absent in the case of various railroad companies.

Owing to the delicate organization and the constant exposure of the respiratory tract, the latter is particularly susceptible to the influence of disease germs and irritating substances. Of course, if the individual has nominal constitutional vigor, he may pass through the siege of exposure to dust without permanent harm, although with present discomfort. But unfortunately, such an ideally healthy individual is more or less of a rarity. The average man or woman is generally below par and as a consequence, his or her system is in a receptive condition for the germs of sickness. Herein lies the danger of an ordeal such as the railroad companies in question, subject their passengers to.

Now all these menaces to health, life and garments, might be easily removed if some railroad corporations could be persuaded to cut down their dividends a trifle and place themselves upon the humane plane of some of their rivals. For instance, the soft coal which is used on some of the Eastern systems, and which is responsible for no small portion of the dirt, discomfort and danger alluded to, need *not* be used. The anthracite mines of this country are yielding a bigger output than ever, and hence there is no scarcity of the coal. But anthracite is a trifle more expensive than soft coal and so, to use the words of a late financial magnate, "The public be d—d."

As has been intimated, it is not every railroad line that in this respect, so utterly disregards the comfort and the rights of its passengers. But these exceptions to the rule only emphasize the callous brutality of the other lines. But it is comforting to know that, whenever or wherever there are railroads in competition, then that one of them which ignores the first principles of decency and humanity, always suffers in the way of revenue and reputation. Contrariwise, the line that, from whatever motives, recognizes the fact that human beings have a right to comfort, happiness and life, and arranges its cars on that principle, is invariably rewarded in financial and other senses.

It is to be remembered that this is not the protest of a single passenger. There must be hundreds of thousands of individuals scattered over the United States who have suffered in silence in the way told. We invite these to break this silence through the medium of the pages of this magazine, and we shall be equally glad to hear from those others, who are in a position to testify to the consideration shown travelers by the railroad corporations who evince a humane interest in the persons whom they transport.

This publication is the medium of health, and consequently anything that affects health either for good or for evil is appropriate in its pages. For this reason then, we invite letters and communications from our traveling readers as told.

The Confessions of an Insane-Asylum Keeper

By ONE WHO KNOWS

Revelations Which Should Touch the Hearts and Prick the Consciences of the People at Large—The Average Asylum is a Veritable Hades of Cruelty and Brutality.—This is the First Installment of these Exposures and the Infamy to be Revealed During the Series is as Heartrending as it is Appalling.

This series of articles is founded on information given us by a resident of New York City, who for many years acted as keeper in a number of insane asylums—State and private—in various portions of the country. Like a good many other individuals he was by force of circumstances compelled to follow an occupation which he heartily disliked. It was not until recently that the opportunity came to him for which he had for long been desirous, namely, the following of another avocation. The position which he now holds, brings him into contact with men of more or less prominence, including a number of politicians. It is for this reason that, at his earnest request, we do not use his name in connection with the articles, for were his identity disclosed, it would in all probability, mean his dismissal within twenty-four hours. As he has a wife and family to support, it goes without saying that this would be a very serious matter for him. As our readers probably know, or ought to know, there is a close intimacy between lunatic asylums, or other institutions for the treatment of the insane and politics. Indeed, if it were not for a certain and criminal class of politicians, the mismanagement and horrors of the average asylum could hardly exist. Without going into a detailed explanation as to why these institutions are so closely identified with politics, it may be said in brief, that for many reasons they afford ample opportunities for "grafting," for the installing in office of "healers" whom it would be impossible to place in a position of the ordinary sort, and if many tales to this effect are to be believed for the "putting away" of undesirable and helpless individuals—all of which things are looked upon as legitimate perquisites or powers by politicians of the type to which we are alluding. It follows then that if such politicians knew who the man was who has furnished the information in question to PHYSICAL CULTURE, there is no doubt whatever but that he would be "fired" from the position which he now holds at the very earliest opportunity. And what is more he would probably find difficulty in obtaining work in any of the larger communities of New York State. We say this because we do not as a rule, believe in publishing anonymous articles. Our readers are usually entitled to a knowledge of the name and standing of the author whose pen-products are presented to them. But in this case it is different. And hence this explanation. In the meantime, however, we beg to assure our readers that we have taken pains to investigate the truth of the statements which will be made in this series of articles, and we give our personal pledge that they are true in each and every instance, in large and small detail. It need hardly be added that we are in close touch with the author, and if the time ever arises that it is necessary to produce him, we are in a position to do so.

For a long time we had been trying to get definite and detailed information regarding insane asylums, but failed to do so. The medical men who had been identified with these institutions would not, for obvious reasons, confess to any wrong doing, while the minor employees were in nine cases out of ten, so ignorant and untrustworthy, that we did not feel justified in accepting the facts which a great number of them were ready to tell, and which although we knew to be true, could not be published for the reason just inferred. We think ourselves fortunate therefore, in having secured the co-operation of a man whose powers of observation and memory, intelligence and honesty are unquestioned. It is our hope that these articles will so stir the public and official consciences that the abuses about to be recited will be modified if not eliminated altogether.—BERNARR MACFADDEN.

THE facts which I shall try to set down in regard to my experiences as keeper in asylums for the insane do not, by any means, represent all of such experiences. It would take two or three large volumes to embody all of the wrongs that I have seen

and heard inflicted on those unhappy creatures whom the Almighty has seen fit to deprive of their mental balance, or who through their own follies and vices have become less than an animal, as far as their habits and thoughts are concerned. But I shall try, nevertheless,

and within the limits of the space which this magazine has given me, to tell its readers enough to touch their hearts and arouse their consciences in regard to the unjust and wicked and brutal treatment which is too often inflicted upon the insane, whether these last are to be found in institutions owned by the State, or in those so-called private asylums which are but too often hells of cruelty and infamy.

I hope I shall be pardoned if in the course of my story I use strong language and highly colored adjectives, but let me say that both of these will be justified. There are hardly words in my vocabulary to fitly express my hatred of the things that came under my observation during my years of work as keeper of the demented.

What accentuates the outrageous conditions of affairs as they are generally to be found within these institutions is, that such conditions are absolutely unnecessary. How do I know this? Why, because it has been my good fortune to be employed in one or two asylums in which the infamies in question were totally absent. Thus, in a Western asylum in which the superintendent was a man in every sense of the word, the methods were almost perfect. Kindness was the rule, as far as the treatment of patients was concerned; the discipline was mild but effective; the food was excellent and there were stringent rules regarding the conduct of keepers towards prisoners. If one of the former was caught abusing the latter, either by act, gesture or speech, he was immediately discharged. The patients, as far as could be, were treated individually. The result was, that the asylum, while not exactly a home in the ordinary acceptance of the term, was a most cheerful place as compared with the average institution of the same type. The percentage of cures was large, and the regard which the poor creatures, its inmates, extended to the superintendent and some of the officials was simply touching. It may be added that the laws of the State in which the asylum is to be found are of such a nature, as to aid and reinforce the personal disposition of the superintendent. By which it will be seen that

it is possible to secure a combination of humane legislation and humane asylum executives.

As I have intimated, the things that I propose to relate will be those that came under my personal observation. Nevertheless I am somewhat afraid that you may think that in some cases I exaggerate. It will be in order, therefore, if I start these articles with a quotation from a recent issue of the *New York World* which will serve, not only as a text to that which follows, but as a sort of vindication of the latter insofar as its horrors are concerned. I need hardly remind you that the institution which is officially known as the Manhattan State Hospital for the Insane, and which is an adjunct to Bellevue Hospital, has already obtained an unenviable reputation for the alleged brutal usage of its patients. Time and again have politicians interfered to protect the burly brutes who were responsible for such outrages from the hand of the law. On August 17th, last, the *World* published an article the heading of which was, "Dead Simpleton had Eight Broken Ribs. Relatives of Rodesky Testified Before Coroner's Jury as to the Abuse He Suffered."

And a part of the findings of the coroner's jury that considered the death of the unhappy man was to this effect—"We censure the Manhattan State Hospital for the Insane and the Bellevue Hospital for the lack of proper care in attending to their patients." Notice the mildness of the finding.

Michael Rodesky, a brother of the dead man, who visited the latter in Bellevue, testified that his brother had complained of being ill treated, and told him that one of the attendants had pushed a shoe into his mouth one night, knocking out three teeth. The witness added that the sick man was bruised about the neck and arms and clots of blood were on his neck. Dr. Gregory, who was in charge of the psychopathic ward, "promised to investigate." The unlucky man was 42 years old, had a wife and four children, and was a fresco painter. In the first instance, he was suffering from an aggravated ingrowing toe-nail and went to Mt. Sinai Hospital to be treated. The

authorities of that institution, noting that he seemed to be weak-minded, decided that it was better to send him to Bellevue in order to have his mental condition investigated. It was then that he was ill treated in the Manhattan State Hospital. On the family protesting to the authorities in regard to the condition of Rodesky, a Doctor Smith gave the usual explanation, which was that the patient "had fallen out of bed." Another witness, Genevieve Rodesky, made this statement: "I went to see my brother at the Manhattan Hospital. While I was there an attendant struck a sick man with his fist. This man was in a bed next to my brother. 'Don't hit that man,' said my sick brother, 'Hit me. I am half dead now from your abuse, so it doesn't matter.'"

Rodesky died in the asylum, and a Doctor Lehaue, who was attached to the coroner's office, performed the autopsy. He discovered amongst other things that Rodesky had eight broken ribs, a broken breast-bone, and that three front teeth were missing. A Doctor Washburn who had examined Rodesky when he was admitted to the asylum, declared that the latter had no broken bones or bruises on his body when taken there. In view of all this, does it not seem to you that somebody was guilty of murdering an unhappy and defenceless creature, and that the coroner's verdict was of an absurdly mild nature? *I would furthermore call your attention to the fact that nobody was or will be punished. Why? Read the answer in politics.*

Among the other insane asylums in which I was employed were those of Morris Plains, N. J.; Kankakee, Ill.; Jacksonville, Ill.; Rome, N. Y.; Danville, Pa.; Bloomingdale; Ward's Island, N. Y., and Mt. Pleasant, Iowa. I should like to say right here, that it will be necessary for me, in a great many cases to merely indicate instances of the ill treatment of patients. I shall start off these articles proper by speaking in a general way of conditions as they were at the last named of the institutions in question, namely, Mt. Pleasant.

If you ever happened to visit an asylum in a more or less unexpected

manner, and came in contact with keepers who were not looking for you, you will, if you are of an observant turn of mind, probably note that their hands are bandaged. This of course, should suggest to you that the knuckles beneath the bandages need doctoring, or in other words, are cut or bruised. What causes this characteristic wrapping up of the fists of keepers? The reply is an easy one. Such fists are in such constant use on the faces and heads and bodies of patients that it is no wonder that the flesh and cuticle which cover the knuckles are likely to suffer. Hence the persistent demand for arnica, lint and gauze on the part of the average keeper. Now, I will not go as far as to say that there was a marked condition of bruised knuckles at M. Pleasant, but there was something not very far from it. Which will indicate the abuse to which the patients were subject. During my many unfortunate experiences I never saw such unceasing brutality anywhere as that which existed at this asylum. It was not merely a word and a blow, but as a rule, the blow preceded the word, which latter usually took the form of a volley of foul abuse of the poor creature who had been guilty of the infraction of some rule of the institution, or conventional behavior. Most of the keepers were strong, lusty men, and the consequence was, that the faces and the bodies of the patients always bore marks of brawny fists used in earnest.

I need not remind those who have had anything to do with the insane that the latter are not always amenable to the rules of ordinary decency in a good many respects. In this regard, they are as helpless and unthinking as babies, and even more so. But if they offend in this particular at Mt. Pleasant, it almost always meant that the keeper in whose care they were, thrashed them, which was as stupid as it was brutal, inasmuch as no good ever came from such punishment. Also, if the patients soiled their clothing when eating, they were lucky if they escaped with abuse. In fact the rule seemed to be that kind words or actions were to be eliminated altogether when it came to dressing or handling a patient, a state of affairs which I hardly need add did not assist

in the recovery of the unfortunate brain- and nerve-wrecked, unhappy man or woman.

I regret to say that this kind of thing is, as a rule, not confined to the minor employees of such places. Let me give one instance of what I mean by this. As you probably know, when a patient becomes incorrigible, he is put in a "camisole" or straight jacket, as it is usually called, and if necessary, is tied to a bed. The camisole, while it prevents him from violent action, cannot prevent movements of the arms and legs, or feet, even when the wearer is tied in the way told. After some hours constant movement of the limbs, the patient is very likely to become sore under the arm-pits and about the ankles. On one occasion, a couple of patients were straight-jacketed and after a time, I discovered that both had abraded the skin under their arms, in fact they were raw there. I reported the case to my superiors and no notice was taken of my so doing. Later I reported it again, and this time was told, "Oh, let the damned things suffer." I did what I could to alleviate the said suffering, but of course could do but little without the aid of the doctor. Later, blood poisoning set in in both cases. One of the victims recovered after a long siege of sickness. The other died. Naturally the death certificate, while giving blood poisoning as the cause of his demise, gave no information as to what led up to it. My personal belief is that criminal neglect—manslaughter or murder even—was the true cause of another grave in the asylum's cemetery.

I relate this case in order to show the terrible abuses of an asylum in which the officials are deaf to the call of duty, and neglect to see to it that the patients are properly treated.

It is a singular fact, as far as my observation goes, that daily intercourse with the insane seems to deaden if not kill outright the first impulse of humanity. Of course, I am now speaking of those institutions in which the insane live under a regime of neglect and worse. In such instances it will always be found that the conduct of the high officials is deserving of censure. Such a policy appears to seep down and color the

actions of all the other employees until the place becomes a veritable Hades. That exactly the contrary can take place, is evidenced by the fact that, as I have already said, there are some institutions in which, from the superintendent to the keeper, kindness, forbearance and a general recognition of the peculiar needs of the work are in evidence from year's end to year's end. In such cases contact with the insane seems to breed that pity and conscience which is unhappily but too often conspicuous by its absence in the average insane asylum. Before I close this series of articles I shall venture to offer a suggestion by which the abuses of which I am to speak might be greatly modified, if not abolished altogether. And when I tell you that those insane asylums which are conducted on humanitarian principles are, in each and every instance, those which are *not* in the clutches of the politicians, you will get a fair idea of the nature of this same suggestion.

At Mt. Pleasant the attendants, including the keepers, had a pleasing way of appropriating to their own uses things left by visiting friends for the patients. Such included newspapers, fruits, cigars, handkerchiefs, candy, etc. If, on a subsequent visit, the patient was asked if he or she had received the articles, and replied in the negative, the visitor would, of course, be assured that the unfortunate one had gotten them, but "was suffering from an hallucination" that he or she did not. I may add that this "hallucination" business is a much used and very convenient one when it comes to answering awkward questions relative to the treatment of the insane. Thus if a patient complains of ill usage, the attendant smiles pityingly at the visitor and with a shake of his head remarks, "Hallucination." If the patient tells of bad food, beds devoid of covering, cold, abuse, etc., the attendant replies, "Poor fellow, he has his hallucinations again." The insane one may protest as much as he pleases and not infrequently with truth, but what can you do? You have the word of the sane—the keeper—against the insane, and even if you are prejudiced in favor of the latter, you will have your doubt

as to the truth of his assertion. God help the poor creatures in the cells of an asylum! Only those behind the scenes know what they suffer from the injustices that are inflicted on them. And what is worse, as matters stand, they have absolutely no means of righting their wrongs. They can obtain no hearing from their friends or the law, and they are practically at the mercy of the little clique that is conducting the asylum.

Reverting to the manner in which things intended for the patient disappear, I remember that at one asylum

there were often complaints that jewelry belonging to patients took itself off without any apparent cause. In one instance, an inmate lost diamond mounted cuff buttons and a diamond ring. Four months later the buttons were found in the possession of one of the chief attendants, but the diamond ring had disappeared. Such instances were not uncommon, but there was always plausible explanation forthcoming that the patients themselves had gotten away with their valuables and had secreted them somewhere, "with the cunning of the insane."

(To be continued.)

A PHYSICAL CULTURE HORSEWOMAN

The name of the young woman whose picture appears on the cover page of this issue, is Miss Genevieve Brooks, who in view of her daring feats of horsemanship, is known among her friends as "Reckless Nell." She is a Western girl and has passed the greater portion of her life in Oklahoma, near the famous Miller Brothers Ranch 101. As she herself expresses it, she was "born in the saddle," by which she means, that, as her father is a rancher, she was literally raised among horses and the surroundings which make them an essential in everyday life. Miss Brooks, who is only eighteen years of age, is a tall, finely formed young woman, of prepossessing appearance and manners. Outside of her horse and her prairie life, she loves art and is nearly as much at home in the studio as she is in the saddle. She has studied under well-known masters in New York and elsewhere, and has painted a number of creditable pictures,

which, while they have not attracted much public notice, have excited the admiration of her acquaintances. But the "Call of the West" has always been heard by her over the rush and din of the city. And hence she has always been glad to return to her broncho, her ranch home and her Western prairies.

To all intents and purposes, Miss Brooks is a physical culturist in as far as diet, exercise, the disuse of corsets, etc., are concerned. Like all women of her type, she believes that one-half of her sex do not know the joy of living to the extent that they ought to, mainly because fashionable follies prevent their so doing.

It may be added that the horse that she is pictured riding, is a "bucker" of the most virulent description, which fact, however, as will be seen, does not shake Miss Brooks' confidence in herself or her ability to "hold down leather."

Dr. Jaeger compared the health of school children who went through a regular course of gymnastics, with those who did not, and found that the absences (from illness) among the former were 40 per cent. less than among the latter.

A Photographic Contest

IN our last number we inaugurated a prize photographic competition to which we call the attention of our readers. Nowadays pretty nearly every household contains a camera, and the recognition of this fact has inspired the competition in question.

Now we want all good physical culturists, be they men, women or children, to not only write us relative to their experiences and those of their friends, but in addition, to send us pictures of such experiences in such cases as the latter are possible of illustration. In other words, we are looking for photographs of any and every kind and description which have a bearing upon physical culture, its principles and methods.

Thus, if your form is notable by reason of its contour and symmetry, tell of the benefits you have received from the practice of physical culture, and send us a picture of yourself. Or if you have a friend who has benefited in the same manner, let us have a photograph of him or her. If you have pictures of athletic feats, of outdoor sports and recreation; of anything whatever that illustrates any aspect of physical culture, send it on to us so that we may pass upon it.

The conditions of the contest are as follows: There will be one main prize of five dollars for a photograph which, in point of technical excellence, appropriateness, action, etc., is selected by our experts.

Other photographs sent us will receive honorable mention in accordance with their workmanlike quality and the bearing which they have upon physical culture.

We reserve to ourselves the right to purchase any photograph at from fifty cents each upward in accordance with what we consider the value of the picture to us from a publisher's standpoint.

All photographs are sent at the

owners' risks and we cannot be responsible for their return unless stamps are enclosed for that purpose and the picture itself is registered.

It is clearly understood that the persons sending photographs yield to us their copyright privileges, if any, together with all and every other right connected therewith.

The owners of the photographs may, if they see fit, also send MS. relative to the pictures, but such MS. must not exceed five hundred words, and will, if accepted, be paid for at our usual space rates.

It is hardly necessary to add that those pictures which are appropriate to the issue of the magazine in which they are likely to appear, will receive precedence over others.

It must be remembered that this magazine goes to press about six weeks before it is issued. Consequently, the pictures intended for the December issue should reach us as soon as possible and it stands to reason that they should deal as much as possible with those exercises or sports which are possible during the winter. Photographs of such a description will, as intimated, receive more consideration than those which have to do with summer incidents or recreation. At the same time, we do not wish our friends to refrain from sending us those of this last named type, because even if we do not use them until next summer, they will be paid for on acceptance nevertheless.

In regard to the giving of the prize, the decision of the editor must be accepted as final.

Here is a chance to earn money and a little fame through the medium of your camera. Why not try to do both? The pleasure of actually taking, developing and printing the photograph, will be materially increased if you "see it in print," to say nothing of the incidental dollars which may await on your so doing.

A Startling Possibility

Professor Luther Burbank Proposes to Create A New and Improved Race of Human Beings.

MR. LUTHER BURBANK, the great American "plant wizard," declares that much more wonderful results can be produced in the development of children than with plants.

When it is recalled that Mr. Burbank has produced a gigantic stoneless plum, a white blackberry, a vine that bears potatoes on its roots and tomatoes above, a combination of the peach and almond, a mixture of pineapple and quince, and many equally remarkable things, it will be appreciated that he looks forward to creating a very extraordinary child.

In his most recent publication, "The Training of the Human Plant," he says: "During the course of many years of investigation into the plant life of the world, creating new forms, modifying old ones, adapting others to new conditions, and blending still others, I have constantly been impressed with the similarity between the organization and development of plant and human life."

He clearly outlines the way in which the human race may be developed and improved, when he states that "The crossing of species to me is paramount. Upon it, wisely directed and accompanied by a rigid selection of the best and as rigid an exclusion of the poorest, rests the hope of all progress."

Mr. Burbank shows that at least fifty different races are being amalgamated to produce the future American, and he shows how from such a combination he could produce, by application of the discoveries he has made in plant breeding, the most perfect human being the world has ever seen.

When the plant breeder joins two or more plants of different type from widely separated parts of the globe—sometimes merging an absolutely

wild strain with one that, long over-cultivated, has lost a large portion of its virility—he notices sudden changes, remarkable modifications and many minor differences, all of which go to prove the value of such new combination. As the result of such union, he finds among the descendants a plant which is likely to prove stronger and better than either ancestor and thus may we hope for a far stronger and better race if correct principles be followed—a grand race, far superior to any preceding it.

Consider the North, powerful, active, aggressive, blended with the luxurious, ease-loving, more impetuous South. Again, you may have the merging of a cold, phlegmatic temperament with one mercurial and volatile.

Still again, the union of great native mental strength, developed or undeveloped, with bodily vigor, but with inferior mind.

Any desired trait can be bred in a child, just as any attribute, which, if lacking in a plant may be bred into it. Choose what improvement you wish in a flower, a fruit or a tree, and by selection, crossing, cultivation and persistence you can fix this desired trait irrevocably.

Select any trait that you desire your child to possess, let it be purity, honesty, industry, thrift or what you will and then feed this child with well-balanced, nutritious food, giving it all that is implied in healthful environmental influences and you can cultivate in the child and firmly fix any or all of their traits.

"Naturally," adds Mr. Burbank, "not always to the full in all cases at the beginning of the work, for heredity will make itself felt, and as in the plant, under improvement there will be certain strong tendencies to reversion to former

ancestral traits; but in the main, with the normal child, you can give him all these traits by patiently, persistently guiding him in these early formative years.

"And, on the other side, give him foul air to breathe, keep him in a dusty factory or an unwholesome school-room or a crowded tenement, up under the hot roof, keep him away from the sunshine, take away from him music and laughter and happy faces; cram his little brain with so-called knowledge, all the more deceptive and dangerous because made so apparently adaptable to his young mind; let him have vicious associates in his hours out of school, and at the age of ten you have fixed in him the opposite traits. He is on his way to the gallows."

Mr. Burbank would prohibit, in every State in the Union, the marriage of the physically, mentally and morally unfit. He points out that when we blend two poisonous plants, we get a third even more virulent, a vegetable degenerate. There is a similar state of affairs when two degenerate human beings are united.

The wizard proposes to select a dozen normal families, representing the best native and foreign stocks, let them live apart from all other people and breed from them the ideal race.

If he can place these families under ideal conditions, he can accomplish more for the race in ten generations, than could under present conditions be accomplished in a hundred thousand years.

When we for a moment consider that the most sensitive material in the world on which to work is the mind of a little child, given ideal conditions under which to work and the desired end will be reached as certainly as it appears in the cultivation of the plant.

There will be a sharp difference, however, in that it will be much easier to produce and firmly fix any desired traits in the child than in the plant.

Mr. Burbank would produce a man who shall combine the physical stature of the Scandinavian, the artistic nature of the Italian, the strong intellect of the German, the practical sense of the Englishman, the high spirit of the Irish-

man, and all the admirable qualities that distinguish the leading races which make up our nation. But the modifications in the human form which are made possible by this great scientist's discoveries go much further than this.

It is possible to make any change in a child that it is possible to make in a plant, and it is much easier.

Mr. Burbank has produced a stoneless plum. Could he not produce a boneless man, if he so desired?

What we need is a man best adapted to the conditions of American life and the great aim of American life, which is wealth and success.

The ideal man for this purpose will be possessed of a large, active brain and great powers of physical endurance, but not necessarily great muscular strength.

Professor Burbank is a conservative scientist and only cares to speak of results which he has achieved or considers absolutely certain of attainment in the future.

But in all seriousness and in view of the possibilities of science as proven by Mr. Burbank, why should not the proposed new man be bred with special limbs, organs and senses.

The proposed new man will have long arms and large hands with which to hang to straps in our public conveyances. His hands will have six fingers in order to manipulate the typewriter more rapidly, to count money, and to facilitate the disposal of the many details of office work.

It will be easy to develop this feature, as there are many six-fingered people in existence.

The scientist will take the big head of one man, the long arms of another, the strong lungs of another, the large heart of another, and he will combine them all by breeding, to make the future human being.

He will combine the scientific brain of an Edison, the business sagacity of a Harriman, the imagination of a Lawson, the courage of a Hobson, the artistic sense of a Gibson, the eloquence of a Delmas, the literary talent of a Mark Twain, the generosity of a Rockefeller and the peacefulness of a Carnegie.

It will be desirable to develop the

feet of the new man in order that they may be serviceable as the hands.

The new man should have double drums to his ears, in order to endure the noises of modern civilization.

His legs will be of a size best adapted to walking and riding, and as a fitting attribute, he will have cornless feet. The scientist will be very careful to select cornless ancestors for the new man.

He will have strong, sound teeth which will enable him to masticate tough food with the greatest of ease.

Mr. Burbank proposes that his model man should be peculiarly adapted to the special demands of civilization.

His eyes will be powerful and specially adapted for use in modern business.

Perhaps it will be possible to develop the rudimentary third eye which exists in the brain and known to anatomists as the pineal gland.

It may be considered advisable to train this rudimentary eye to develop at the back of the head and thus permit a man to see behind him. To accomplish this, the pineal gland can be moved a short distance from its present site. A valuable improvement in the new subject, would be an eye at the end of a finger. This would be of incalculable benefit to physicians and dentists, who find it necessary to explore the mouth, throat and other cavities and passages of the body.

Viewed from a scientific standpoint,

it should not be a difficult matter to produce a finger eye. Many crustaceans have eyes at the ends of their feelers, which correspond to fingers.

Professor Burbank even looks forward to the development of a new sense, although he does not specify the nature of it.

He says, "We have now what are popularly known as five senses, but there are men of strong minds, whose reasoning has rarely been at fault, and who are coldly scientific in their methods, who attest to the possibility of yet developing a sixth sense."

Who can say that man will not develop new senses as evolution advances?

Psychology is now studied in most of the higher institutions of learning throughout the country, and that study will lead to a greater knowledge of these subjects.

A long, supple neck is very useful, though rarely seen. It enables the possessor to look about him with ease. Therefore the new man will be provided with a neck to meet every requirement of grace, strength and movement.

The man of the future will have strong nerves to enable him to cope with and endure the ever increasing noises of modern civilization. His nervous system will be able to stand with impunity any sort of jostling or mental or physical strain and assist him to great success in the handling of business affairs.

RECIPE FOR VEGETABLE SOUP WITH ZWIEBACK

Take one-half of a small head of cabbage, one medium sized onion, one medium sized carrot, two or three celery tops or one celery stalk, two potatoes, one cup of tomatoes or one good size tomato.

Chop fine all the vegetables except the tomato. Melt a piece of butter the size of an egg in a granite kettle, in which fry the chopped vegetables for five or six minutes, being careful not to burn them a particle. When turned a light

brown here and there, pour over them two quarts boiling water. Add the tomato, salt, pepper, and simmer until vegetables are done. More water may be added if it boils down. Season to taste. Old fashioned crumb dumplings may be added five minutes before serving if desired. These are made by adding flour to a salted egg until the whole is a crumbly mass. Many pronounce this soup just as good as one made with stock.

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.

One Idea of Arbitration

TO THE EDITOR:

I have read what you have to say about "Arbitration and Japan," and it makes me wish to express an idea that I have in regard to the disarmament of nations. To illustrate, let me suppose a country of individuals without law, each carrying a gun for defense. Now, somebody suggests that these individuals arbitrate instead of using guns. The difficulty is that it takes two to arbitrate and this they will do or not as they feel like. The individuals could not be expected to discard their guns unless they had something more certain than this to take their place. When law is established, this supplies the need and the guns are useless.

This is the principle that should be applied to the nations of the world. They should all be controlled by an international law which should be as supreme over nations as the laws of a country are over its individuals. This international law should be backed by an army and navy, if necessary, which should be the only ones on earth. Any other military force would be as much out of place as an individual or set of individuals taking up arms against their government or against each other. Any nation not wishing to be controlled and protected thus would be dealt with the same as an individual who does not respect the laws of his country. He must yield for the best good of the majority.

I believe this is the way and the only way that nations ever will or can be expected to disarm. The individual would be a fool to lay down his gun in a country without the law to protect him. So a nation would be foolish to disarm without a supreme international law to protect it.

FRED FRANCIS.

Kewanee, Ill.

How One Man Adopted Two-Meals-a-Day Plan

TO THE EDITOR:

One Monday morning I arose with the determination to swell the list of moderate eaters and live on the two-meals-a-day plan. So eating a frugal breakfast, I sallied forth

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to my day's labor swearing by all the gods and goddesses of ancient Rome that hereafter I would condemn the mid-day meal to oblivion. But alas! At even eleven o'clock I felt as though I underwent a thirty days' fast; and at noon I forgot my vow, voraciously assailing a heavy dinner.

However, to try again is the path to success and the following day I left at home all my money with the exception of a few cents for fare. When the hands of the office clock met at twelve, if I possessed a kingdom, I would willingly have shouted (after the fashion of King Richard the Third):

"A meal! A meal!
My kingdom for a meal!"

As I did not have a kingdom I—happy thought—borrowed a sum equivalent to a fair-sized lunch, and the deities of Rome again had occasion to lament my perfidy.

I was resolved, however, to omit dinner, and carefully began investigating for the cause of my downfall. The first thing I observed was: While feeling all the pangs of a starving man, after eating the first mouthful I no longer was hungry! Therefore, the trouble did not lie with my stomach, but with the craving of the palate. Of course, this was natural after it had been trained to three meals a day. Now, I could slay the cry of the palate by eating one mouthful—but I did not want to eat even a crumb. I thought the matter over, and when the next dinner hour arrived, I put a penny in the slot of a street machine, deposited the square inch of chewing gum in my mouth and started wagging my jaws. Victory! Victory! Even as I hoped, the unholy desires of the palate succumbed beneath this mode of treatment, and ever since that time I have been able to refrain from food between breakfast and supper.

WILLIAM WOLFSON.

Brooklyn, N. Y.

The Right Kind of Argument Against Vaccination

TO THE EDITOR:

In your last issue of *PHYSICAL CULTURE* I read with a good deal of disappointment the

article, "How to Prevent Vaccination from Working." Do you suppose for a moment that those sneaking scoundrels who control health matters would not enforce another dose of the same stuff upon the parties adopting these suggestions? Such instruction is not the best way of securing individual rights. A better way would be for each and all of us to defend our right to preserve our health by blowing the head off of the scoundrel who would attempt to deprive us of that natural right. A little of that kind of treatment given to the miserable sneaking medical fakirs who run our Health Boards, would do more to secure to all of us those rights which Nature and God endowed us with, than all the argument that can be furnished. I would have no more scruple against blowing the head off one of those contemptible sneaks than I would against shooting a mongrel dog. I have ceased to use argument with them. If argument would have been any use they would long ago have learned the truth. The only kind of argument that avails with them is found in irony, sarcasm, ridicule and contempt.

MAJ. THOMAS BOUDREN,
Bridgeport, Conn.

To Avoid Seasickness

TO THE EDITOR:

In a recent edition of *PHYSICAL CULTURE*, one of the readers wishes to know if seasickness can be prevented. May I give my opinion and personal experience on that subject?

Having done considerable traveling on sea in all sorts of weather, I wish to state that your idea, especially in regards to the diet to be observed, is correct. But allow me to add that the total abstinence from meat and also the avoidance of the odor of all cooked foods while at sea will help a great deal. If it is possible to sleep on deck at nights, away from any danger of getting spray over yourself, it certainly ought to be done.

But no doubt the next suggestion will be very surprising, especially to the physical culturist, who may never have thought of my method of preventing seasickness. By controlling your breathing the way I shall explain, you will never need to dread sea-going, unless your system is totally out of gear.

As soon as you have reached the open sea, and the ship starts to pitch, don't go below under any circumstances, but as soon as you notice the boat rise on the wave let all the air escape from your lungs, and when she falls again, don't hold your breath, for that is the worst thing possible, but simply inhale deeply. You must regulate your breathing in proportion to the rise and fall of the ship. If you have ever been to sea you no doubt will have noticed that everything in your stomach and more besides, has a tendency to come up to your throat and out, especially when the ship is going through its downward motions. But the inhaling of the air has the effect of keeping

your stomach, bowels and everything contained in them where they belong. You only need to continue this long enough to get yourself accustomed to the motion of the ship.

I made it my business to study this problem and I can highly recommend my method. One reason why nobody has ever found a reliable cure, is because those that are well are usually too busy watching the afflicted, and as a rule, are simply amused, while those who are sick are too busily engaged otherwise.

E. J. STEGER.
Martinez, Cal.

A Victim of Prudery

TO THE EDITOR:

As one of your readers, allow me to commend you on your teachings against prudery, and your fight for a higher standard of morals public and private.

I have been trying for years to overcome the results of a vice to which there is no equal, when a few words spoken at the right time in my life would have saved me many months of wretchedness, and at this time I would have been the equal of any man instead of trying to overcome the results of this error.

It was your magazine that first gave me the desire to be a strong and perfect man, and it was through your teachings that I saw what a great mistake I had made.

While yet a small boy I was taught and told what harm tobacco and liquor would have, but on the most important question of all everyone was silent, and while the habit was broken six or seven years ago, I expect I must face many more months of work before I can hope for good health.

Wishing you success in the stand you have taken, I am,

H. R.

Disposing of Old Copies

TO THE EDITOR:

Let me add a word to the discussion relative to the distribution of old numbers of your excellent magazine.

My home is in St. Louis, but most of the time I am on the road, usually purchasing my copy of the magazine at some other city. There are several large boxes at the St. Louis station where papers and periodicals may be thrown for distribution among the patients at the city hospitals. Into these boxes each month goes my copy of *PHYSICAL CULTURE*, as I am sure there is no one needing it like those in the hospital. In each city, there is usually some properly authorized person for collecting literature for the sick.

Another good plan is to give it to the Salvation Army. They come in contact with a vast number of the physical degenerates, to whom this publication carries a message of hope.

SAMUEL GLENNAN.
St. Louis.



THE VIRTUES OF OUR METHODS PROVEN

The Importance of the Diet

TO THE EDITOR:

The subject of diet, which I consider second to fresh air, is certainly one of great importance to our general health both mentally and physically. At one time I was like the majority of people. I laughed at the foolish (?) idea of a proper diet. But my condition became so that I began to realize the importance of the subject, and now at the end of nine months experience I think entirely differently about the matter. I eat no breakfast whatever, drinking freely of fresh water during the morning. At dinner I eat a hearty meal, well masticated, and to which I give plenty of time. I omit meat almost entirely. Potatoes, cooked onions, beets, lettuce, beans, peas, spinach, tomatoes, bread and butter, malted milk, and occasionally grape-nuts, are my chief articles of diet for the noon meal. It is of course understood that I do not eat all of these at one meal. My evening meal consists mainly of fruit, malted milk, and possibly grape-nuts.

The result of my experience has been that I have gained in the neighborhood of twenty-five pounds, with a clear complexion, which I formerly never had; skin is becoming very soft with a healthy glow; am no longer bothered with colds, feverishness, etc., and have twice the enduring qualities I had one year ago. And if I should miss a night's rest it does not affect me as it formerly did. I wish to state, of course, that I take physical exercises to a reasonable extent.

"F."

Evansville, Ind.

A Convert to Physical Culture

TO THE EDITOR:

I have seen several comments in your worthy magazines relative to the young women some of your readers intended marrying, and as an example, which I believe other girls should follow, I cannot refrain from telling about the young lady who is to be my wife.

Last winter I found myself thrilled by the sensation of love for a young and beautiful girl, and shortly after our engagement I made her a present of my old copies of *Physical Culture* and *BEAUTY AND HEALTH*. She read them carefully and it was only a few days before she left off wearing corsets and

began taking exercises. This pleased me greatly, and after we had discussed other matters relative to our marriage, we took up the more serious ones on which the very foundation of happiness is built, and I cannot begin to express my joy at hearing her discuss subjects pertaining to motherhood with such reverence and purity. Her whole soul and life seem to speak, and the love I can read in her eyes is enough to make any man know the treasure he has found.

I wish other girls were like her, that they might realize before it was too late that men who have high ideals in life are not hunting after those women who have wrecked their lives and ruined their forms with steel ribs and strings. It seems to me there never was a girl so sweet and pure as mine, and she is anxious to read all the books you have on physical culture, consequently we are getting them as fast as possible, and we enjoy them as well as derive a great deal of benefit from the truths you print.

J. N. F.

Boise, Idaho.

Value of Tensing Exercises

TO THE EDITOR:

I have read with great interest your most excellent article in August *PHYSICAL CULTURE*, entitled, "Tensing Exercises Made Easy." I have tested the merits of the principle involved and find it a very satisfactory course for developing poise, will power, quickness, and strength, and, combined with *deep, slow* breathing, and alternated with *quick, forced* deep breaths, a dispeller of chills and nervousness, that is when correct mental attitude is maintained.

EDWARD J. SMITH, 2D.

Great Elm Farm, Romeo, Mich.

Exercise vs. Liver and Bowel Troubles

TO THE EDITOR:

I have been a reader of *PHYSICAL CULTURE* for several years, and have been trying the exercises described in it. I am glad to say I am getting well. My liver has reduced in size and softened. My bowels are regular. I threw away the pills and medicines prescribed by the doctors. I will continue the exercises given in your publications.

L. A. WOLFLET.

Arethyst, Col.

The laws of Nature proclaim themselves and are their own avengers.—The Campenalla.

General Question Department

By BERNARR MACFADDEN

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

Temporary Loss of Energy

Q. I suffer occasionally from a lack of co-ordination between mind and muscle. Sometimes I can lift weights and do various athletic work to my entire satisfaction, and at other times I am entirely incapable of doing the same things, no matter how hard I try. Will you kindly suggest a remedy for this condition?

A. The trouble in your case is not due to a lack of co-ordination between mind and muscle, but rather to a temporary loss of energy. When you have a proper or normal amount of vitality and nervous vigor at your command, you are able to exert yourself according to the measure of your greatest strength. If, however, you are accustomed to exert yourself to this extent in weight lifting and other severe and violent forms of exercise, then it is more than likely that you frequently overdraw on your supply of energy. It is true that the mental determination with which one approaches his exercise will have considerable to do with the success of his endeavors, but at the same time, no matter what one's mental attitude may be, it is a physical impossibility for one to exert himself beyond the degree of nervous energy or force which is at a given time contained in the muscles and other tissues of the body. In your case, the co-ordination of mind and muscle is probably just as good at one time as at another. But during the periods of apparent weakness that you mention, the blood and tissues of the body are in a state of partial exhaustion, not having recuperated from the depletion incident to your exercise of the day previous. I suggest that you engage in such exercises as weight lifting and athletic competitions with greater moderation.

Stammering

Q. What do you advise as a remedy for stammering?

A. This annoying and embarrassing trouble is in nearly all cases due either wholly or partly to a state of nervous weakness. It can usually be remedied, or at least partly remedied, by adopting such measures as will build up increased nervous energy and a more

perfect state of general health. The stammerer should avoid excitement of all kinds and make every endeavor to secure poise and self-control. Undoubtedly the study of Delsarte movements or physical culture exercises for developing grace would help to give such poise and control. Above all things, the stammerer should avoid trying to speak quickly. He should talk carefully and deliberately, and if at any time he starts out to make some hurried remark, let him check himself, think out just exactly what he is to say, and then speak quietly and clearly. I believe that this method will bring about a cure of the greater percentage of stammering cases, especially if the individual's health improves at the same time and he thus acquires greater self-possession and steadier nerves. There are some magazines devoted entirely to the cure of stammering, which are undoubtedly worth careful attention, though I do not at the present time remember their names.

Bright's Disease

Q. Would you advise a fast for the cure of Bright's disease?

A. It would be impossible for me to state arbitrarily as to whether a fast is to be advised in a given case without knowing the details of the case and the patient's exact physical condition. There are some instances in which the patient is so exceedingly weak that a fast would be inadvisable, and but little hope could be offered by any conceivable method of treatment. But in those cases in which the patient's weight is considerably above the normal, a fast would be advisable and of incomparable value. Not only would the patient's strength increase as his system was freed from the burden of superfluous flesh, but the fast would have such a purifying influence upon the entire body as to greatly assist in remedying the disease. But it must be remembered that in many cases the fast would be an individual's last hope, whereas in other cases it might be more advisable to place him upon a light and appropriate diet which would sustain his strength and at the same time help to eradicate the disease. In nearly all instances the liberal use of acid fruits might be recommended, together with abstinence from meat and all rich or fancy dishes. The free use of pure

water can be recommended, distilled water being advised in preference to spring water or any other beverage. Hydropathic treatment is also exceedingly valuable in this complaint, though as stated above, it is usually necessary to adapt general treatment to the special requirements of each individual.

The Fasting Question Again

Q. Kindly give me a little further information in regard to fasting. Should one abstain from drinking at such a time?

A. The reply to this inquiry would depend largely upon what kind of drink you refer to. If you are addicted to the "flowing bowl," then I might say that drink of this character will do as much harm during a fast as at any other period. I take it, however, that you merely refer to the use of water, and would say that water drinking while fasting, is not only to be recommended, but is in fact highly important. The benefits of a fast can be materially increased by the free use of distilled water, not only as a means of washing out and cleansing the alimentary canal itself, but as a means of "flushing," as it were, the blood vessels and tissues of the entire body. The free use of water will assist greatly in the elimination of all waste matter. Where the tongue is coated and the breath bad, as is frequently the case, indicating a similar condition of the alimentary canal, then the liberal drinking of water is particularly necessary. When the digestive organs discontinue their work of receiving and assimilating food, at a time when the system is over-burdened with impurities, much of the poisonous waste matter of the body is thrown upon their interior surfaces. Hence the value of a plentiful use of drinking water and occasionally of lemon juice as a means of removing this coating and cleansing these organs. Furthermore, the use of water will enable one to avoid losing weight too rapidly when fasting.

Work and Study

Q. Would it be advisable for a young man who works nights to study in school during the daytime? I work from seven in the evening until five in the morning. School hours are from 8.30 a. m. to 1.30 p. m.

A. I think it would be very unwise for you to attempt to follow the regime you mention.

You might be able to endure it for a short time, but you could not stand it long. It would exhaust your store of vitality to such an extent that you would lose far more than you would gain. Of course, if you can secure a proper number of hours of sleep and exercise and still have two or three hours for purposes of study, this would be just that much to your advantage.

Weeping Sinew

Q. Would you kindly advise me how to cure a "weeping sinew" on my wrist, which resulted from a strain in using gymnastic apparatus.

A. There is no quick cure for this complaint that can be recommended. It is the result of a strain and you should avoid using it until the part has had an opportunity to mend. If you use it you will only strain it further, and delay the final cure. If very painful at any time, apply alternate hot and cold wet cloths. At night when retiring, wrap a cold wet cloth around your wrist, allowing it to remain until morning.

Lumps on the Head and Neck

Q. I have lumps on the back of my head and two on the back of my neck. They are small and do not pain me, but I naturally desire to be free from them. Would you kindly suggest a remedy and tell me the nature of the disease?

A. It would be impossible from your limited description to give you any definite opinion in regard to the nature of your trouble. Such lumps may be the result of different causes. They may be tubercular in character or they may be of some other origin of very little consequence. In any event, I would say, that improved general health and an increased circulation would enable you to eradicate them. This would require not only appropriate exercise and general care of yourself, but such changes in diet as are necessary to help purify the blood and build greater functional vigor. I would advise you that you drink more freely of water and use acid fruits more plentifully, also avoiding meats and stimulating food. I would suggest massage of the neck and head, which you can apply yourself, vigorously rubbing and kneading the affected parts. Another treatment that would be of some assistance locally would be alternate hot and cold applications.

It would seem to be the province of the muscles, numerous and powerful as they are, not only to secure their own health by the exercise of their function, but to minister to the good of all other structures; for all depend alike for their nourishment upon a common reservoir, whose distribution could not be efficiently maintained without the assistance so largely rendered by the muscles.—Geo. H. Taylor, M. D.

The Organs and Their Purposes

This is one of a series of articles 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. In these articles will be told tersely but intelligently, the story of the organs.—Bernarr Macfadden.

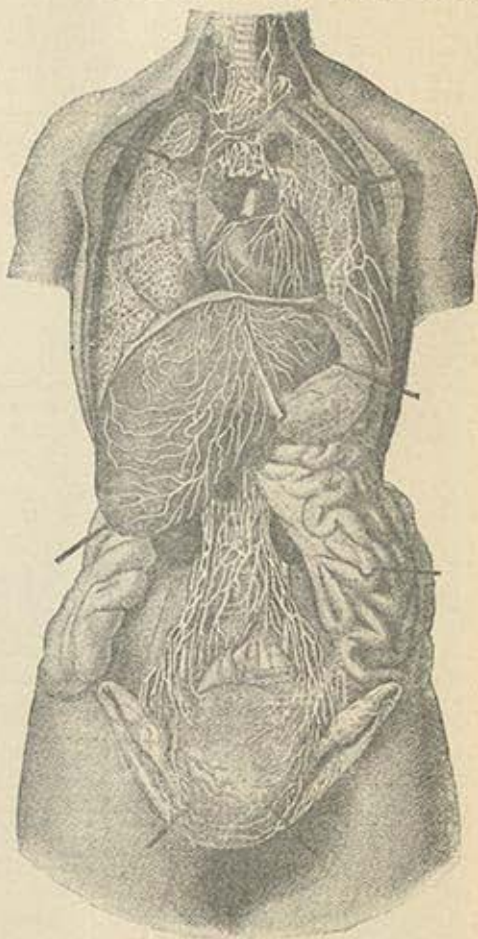
No. 10.—THE LYMPHATIC SYSTEM

THE lymphatic system of the human body is in actuality a supplementary circulation. The blood current of the general circulation is the common carrier of the body, as the railroads are in a country. The blood at various points in the system, such as the lungs and intestines, picks up the various nutriment necessary, such as oxygen and digested food-stuffs, and, carrying them to the various tissues, there unloads them. At the same time, while in the tissues, the various broken-down products of human life are picked up by the blood current, and carried to those several organs, namely, skin, lungs and kidneys, by which they are excreted. Thus, we see that the blood circulation is a continuous round of action. The lymphatic system, on the other hand, differs from the above by beginning the flow of its contents in the tissues, steadily converging toward the center of the body and ending in the depths of the chest.

Anatomically, the lymphatic system consists of three parts, lymph spaces, lymphatic vessels and lymphatic glands. The lymph spaces are cavities, mostly of microscopic size, situated between the cellular elements of the tissues. The lymphatic vessels are delicate tubes with transparent walls formed of the same three coats as the arteries, and found in all parts of the body, except the nails, superficial skin, hair and cartilages; they are provided with numerous valves, like the veins which open only toward the center of the body and which give a characteristic beaded appearance to these vessels.

The lymphatic vessels found in the abdomen, connected with the stomach and intestines, are called lacteals, from

the Latin word for milk, because during digestion the fluid which they carry is white, like milk, owing to the fact that it is by this means that the absorbed emulsified fats are taken into the system. These lacteals converge to a sort



View of Lymphatic System of Body Cavities

of a reservoir placed against the front of the spinal column in the upper portion of the abdominal cavity. From this reservoir there runs a large lymphatic vessel, called the thoracic duct, upward and to the left along the spinal column until it finally ends by an open mouth in the junction of the great veins at the root of the left side of the neck; thus pouring its contents directly into the blood current on its return to the heart. This thoracic duct, besides bringing this milky fluid from the lacteals of the abdomen, is also the final conveyor for all of the lymph from the lower extremities, abdomen and chest. It is about fifteen to eighteen inches long in the adult, and is guarded at its termination by double, half-moon shaped, valves. On the right side of the neck, symmetrically placed with the termination of the thoracic duct on the left, is a short, large lymphatic vessel known as the right lymphatic duct. This is the virtual terminus of the lymphatic vessels of the head and upper extremity of the right side. It also discharges its contents into the junction of the great veins at the root of the neck, but on the right side. Its terminal opening is guarded similarly to that of the thoracic duct.

Situated in the course of these lymphatic vessels, chiefly in the great cavities of the body, along the course of the great blood vessels in the spaces near the larger joints and distributed in the neck, are small, solid, round or oval bodies called lymphatic glands. These glands are composed of an outside fibrous capsule, which sends partitions inward in all directions forming irregular spaces in which lie the gland-pulp or lymphoid tissue. The latter consists of a web-like net-work of fine fibers, holding in its meshes the lymph cells. These lymph cells resemble in every particular the white corpuscles of the blood, and in fact, are the direct parents of the majority of these corpuscles.

When a lymphatic vessel arrives in the neighborhood of one of these glands, it breaks up into several branches, which enter the gland, and there further divide into a net-work of very small vessels resembling the capillaries of the

blood circulation. When about to leave the gland these tiny vessels reunite into several tubes resembling those which entered the gland. And these again in turn unite to form a single lymphatic vessel continuing its way toward the center of the body. The lymph, or the fluid which is carried by this supplementary circulation is formed by the filtration of the liquid of the blood through the walls of the capillaries into the lymph spaces, which lie outside the capillaries and between the cells of the various tissues. In composition, the lymph is very similar, therefore, to the fluid of the blood. This lymph, thus carries to the tissues the nutriment which they need for their organic activity, and, losing that part of its cargo, takes up from the tissues the waste products of animal life and carries them onward and inward, finally to pour them into the blood current at the root of the neck, from thence to be taken by the blood to the various excretory organs.

By this time it must become evident to the reader, that while the blood circulation is the common carrier of the body, the lymphatic system is the main distributing and collecting agency.

The lymphatic glands, which have previously been described, have a function in the human body peculiarly their own, situated as they are in the course of the lymph flow and forming a part of the channel through which that fluid must go, they act as filters of that liquid. This filtration is accomplished in two ways: First, mechanically; and second, organically. When anything foreign or deleterious to the well-being of the system at large is picked up and carried inward by the lymph current, the first lymphatic glands with which this antagonistic material comes in contact attempt to bar its progress. As a result of this work, the glands swell, become tender and painful and in many cases soften, break down and discharge, through the surface of the body, a fluid resembling pus; by this means removing the offending material from the interior of the system and making void any possibility of danger from its previous presence. Examples of the foregoing function of the lymph are of more than daily occurrence.

The Flexion Walk or Stride

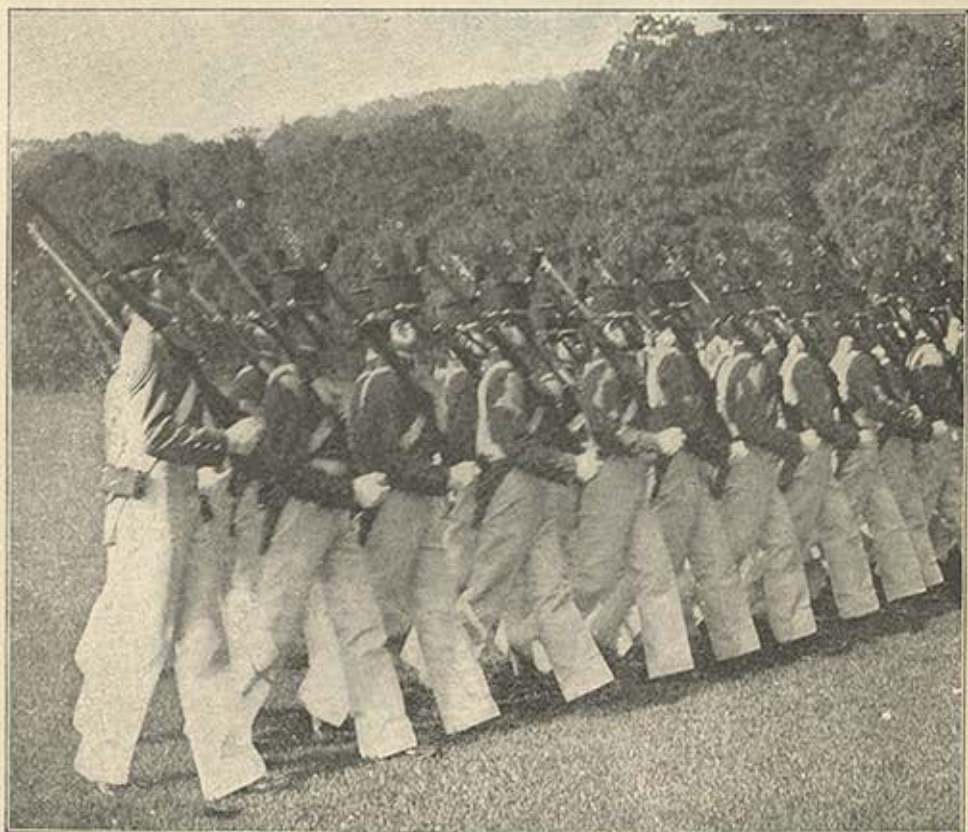
A Form of Locomotion which Endues the Pedestrian with Wonderful Powers of Endurance.

SOME time ago, the writer of this article was talking to a missionary who had just returned from a sojourn of a good many years with the natives of a group of South Sea Islands, among whom he had been exercising his ministrations. The reverend gentleman was asked if the scenes and sounds of civilization did not seem singular to him after his long stay amid primitive men and conditions. He replied in the affirmative, adding "And

not only that, but some of the things I now see, appear to me to be unnatural, and even repulsive."

The writer's curiosity was aroused. He asked the missionary to name one or two of the things of civilization to which he took exception.

"Well," was the unexpected reply, "the pasty, putty-color complexion of the people is really repulsive, after the beautiful bronze tint of my late charges. Then, too, the upright, stiff-legged walk



In this Picture the Straight Leg, Stiff Knee and Upright Body Manner of Marching is Seen to an Exaggerated Degree

that you all seem to have, is distinctly unnatural. In fact, you don't know how ugly your looks and movements appear to be, to one who has lived among men and women who walk and act as Nature intended that they should."

The good man had unknowingly touched upon a feature of civilized life, which is not generally recognized, except by the few; these last including men who use their legs in earning their livelihood, or those of the professions in which an individual strength or endurance are prominent factors. The allusion is, to the straight-leg and upright-body walk, which we of civilized communities are accustomed to think of as the correct gait and carriage, as opposed to the bent knees and forwardly-inclined body which we, in our conceit, attribute to the "hayseed" or the individual of "slouchy" habits.

It will come as a blow to our beliefs, as well as a shock to our egotism, to learn that both scientists and army authorities have come to the conclusion that the "slouchy" walk in question is the correct "form" for the pedestrian, and the other way of getting over the ground, calls for a strain on the muscles and endurance, that, when a long distance has to be covered, is a very serious matter indeed. Yet, curiously enough, if, as in the case of a missionary, one has had an opportunity of observing day by day, the distinction between the two ways of walking, he will, in the long run, declare for that which calls for the bent knee, on the score of its grace, apart from the sensation of ease and power which it yields to the eye. Such is the power of custom which in this, as in a great many other matters, prompts us to accept the faulty and the in-artistic, instead of the true and beautiful.

As has been said, the men whose legs are their livelihood, so to speak, know that the ordinary gait of the city man, and the militia in the armory, or the soldiers on review, would use them up in no time. So it is, that the track-walker, the hunter, the trapper, the lamplighter, and the men whose occupations keep them tramping from morning till night, bend the knees and sway the body forward at every step. The physi-

ological reasons for their so doing will be presently given.

The straight-leg, poker-back gait is usually called "soldier-like," as it has been mistakenly taught upon the drill ground, ever since war became an exact science. Nevertheless, and from a practical viewpoint, it is a mistake to so characterize it. As a matter of fact, the soldier who is in the field, soon learns that his duty, his comfort and his endurance call for his forgetting it at as early a date as possible, and the substitution therefore, of the slouch or flexion walk.

Speaking of the matter, an attaché of the War Department, who knows whereof he speaks, says: "The men who served in the late Civil War, soon learned that the step taught on the drill ground was of but little service in the field. It was all right on review, or for show purposes, but when it was subjected to the stern test of active and actual service, it was a failure, and that of a pronounced sort. On long marches, when the men had to husband their strength, to the last ounce, it was quickly discovered, that the bent knee and the inclined body were requisites. This mode of marching the soldiers christened 'The Get-There,' and there is no doubt but that it deserved its name. The high-stepping, straight-legged man, is as little suited to make long marches as is the high-stepping horse to win a race."

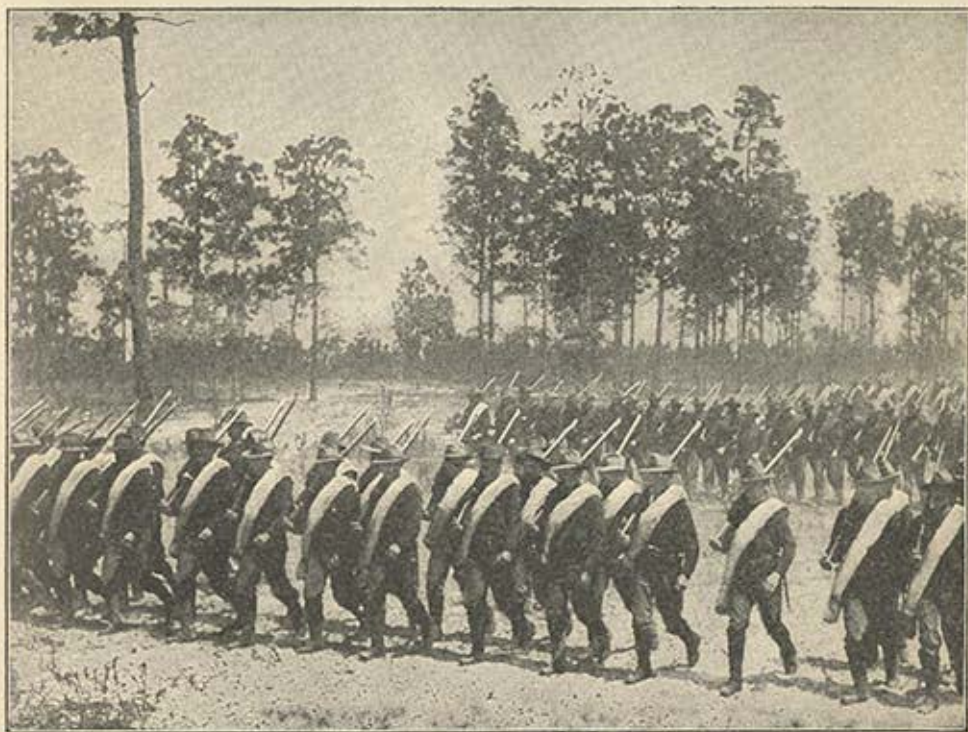
A United States colonel who, through the medium of his experiences and observations in the Sixties, had ample opportunity to pass on the relative merits of the gaits, is quoted as saying:

"The walk that calls for the upright body and straight leg is admired and thought to be very soldier-like by the public, and for that matter, by the men themselves. But it is one which demands the greatest expenditure of physical energy, and is the least adapted for prolonged effort. My observation of the effect of this gait on troops is, that it is instinctively abandoned by them after a time, when they adopt the flexion or bent-knee movement instead. A singular thing about the two ways of marching is, that when one becomes accustomed to the easy swing of the bent-knee stride, the straight-knee step,

looks ridiculous and uncomfortable. The eye appears to learn to quickly distinguish between the artificial and the natural way of marching."

Let us touch on the physiological reasons for the advantages that the flexion possesses against what may be called the parade step. In the case of the latter gait—that of the soldier and the average inhabitant of the city—the forward leg is advanced (the trunk being held erect) by the muscles of the

are the ghitasi, or hamstring. At the same time, the leg propels the body forward by pushing it onward. The front leg is still in the air. The muscles that the act brings into play for this, include the psoas and iliacus, the hamstrings and the calf muscles. The weight of the head and trunk is, at the moment of double support, equally divided between the points of contact of the feet. To increase the gait, the stride is lengthened and made more



This is a photograph of a regiment of soldiers in the Philippines who are returning from action and a long march. Observe that they have instinctively the flexion gait, which includes bent knees, a forward bending of the body, the feet placed straight forward and a broad and firm earth contact with the sole

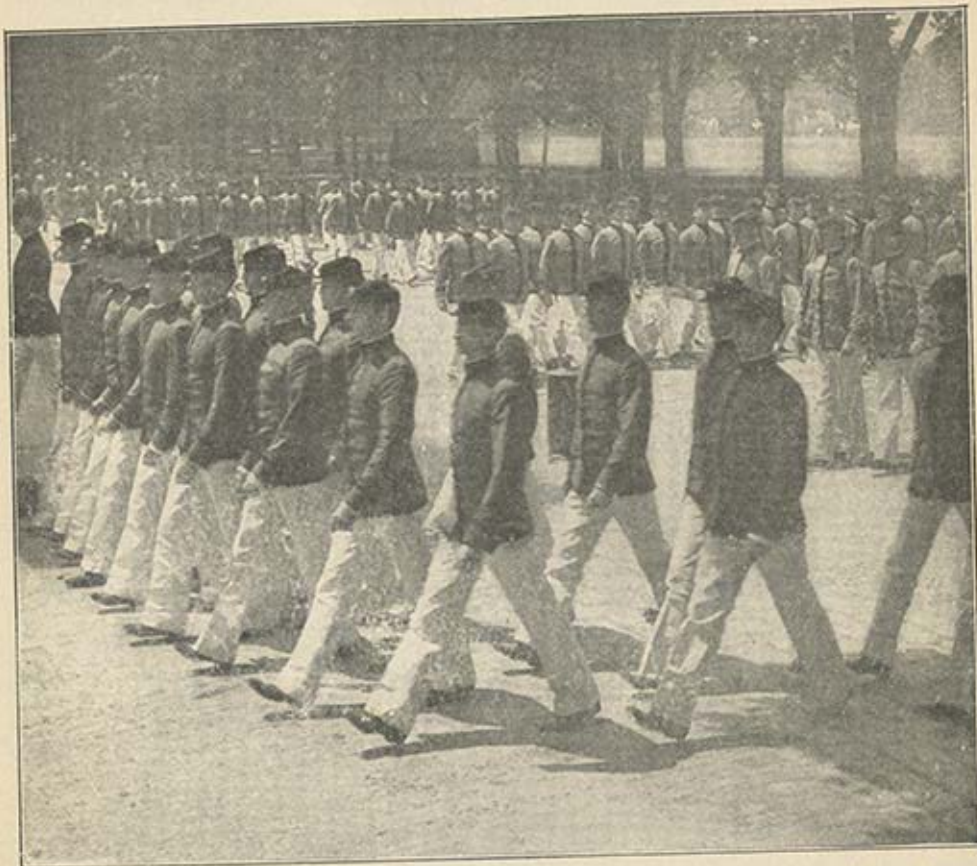
front of the thigh and leg, namely the psoas, the iliacus and extensor cruris. After the foot is firmly planted upon the ground, another set of muscles, by their contraction, impels the body forward, the whole of the weight of the latter being thrown upon the advance foot, chiefly on its heel, which is pressed down upon the ground, and used for the pressure point to which the body is drawn. The muscles used for this act

rapid. An irreverent critic of the gait declares that it is like unto the rapid opening and shutting of a pair of compasses, and about as graceful.

A little consideration of this gait will explain its disadvantages. It will be readily seen that after the forward foot has reached its resting-place, it has, thanks to the upright position of the body, to lift the whole weight of the latter forward, in order to make progress

and give the foot behind an opportunity to advance itself. If you will practice the gait very slowly, you will get a clear understanding of this, and incidentally, will feel the strain on the lower muscles of the legs. It is true there is a slight propulsion from the toe of the foot behind, but hardly enough to be noticeable. In a word, the forward foot has the task of raising the weight of the body

one hundred and fifty pounds about eight thousand seven hundred times. Or to put it another way, each unaided foot is called upon to elevate one hundred and fifty pounds of dead weight, four thousand three hundred times. This sounds formidable, does it not? But figures in this connection cannot lie. All you have to do to prove the proposition is to use a lead pencil, a scrap of



The Straight Stride and Upright Body Manner of Walking as Taught to the West Point Cadet. It May Look Pretty, but it Draws Heavily on One's Strength and Endurance

an approximate two inches from the ground, and swinging it through space.

Now, we will suppose that your weight is one hundred and fifty pounds, and that you have walked say five miles, taking a yard at each stride. It is an easy matter of computation, therefore, to prove that during your walk, you have given your feet the task of raising

paper, and your eyes and feelings when practicing the step in the seclusion of your room.

Now, compare this artificial stride with the stride that Nature intended you to have—at least that is what the modern investigators of the matter declare the "slouch" step to be. If, instead of the body being held erect, it is

inclined forward, its own weight causes it to fall. At the proper moment, the leg is advanced, and "catches" the falling trunk, so to speak, and the movement is repeated indefinitely, with the assistance of the following leg. Now, what is the significance of this? Why, that the trivial change in the angle at which the body is carried, makes the law of gravity do the work which the upright gait imposes upon the legs. There is no lifting of one hundred and fifty pounds per step, but on the other hand, the body lifts itself, so to speak.

Further than that, this natural forward movement of the trunk is a sort of propelling force in itself. Masses of matter, whatever they may be, whether metal, stone, wood, or human flesh, have what the learned ones call inertia, or the pull of gravity, which has to be overcome before it can be set in motion. But once that motion has been brought about, the mass, one may say, absorbs the motion, and will continue moving for a longer or shorter period, according to circumstances. Motion implies movement in a certain direction.

Now, let us consider the application of all this to the gait which we are now considering. The muscles of the body and the legs overcome the inertia of the former, and it is set in motion in a forward direction. Provided that the legs do their appointed work, the body will keep up this forward motion, as long as its owner desires, and the more you incline it forward, the more rapid will your gait become, because your legs have to save you from a fall. And to repeat—the chief and most commendable thing about this way of carrying the body is, that it absolutely relieves the legs from the burden of lifting it, as in the case of the upright gait.

So much for the work of the body in the slouch gait. Now let us see what the legs are doing, in the meantime.

The action of the lower limbs is chiefly that of keeping the trunk from actually falling, but they also aid in keeping it at a proper angle by delivering the appropriate amount of "push" or check. Meantime, the whole of the sole of the advanced foot is in contact with the ground, furnishing a broad and firm contact surface. This is in direct contrast

with the work of the advanced foot in the straight-body gait, for in that instance, it is the heel of the projected foot which furnishes a narrow and comparatively insecure contact surface. In the "slouch" gait, also straightening the leg at the knee is avoided, thereby saving a good deal of muscle expenditure.

The flexion or "slouch" walk is officially described by English army officers thus: "There are two main features in it: the inclined body, by which gravity is utilized, as a propelling force, and the bent knee. The action is: the head and shoulders held nearly over the front foot, the feet kept nearly straight to the body so as to bring about as much earth contact as possible, no rise or fall to the trunk. The gait is practically a slow run, with the exception that the feet are never simultaneously off the ground at the time. Among other things, experiments prove that the feet do not press so heavily on the ground, when the men use the flexion march, as when they use the ordinary step."

A curious feature of the slouch step is, that the toes of the forward foot, provided the proper footwear is used, not infrequently develop a prehensile power, of a remarkable nature. In other words, the ball and big toe of the foot apparently learn to claw or catch hold of the dirt, so as to assist the body in its forward progress. This is done unconsciously, and without effort, but it is believed by those who have studied the matter that it is a token of the return of muscular powers to the foot which had become atrophied through an improper stride, and the cumbersome foot-gear of civilization. In the case of the famous statue of Discobolus, the flexible front toes of the statue are seen to be contracted as if taking a firm grip on the ground, in order to assist their owner in his muscular effort.

The moral is obvious. But the writer is afraid that it will be a long time before the population at large adopts the easy, swift stride and gait of the hunter, the country lad, or the most modern of soldiers. Habits engendered by civilization are much more easy to acquire, than to get rid of—especially if they be of a harmful sort.

Suburban Dog-Farming and Good Health

By EGBERT MARTIN

DOG-FARMING as a means of regaining health has not been the vogue, but nevertheless one man has found that it is a vehicle to robustness and independence as well. The man whose story I will tell, was in an office for many years and even now has daily more or less work of a confining nature.

He is the secretary of a big incubator company and lives in the town of Clay Center, Nebraska. This little place with all its fresh air is not any better for the man who has to be shut up all day than the larger city. One needs fresh air, if his work is of a sedentary nature, no matter where he lives. All of us are in need of outdoor employment, if we would retain our health and live out the full number of our days. To get right out in the fresh air that God has intended we should breathe, is a blessing that we are prone to think too lightly of.

When I first became acquainted with Mr. Harvey some years ago, he was living in a town cottage and for recreation took occasional spins behind fast roadsters. But this soon grew tiresome for him. For a long time he had been the admirer of a good dog. The idea came to him suddenly of a dog farm where he might be out in the open as much of the time as possible and make a penny or two out of it. The idea haunted him.

He cast about for a little place on the outskirts of the town and soon had an eye on a piece of land large enough for a hundred dogs to run over and at the same time be of no bother to the neighbors. It was not long before he had it in his possession. He moved his horses and cow and two collie dogs out on it. Then he was ready for the business of founding a kennel of good collies.

The collies were chosen as the most available breed of dogs for several reasons. This breed had always been in

demand by the farmers and stockmen of all the western country and it seemed the wise thing for him to choose it.

Throughout the East, there are many farms devoted to the breeding of high-class canines, but a similar venture in the West was not looked on very favorably by those who heard of it. The Western country is not educated as yet up to the "dog fancy" in such a way that it can support breeding farms, so Mr. Harvey was assured.

But he was not a man to go into anything with both his eyes shut. So he commenced in a small way, planning to increase the capacity of his farm as the demand grew. The enterprise did not have success written all over it. The outdoor work that it entailed would make him eat and sleep well even if the immediate receipts were not as encouraging as they might have been.

Two brood matrons soon presented fine litters of fat, sable and white puppies. By giving them the best of care, Mr. Harvey had the pleasure of seeing them grow like sunflowers in a Kansas cornfield. He placed a small advertisement in the columns of a journal devoted to dogs and also one in a cattlemen's paper. In the announcement he stated that he could furnish collie puppies of the choicest breeding to early applicants at ten dollars each. The price seemed high to Mr. Harvey at first, but the way in which the puppies were taken suggested that he had not asked enough!

Two of the best females in these two litters were retained for the kennel. After correspondence with a few of the older and most influential breeders of collies in the country, he bought two more fine females to add to the little kennel. The experience in disposing of the first puppies told him that there was really a demand for the class of stock that he was trying to produce. Doubts about the business as an invest-

ment seemed to melt away and he put in some hard work, making additional kennel room for the new dogs.

Within six months, he had disposed of four more litters of puppies. The business began to show possibilities. Three more good brood matrons were installed and a few of the best females from the first appearing litters were added from time to time to the kennel. Nothing but the very best dogs were used. There is quality in dogs as well as there is quality in horses and cattle. If a breeder once gets a reputation for

stud increased to thirty, as the work gained headway, and most of them gave two litters per year.

At the present time, other dogs than puppies are being sold, although the puppies are the mainstay to keep up sales. Old dogs from twelve to eighteen months are growing in demand and bring from twenty to thirty-five dollars. The number of people who will put this amount of money into a dog for a pet or companion is not many. Probably Mr. Harvey sells a dozen of them in a year now. By far the greatest demand



A Group of Famous Collies

producing only the best, it is his most valuable asset.

And Mr. Harvey found that if one satisfied customer was a good means of getting more business, two were better. A great number of his sales to-day come from having sent out good dogs to purchasers who have told admirers where they secured their dogs. Philosophers tell us that there is a law of compensation and in this instance we have the truth of the saying brought right home to us. The number of brood matrons in the

for grown dogs comes from the stockmen, who want them for their own breeding use, they asking largely for females in whelp to good sires. These bring from thirty dollars up according to their quality.

Constant efforts to make the quality of the breeding dogs in the stud of higher merit have availed much. A year ago, Mr. Harvey sent to one of England's best breeders and paid a long figure for a dog of world-wide reputation, just to add prestige to his stud of breeding dogs.

It paid well as an investment and as an advertisement, for it brought some of the fancy or show dog breeders to see his kennels and the quality that he was producing. It is this constant high regard for the best that has brought the gradually enlarging end of the business devoted to show dogs. Christmas trade is brisk in collies, the same as it is in any other line. About twenty-five puppies went out this past Yuletide as presents and the range of territory that they covered included Mexico, Siam, Canada and Hawaii.

worm remedy when they are a month of age. A remedy of some kind that is gentle yet effective must be given or the worms will multiply rapidly and so weaken the system that puppy will be the prey for all the ills that dogs are heir to. Every week, the puppy must have some remedy to keep down the worms. These pests thrive no matter what the fare is for the puppies. Old dogs are given a pellet or two monthly. When they are fed on a fare entirely of meat the worms are considerably worse than usual. Mr. Harvey has a big food



A Blue Ribboned Prize Winner

Not all that goes to make up the work of dog breeding is pleasant. The enterprise that does not have its disadvantages does not exist. With dogs there is one great trouble that infests them from the time they are whelped until they die, unless it is constantly fought by the care-taker. Worms are the bane of every dog breeder's woes. There is so much sugar in the brood mother's milk that it brings on worm troubles before the puppies are a month old. All wise fanciers give the puppies a

cooker in which he steams meat scraps and cornmeal mush. Only a third of the feed is meat. If this is given to the puppies it is well soaked with milk and spread out before them in a shallow pan. Old dogs are eager for it at all times.

The fare is varied as much as possible to promote health and this with plenty of exercise will keep both old and young in fine fettle. Often the care-taker loses a whole litter of fine puppies because he has neglected to give them attention. If the puppy's system is

allowed to become weak and unable to withstand disease, he will contract that dreaded of all canine ills, distemper. The ravages of this disease are something it is not easy for the uninitiated to understand. Being contagious, it goes right through a kennel and kills every animal not strong enough to throw it off. Some dog breeders are sure that all dogs have it in more or less severe form at some time of their lives. Distemper does not act the same way in any two animals that it clutches. Perfect sanitary conditions about the premises and kennels must always be observed.

Houses where the dogs sleep should be dry, free from dust, perfectly ventilated and have plenty of windows for the sunlight to pour through during bright weather. Sunlight is one of the strongest aids to health for all animal life. Mr. Harvey has open sheds where the dogs sleep the most of the time. These he finds to be unequalled. When the brood matrons are nearly ready to whelp, they are given a yard and small darkened house all to themselves, as they like to be alone and become quite cross toward other dogs.

Now a word regarding the qualifications of a collie: There are collies and collies. Some are better than others and it is this degree of difference between the good ones and those that are better, that makes valuable those that are the very choicest. To the man who wants a dog for the service that he can give in intelligent work, one collie is nearly as good as another. Puppies from working families are preferred by purchasers who buy them for sheep-herding or cattle-driving. Fancy points do not make a good working dog better. It is just as natural for collies to work with cattle or sheep as it is for the bird-dog to find feathered game and come to a point on it. Collies have been used for centuries in the Scotch hills and the working qualities are firmly bred into them.

The points which go to make up a show dog are nothing more than the characteristics of a good collie bred in the blood of bluest hue. First comes

the head, which should be flat and long. It must not be so long that the nose may be called snippish. There must be no dome to the skull nor a depression called the stop just beneath the eyes. The eyes must be placed obliquely in the head and go to make up what is termed by fanciers collie expression. The ears of a good-headed collie are not so loosely placed on as to be drooping when the animal is at attention. They are raised and tip nicely at the ends. Note the ears of Ormskirk Hope, the dog that Mr. Harvey imported from England. These are not carried quite high enough, but the photo was taken when the dog was something over four years old. Ears droop slightly with advanced age. A good head is an essential part of any collie that goes into the ring to be shown in competition. Without it he cannot hope to be in the winning. In height at the shoulders the male dog should be about twenty-six inches and the female slightly under this. He must be put up in such a way that there appears to be a ruggedness and determination of spirit not found in other dogs. His coat must be long and close, and in color sable and white or black, white and tan, which is called tri-color. The golden sables that have white markings are the fashion in collies to-day. Other points too numerous to mention in this short article go to compose the choice collie, but a very good idea of their characteristics may be obtained by a study of the accompanying photos.

What about Mr. Harvey's health?

To tell the truth about it, he forgot there was such a thing as health when he was working with the dogs. He gained in weight and before he knew it, was eager to do more than ever. The carrying of his mind from office affairs by the work in and around the kennels put him in shape to use the repairs that Mother Nature sent him. He has been applying the remedies so generously given all who take advantage. The combination he has worked out seems to be a most unique thing in the way of profit and health.

If one would be in good health, physical exercise is a necessity.—Dr. E. Clayton Smith,

A Venetian Night on Lake Marguerite

A Charming Spectacle Which Marked an Interesting Phase of Student Life at the Bernarr Macfadden Institute—Music, Illuminations, Fireworks and Darting Craft were the Main Features of the Entertainment.

By A STUDENT

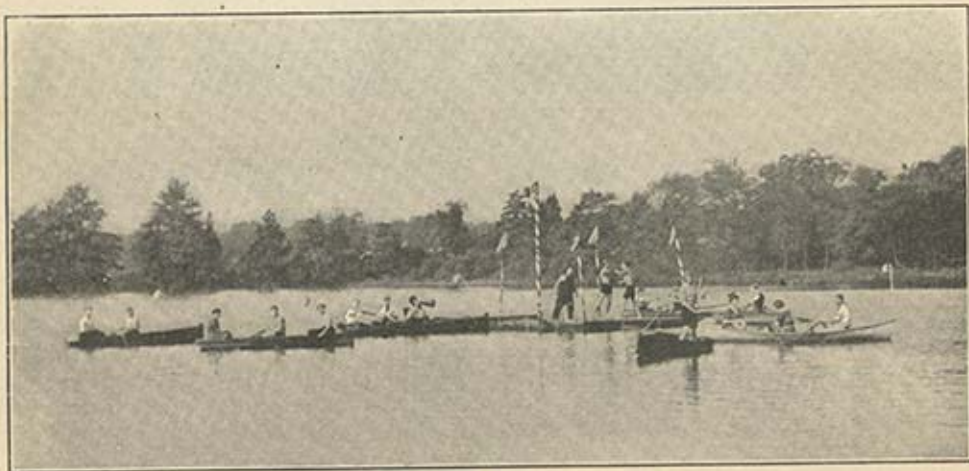
THE comradeship and good feeling which characterize the student body of the Bernarr Macfadden Institute at Physical Culture City, were delightfully demonstrated on the evening of September 21st, when the members of the Junior Class gave a reception in honor of the graduates. The affair was as successful as it was unique, that beautiful sheet of water, Lake Marguerite, lending itself to the main feature of the reception, which was a water spectacle very appropriately christened "A Venetian Night."

At about seven o'clock in the evening, boats bearing colored lights and merry crews began to gather at that point of the lake which is nearest the Institute building. Those who were not handling the oars, had mandolins, guitars, and so forth, and with the assistance of these, it was not long before the night was made as melodious as it was pretty

through the medium of the illuminations. The students, thanks to their physical culture lives, are almost all possessed of vocal abilities and hence, besides the music furnished by the instruments, that rendered by human throats was very much in evidence. College songs and glees, old and favorite melodies, and some ditties especially composed for the occasion, were capitably rendered. Also they were very much appreciated by the spectators who had gathered on the shores of the lake in order to listen to and witness the proceedings.

In the center of the lake, a large float was anchored, gayly decorated with the national colors and groups of flags of all nations. Numerous colored incandescent lights were strung among the bunting and a huge electric arc light was suspended over all.

About 8.15 the fleet of small craft met at a given spot and to the strains



The Float Where The Entertainment Was Given

of appropriate music, began circling the lake. The spectacle at this juncture was exceedingly picturesque, and vindicated the title given to it as related.

An excellent athletic and musical programme took place on the float. As far as the first-named features were concerned, there was club swinging, wrestling, boxing, and so forth, while the singers among the students rendered solos, duets and glees in a manner that brought forth salvos of applause from the spectators.

grand display of fireworks. Then the familiar strains of "Home, Sweet Home" pealed out through the darkness. Light after light was dimmed and the spectators dispersed, feeling that they had had a most enjoyable evening.

The students and their friends then adjourned to the gymnasium at the Institute building, where refreshments were served and dancing followed. At length, when the time came for the participants in the "Venetian Night" to separate, there was hearty hand-shaking



A Portion of the Boat Parade

During the programme there were some ludicrous incidents, which evoked roars of laughter. One of such was when both the contestants and the referee in one of the boxing matches fell into the water.

After the exhibition there was a

and God-speeding to those who were soon to leave the Institute to take their place in the work of the world, fortified with the healthy body and the well-balanced mind which they had attained through their studies at the Bernarr Macfadden Institute.

EARN MONEY IN SPARE MOMENTS

Enthusiastic physical culturists or anyone familiar with the great value of physical culture literature, can make a liberal profit by devoting one or more hours a day to our special plan for increasing the subscription list of the *PHYSICAL CULTURE* magazine. This is a proposition that cannot fail. No canvassing required, but still you "get at" the people who are interested, with-

out annoyance to yourself or unpleasantness to those who are not interested. Write us for our plan, as you may be able to earn in two or three hours a day, more than you are now earning on a weekly salary basis, by giving this plan of ours a trial.

SUBSCRIPTION DEPARTMENT, PHYSICAL CULTURE PUBLISHING CO., FLAT-IRON BLDG., NEW YORK CITY.



The Illustrations in this Article are Photos of the Prize Winners at Last Physical Culture Exhibition

Grand Prize Competition

A Contest to Determine the Most Perfect Specimens of Humanity of Both Sexes—One Hundred Dollars in Gold to the Member of Each Sex who Most Closely Approximates the Ideal Standards of Strength and Beauty—In Addition to this, there will be Twenty Other Prizes of a Valuable Nature for those who do not Succeed in Winning Gold

THERE will also be a competition for boys and girls, in which gold medals and other prizes will be awarded to contestants who give promises of future perfect manhood and womanhood. The parents of the most perfectly formed physical culture baby will also receive a gold medal, and there will be a number of other prizes for fathers and mothers who live the natural life. One of the greatest and most gratifying events in the history of physical culture. Other prizes will be given for the winners in special contests which are to be announced later.

It was our purpose to hold a physical culture exhibition this year at Madison Square Garden, New York City, which in point of size and interest would surpass those which have already taken place in the world-famous structure in question. We need hardly remind our readers that the success of these same exhibitions was such as to leave no doubt in the mind of the observant as to the deep hold that physical culture has on the respect of the intelli-

gent public. As a case in point, it might be retold that at the exhibition of 1905, Madison Square Garden, on the first and second nights of the enterprise, was more crowded than it had been at any other event or period of its history. In fact, so gigantic were the crowds that wished to witness the athletic events and the magnificent manhood and perfect womanhood that were parts and portions of the show, that police reserves had to be called out, the doors were closed, while the crush in the interior was almost beyond description.

In view of all this, the steady growth of the circulation of the physical culture publications and the constant demand that has been made for a repetition of the exhibition, it is felt that something which shall in a sense take its place, is due to the physical culture public. This because for a variety of reasons which it is not necessary to here relate, it has been impossible to inaugurate an Exhibition of 1907, either in New York City or elsewhere.

After much consideration, it has been

decided, therefore, to have a contest for the most perfectly formed men, women, boys, girls, and babies, which shall in a sense, take the place of the Exhibition, and at the same time reward those who, by living physical culture lives have attained ideal physical development.

The prizes will be as follows:

One hundred dollars in gold to the most perfectly formed man. Twenty additional prizes, consisting of valuable works of physical culture, yearly subscriptions to our magazines, etc. One hundred dollars in gold for the most perfectly formed woman. A gold medal for the best formed boy under fourteen years of age. Twenty additional prizes consisting of physical culture books, subscriptions to our magazines, etc. A gold medal for the most perfectly formed girl under twelve years of age. Twenty additional prizes of a valuable nature. A gold medal to the parents of the most perfectly formed baby.

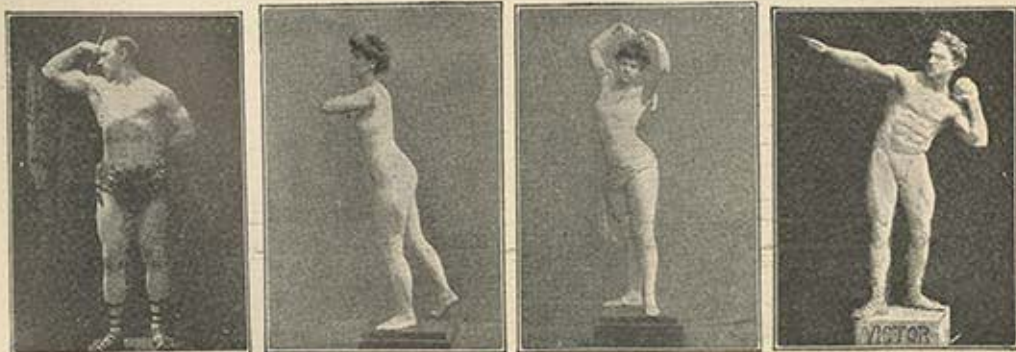
In addition to the foregoing prizes, we are considering the advisability of offering special prizes of a novel and valuable sort in regard to which we ask you to read the next issue of this magazine.

The contest will be conducted through the medium of photographs of the competitors. These photographs should be sent us as soon as possible and it need hardly be added, that they should exhibit to perfection the physical development and attractions of their originals. Accompanying the pictures must be names, ages, weights and measurements, the latter consisting of height, and circumference of the neck, chest or bust, hips, thigh, knee, calf, ankle,

biceps, elbow, forearm and wrists. Photographs of competitors should be of such description as to show their proportions, hampered as little as possible by clothing. We leave it to the discretion of our readers to put this hint into operation. Reference to photographs reproduced herewith will show the type of garment or fleshings that are best suited for our purposes. Female contestants should wear tights of a dark color. As the competitors are to be chosen on the score of their physical excellence, the Committee of Selection must be furnished with pictures that will admit of this scrutiny being readily made.

It is distinctly understood that when competitors send us their measurements and photographs, their so doing implies the right of PHYSICAL CULTURE to publish these photographs, together with all information relative to the originals. Photographs which are to be returned must be accompanied by postage stamps for that purpose. Also, do not forget to send us as many details about yourself as possible, whether you are a physical culturist, wholly or in part; a user of ordinary diet; an athlete or otherwise; married or single, and so forth.

The date for the awarding of the prizes will be announced later. In the meantime, hurry on your pictures and measurements and watch each issue of this magazine for information regarding the progress of the contest. In especial, study the further announcement about this grand prize competition which will appear in the next month's issue of PHYSICAL CULTURE.



Some Poses Suitable for Reproduction for the Contest

Play Stunts for Boys and Girls

WE are introducing herewith, two little tricks that our young friends will probably greatly enjoy. They are not intended so much to build vigorous muscular strength, as to enable one to get control of his or her muscles. The first exercise



Photo. No. 1.—Stand with the right arm in the position shown. Place a coin, or a number of coins, on the elbow as illustrated. Now suddenly drop the elbow, and very quickly bring the hand down to the point where the coins are. Do this so rapidly that you can snatch them before they can fall. Learn to do the trick with each arm. Then show it to your friends.

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Photo. No. 2.—This shows a peculiar way of walking. Stand first with your right foot forward. Then cross your left leg behind the right, and bring it as far forward as possible, even ahead of the right foot. Now raise the right foot and bring the right leg behind the left, and forward, in a similar manner. If you can gain two or three inches with each step, you will be able to walk across the room in this very uncommon manner.

will develop quickness, and the second skill in balancing.

Nearly every boy and girl likes to learn new tricks of this sort, and after you have become skillful at these stunts your companions will doubtless wish you to teach them how they are performed.

"Sissy" Vindication



Morgan's of Himself

A FOOTBALL

STORY FOR BOYS

By HARRY WELLINGTON

IT was an important occasion, this Saturday afternoon, the first in November, and it meant much to the boys of the Eighth Ward. The day was not clear, but rather raw. There was no actual promise of a storm, but there was, nevertheless, a certain mist in the air that prevented the day from having that bright appearance which one desires on a Saturday afternoon. But the boys hardly noticed this. Their thoughts and feelings were occupied with the forthcoming game, which was to determine the championship of the West Side. The winners were to play against the far-famed Rovers of the South Side, who had so far beaten everything of their weight and age in the South and East parts of the city, and had challenged the champions of the West Side, and so decide the supremacy of the city.

However, the possibilities of the distant game with the Rovers was, for the time being, of less interest than that of the conflict to begin in the course of the next hour. The "Eighth Ward Plungers" were to meet the "Spartans" of the Thirteenth Ward, who had never been scored upon so far this season. The Plungers had been scored on by one team, but their own score on this occasion was far above that by which the Spartans had defeated the same team. The Spartans averaged a little over the weight of the Plungers, who individually scaled one hundred and five pounds, while their opponents, according to the report of Billy McNutt, weighed about one hundred and thirteen. Billy got this information from a friend who lived in the Thirteenth Ward, and who also told him that they had a center

rush fully eighteen years old. Billy added that this center rush was only a duffer anyway, otherwise he would not be playing football with younger boys.

Two of the Eighth Ward aggregation were only thirteen years of age, although the average of the team was about fifteen years. However, this was not a very great drawback, because one of the thirteen-year-old players, known as "Skinny" Nelson, was really the heaviest boy on the team, and although he was too fat to move quickly, yet he was quite strong. When playing guard, it was almost impossible for anyone to budge him. The other thirteen-year-old lad, Harry Le Moyne, was placed at quarterback and was really a strong feature of the team because of his swiftness in running. In fact, he could run almost as fast as "Spike" Emerson, who was captain of the team, and who played right halfback. The Plungers believed that these two boys could sprint better than any of the Spartans.

"Bud" Flynn, the fullback, although he could not "hit the line" as hard as his friends would like, still he was quick at getting started and could always be depended upon for his kicking, in which respect he probably had no equal of his age in the city. He would always find an opening or a weak spot, if there was one, and had a way of turning and twisting round and round which usually enabled him to get through a bunch of players and make greater gains than many who might rush into a mass play with greater energy and violence. Joe Erickson was left halfback and though not a particularly brilliant player was steady and reliable. The line was very much the same as that of teams of its

type, with both its strong and weak points, among the former being "Skinny" Nelson at guard, and Anderson at center.

The game was to be played on a large, open lot, two blocks west of the gas factory. The city was a flourishing Western town of fifty thousand, located on Lake Michigan. The field was none too good for the purpose, for one end of it was sandy and full of burrs; the other end of the field consisted of good, hard ground. The boys, however, did not mind the sand-burrs, and this was really the best and most available field for their purpose. The players did not expect a very great attendance at the game, a few boys of fifteen, personal friends of the players, constituting the audience.

There were no brass bands, but the Eighth Ward team came out with one red pennant, proudly held aloft by Fritz Baumberger, and bearing the initials "E. W. P.," in letters of white. Fritz Baumberger played left end, and the pennant had been made by his mother, the night previous. Two youthful but enthusiastic spectators from the Eighth Ward had supplied themselves with tin horns, which represented all of the music of the Plungers outside of that of the vocal variety which would be dispensed liberally during the game.

The newspapers would not notice the game. But in the hearts of the boys, it assumed an importance which was not less than that felt by the intercollegiate stars at the outset of their own struggles which was to take place on the same afternoon. Each boy concerned regarded this occasion as representing an epoch in his existence.

It was half-past one and the boys had commenced to gather about the football grounds, when suddenly one of them called out, "Oh, hello there, Sissy." Several of them immediately looked around and another voice was heard singing out, "Oh, look at Sissy with the shin guards on." Other voices assailed him,

"Ah ha, Sissy's out for blood!"

"Better look out, Sissy, you'll get killed."

"Aw, go on, let 'm alone."

Alexander Morgan, known in his own home as Aleck, at the grammar school as "Mr." Morgan, and among the boys

of his ward as "Sissy," pretended not to hear these comments. He was still at some distance from the others and changed his course so as to approach another group in football costume who were apparently discussing the prospects of the day's game. His eyes flashed, however, and one might have guessed that had he met individually any one of the boys who taunted him, the offender would have been compelled to answer for his jeers and incontinent tongue. Spike Emerson was the center of the group which he approached, and as Aleck drew near, Spike left to go to another part of the field. Poor Aleck asked him if there seemed any prospects of his getting a chance to play.

"Why, hello, Sissy," said Spike, but he said it in a good-natured tone that implied no offence. "Well, it will depend upon how the boys in the line get on. You know we have two other substitutes, and it will depend upon circumstances as to whether we call on them or upon you."

"I would like to get at least one chance, you know."

"That's right, Aleck," returned Spike thoughtfully, "We'll see what we can do."

Alexander Morgan was possessed of the name of a conqueror, but unfortunately had scarcely been known by that name among his school fellows, or the boys of his ward. He was undoubtedly different from the other lads somehow. He was for instance, much interested in his studies and always stood high in his classes at school. When the other boys were playing ball or leap-frog, wrestling or scuffling, he was to be found in a cozy corner of his home, or in a hammock, poring over a book. As a result he was regarded with much contempt by his neighbors of the same age and his health had so deteriorated that by his self-imposed studies that he was only a pale and puny specimen of boyhood when he reached his twelfth year. Owing to his physical weakness he had been subjected to the jeers and taunts of his fellows and was given the most humiliating soubriquet that a healthy boy can conceive of. How he hated the name of "Sissy," though in his weakness he was powerless to resent the term, and

had intelligence enough to see that in his lack of physical stamina he had quite deserved the title.

On his fourteenth birthday he found himself growing even weaker, although gradually getting taller. He was a bright boy, however, and thoughtful. Hence he realized that unless he made some change in his condition and methods of life, he would finally end as a victim of nervous breakdown or that terrible disease, consumption, of which he had heard. His parents had talked of taking him to a physician, but for some reason or the other had failed to do so. Furthermore, he had recently read some books of adventure and had become so enthused over the courage and strength of the heroes that he was filled with a desire to improve his own physique and gain the courage which he knew he lacked.

This was in the early spring, some six or seven months previous to the date of that eventful November afternoon. Aleck by degrees had abandoned his books and studies outside of the few which he was compelled to in connection with his school work. He went on long walks into the country, and visited a friend on a farm where he rowed on a small lake and fished. He got hold of a book on exercise and patiently worked for twenty minutes each morning and evening in his bedroom. During the summer, he learned to swim and also commenced the practice of running and jumping. Through all this, he improved rapidly, in a physical sense, and was surprised at the way in which he gained strength and general vigor. Hence it was that when he commenced to practice football in September, he was in a satisfactory condition for taking part in that very stirring and hardy game.

Most of the other boys, however, had not noticed him carefully enough to perceive the marked change for the better in his condition. They still called him "Sissy," because they had known him by this name for many years. When he asked to be allowed to practice football and be considered a substitute, his request was regarded as a joke and his acceptance as a substitute was done in the same spirit. One or two weeks

previous to the game with the Spartans, however, Spike Emerson had been somewhat surprised by noting clever and active work on the part of Aleck, and from that date on, had considered him seriously. So that Aleck at least had an excellent chance of asserting his strength in a real game and of thereby vindicating his young manhood. He felt that if he only had an opportunity, he could command the respect of his fellows and lose the detested name by which they called him. To most of the other boys, however, the idea of Sissy Morgan going into a real game was very funny.

The referee blew his whistle. The game was on. Aleck watched it from the side lines, dressed in his football armor. The Spartans' fullback had kicked the ball into the arms of Spike Emerson, who sprinted in a zigzag manner across the field, dodging first one Spartan, then another, and gaining some thirty or thirty-five yards before he was downed. Then came the first scrimmage and immediately the onlookers disregarded the side lines and swept onto the field for a closer view of the game. This was against the rules, but a bunch of fourteen-year old boys have little respect for rules on such an occasion. Officious representatives of the contesting teams pushed them back and succeeded in keeping clear a sufficient part of the field to enable the play to continue. Bud Flynn and Spike were playing the greatest game of their lives, and with the co-operation of the rest of the team were gradually gaining ground, when suddenly, owing to an inexplicable fumble, the ball flew out of someone's arms and rolled along the ground. In a flash one of the Spartan ends had snatched it as it bounced, and was speeding towards the Plungers' goal. Both Harry Le Moyne and Spike were after him in an instant, but he had secured so good a start that their efforts were unavailing, and before they had hardly time to realize it their opponents had scored one touchdown.

The play was resumed and the battle went on with varying success for both sides. The ball moved back and forth about the center of the field a number of times and neither side was able to score a touchdown before the end of the

half. So far, the Spartans had the advantage. During the intermission the members of each team drew together and discussed the plans for the second half. One of the boys, Harold Whitney, playing right tackle for the Plungers, had seemed to be a weak spot in the line. The boys implored him to hold his own for the rest of the game, although they realized that he had been compelled to contend against an exceedingly heavy and hard player in the line of the opposing team. They had not finished discussing matters, however, when the call of time was given and they resumed their places on the field. The referee blew his whistle and the struggle recommenced. At the end of the second scrimmage, however, poor Whitney was found rolling over on the ground holding his head. The boys helped him to stand upon his feet, but still he held his hands to his head.

"No," he faltered in reply to their questions, "I am not hurt. I am all right. I am all right, I tell you." But at the same time he was so dizzy that he could hardly walk. He endeavored feebly to return to his place in the scrimmage, but reeled, and though he protested that he wished to continue in the game, it could be seen that he had not only been badly shaken up, but was exhausted as well. There was a hurried consultation. Someone suggested Smith as substitute. "No," said Spike, "I am afraid Smith won't do. I guess we will have to call on Morgan."

"What, Sissy?" was the response.

"Aw, g'wan, what can Sissy do?"

"That's all right," retorted Spike whose mind was now made up. "I am captain of this team. Oh, Morgan," he yelled. "Aleck."

Aleck threw off his sweater and dashed madly and gladly across the field, taking his position in the place of Whitney who was now being led away. The other members of the Plungers were more or less indignant. A few of the boys among the spectators laughed and hooted, but others were disgusted with the thought of the honor of the Eighth Ward being placed in the hands of Sissy to defend.

Almost before they knew it, the game had recommenced, with the ball in the

possession of the Spartans. Thinking that they would find an easy victim in the "substitute," they directed the very next play at him. They felt certain that, if he were not considered good enough to play on the regular team, he could not amount to much. Aleck felt that everything depended upon him and rightly guessed that the play would come his way. The instant he saw the ball snapped, he gritted his teeth, gathered all his forces together and sprang forward. So quickly had he made his move that his opponent, who was far heavier and more experienced, was taken somewhat off his guard. Aleck's shoulders struck him in the neighborhood of the knees, and he was being forced back, when the fullback, halfback and quarterback of the opposing team hurled themselves against the two. Aleck dropped on one knee, set his other foot firmly and exerted his full strength. One player fell over him, another leaned against him and together they formed a solid heap against which the man with the ball struggled in vain. In the next scrimmage the very same play was attempted. Aleck's antagonist had made up his mind to avoid being caught unawares in this instance. They had lost two yards on the previous play. But perhaps he was slightly fatigued with the previous efforts. Perhaps he was too confident of himself. At all events, Aleck was the first to move, plunging fiercely at the other's knees and again stopping the rush as before. As he rose to his feet he felt the hand of Spike Emerson on his back saying, "Good boy, Aleck, you are doing great work."

And thus the game continued. The Spartans shortly lost the ball and it was again in the hands of the Plungers. Meanwhile Aleck was asserting his fitness for the game and for the place he occupied in it. Four times Bud Flynn had been given the ball to pass through the line at right tackle, where our young hero played. On each occasion Aleck had been able to upset his opponent in such a way that Bud twisted his way through in his usual fashion for a material gain. Spike was immediately pleased, but Aleck was more pleased than anyone else.

The Plungers were now within thirty-

five yards of the Spartan goal. It was determined to try a kick for the goal, but just as Bud Flynn sent the pigskin sphere whistling on its way to the goal, a breeze sprang up, the ball hit one of the goal posts and rebounded. It struck the ground and as it bounded the Spartan fullback seized it and attempted to make another run similar to that which he had performed in the first half. Harry Le Moyne was approaching him swiftly, but, dodging cleverly, he escaped and again started down the field. Just at this moment, however, Aleck emerged from among the struggling mass of forwards and rushed to meet the oncoming Spartans. "Go on, Dan," shouted the spectators from the Thirteenth Ward. "Oh, look at Sissy. Go on Sissy," shouted the Eighth Ward boys, but at this time there was no scorn or contempt in their tones. It had flashed upon them that here was a real football hero who might save the day, and in their enthusiasm they called to him as if he were an old and trusted friend, though they scarcely knew what to call him outside of the accustomed nickname. Aleck's eyes were fixed and determined. He was watching his oncoming opponent closely. He said to himself that this dodging trick should not be worked on him. The two were running towards each other at right angles. Suddenly Dan checked himself, stopped and started off in another direction. But Aleck had been expecting this and checked himself at the same time. In one or two quick steps he had flung himself against the other's hips and his arms closed around his legs. It was a furious tackle and both fell instantly to the ground. The Spartan boy was so shaken up that his grip of the ball failed him and it rolled on the ground to be picked up by Spike Emerson. As stated, Spike was the swiftest sprinter on the team and before his astonished opponents were aware of it had crossed the line for a touchdown. The score was now even.

But this was not the end of the game. As it progressed, Aleck's superior condition began to assert itself still more. His opponent was much heavier and

apparently depended more upon his natural strength than upon his previous training. And besides, he had played from the beginning of the game. The long walks, rowing, running and the general outdoor life and training that our hero had undergone had given him such superior endurance that he was getting decidedly the better of his opponent in spite of the other's weight. There was still five minutes to play. The score up to this time was a tie, and the ball was in the possession of the Spartans, when suddenly Aleck seemed to bowl over the tackle in front of him, rushed through the line at the beginning of a scrimmage and interfered with the left halfback who was on the point of receiving the ball. As the ball fell to the ground and rebounded, Aleck, who had not yet lost the momentum and speed with which he had dashed forward, snatched it up eagerly and in the twinkling of an eye was speeding down the field. Another touchdown was the result and the game was ended as a victory for the Eighth Ward boys.

Aleck left the field with his left eye in a very much battered and blackened condition, and missing a patch of skin on his right cheek the size of a twenty-five cent piece. The rest of his tired and aching body he carried home, much to the amazement and mental disturbance of his mother and two sisters. But he was proud of his bruises.

That night he walked down the street with plenty of plaster on his face and met one of the older boys, who formerly had shown him much contempt.

"Hello there, Morgan. You played a great game. How's your eye? And say, Spike says that you will play in the game against the Rovers."

Aleck had expected to be called "Sissy," from force of habit, and now he was thrilled and filled with pride at realizing that he had lost the hated name. He would willingly have had both eyes blackened, and would have submitted to a scalping operation, in addition, if he could only get rid of that name. And with a thrill of satisfaction he felt that he had accomplished his desire.

What Some Proprietary "Remedies" Contain

A RECENTLY issued Bulletin (No. 69), of the North Dakota Agricultural Experimental Station, contains analyses of certain patent medicines which not only explain the cause of their popularity, but also prove that directly a man goes into the business of making these nostrums, he loses his conscience and becomes not only a cheat, but a liar. Thus for example, there is something called Bioplasm, which is claimed to cure Bright's disease, catarrh, cough, consumption, diabetes, locomotor ataxia, jaundice, hay fever, hysteria and scores of other diseases. The analyses of this precious compound, prove that the elements which its makers claim it contains do not exist "and, so" adds the Bulletin, all too mildly, "it cannot be recommended as a cure in such divers complaints as are specified by the producers. As a result of our examination, we should say it was devoid of any of the virtues claimed for it by the manufacturers." It will be seen then, that in the opinion of the North Dakota Agricultural Experimental Station, the makers of Bioplasm are fabricators.

They are also thieves, as they obviously obtain money under false pretences.

The laws of North Dakota alluded to, require that each and every product containing more than 5 per cent. of alcohol sold as a proprietary medicine, beverage, etc., shall be labelled to show its true percentage of alcohol. Consequently, the chemists of the Station were curious to know just how much alcohol a whole lot of "medicines" and beverages contain. And these are among the results of their investigations:

Paine's Celery Compound, contained alcohol by volume, 19.25 per cent. Dr. Shoop's Restorative, 9.81; Swift's Specific S. S. S. Blood Purifier and Tonic, 17.17. In regard to this last, it should be remembered that even the general medical practitioners know enough not to prescribe alcohol in a case

of blood poisoning of any kind or description. Dandelion Bitters has 28.62 of alcohol, Appetite Bitters, 36.95, which is not so many degrees removed from straight whiskey. Hostetter's Stomach Bitters contain no less than 43 of alcohol, nearly one-half. Electric Bitters, 19.57; to the analysis of which the remark is added: "This product contains little if anything of medicinal value." Monarch Rock and Rye, which is stated by its makers to be "a powerful nervine and tonic," 36.87, or practically, ordinary bar-room booze. Berliner Magen Bitters contains the sufficient quantity of 23.22 per cent. of alcohol. In the Columbia Stomach Bitters, there is 42.52 per cent. of "tangle-foot," which accounts for the chemist's remark "this product cannot properly be classed as anything other than an intoxicating beverage." Tolu, Cherry and Rye is a much advertised nostrum that contains 30 of "snake-breeder." Our old friend Peruna, whom like the poor, we have always with us, according to this analysis contains 26.23 of alcohol. Does this fact explain the curious not to say jaggy testimonials that the Peruna people allegedly obtain in such abundance from senators, congressman, admirals, comic opera stars, heads of street cleaning departments, clergymen, discredited and otherwise, prominent boot-blacks, philanthropists, eminent peanut roasters, Wall Street financiers, and the more exclusive members of the White Wings brigade of New York City?

The vigilant officials also descended upon a number of hair tonics, among them Danderine, which contained 10.5 of ethyl alcohol. When the makers of Danderine were notified that their bottles must be labelled with its per cent. of alcohol, they indignantly replied: "We must decline to ship any more goods to North Dakota." On which fact, the people of North Dakota are probably to be congratulated.

Combating the Medical Autocracy

By C. S. CARR, M. D.

THE American Medical Union is an organization of physicians that are avowedly in more or less active revolt against the hide-bound and "regular" code and methods which are crystallized in the American Medical Association. The Association is a powerful organization in many ways. Its membership roll contains the names of several thousands of practitioners, including many who are properly and aptly known as "political" doctors—the gentlemen who are responsible for those laws which put the public at the mercy of the "regulars" and at the same time threaten with all sorts of pains and penalties, a practitioner, who, having the courage of his convictions, ventures to voice them and by so doing, exposes the pedantry and charlatanism that honeycombs the profession throughout.

The American Medical Union is frankly opposed to the total methods of its rival organization, and the recent annual address of the president of the Union, C. S. Carr, M. D., is eloquent of this fact. In it he lays bare that attempt on the part of the "regulars" to enslave the people through the medium of "class" legislation, to which PHYSICAL CULTURE has repeatedly called attention and against which it has raised its protest. Dr. Carr's statement of the position of affairs is so clear and direct, that no apologies are made for quoting him at length as follows:

"These are days in which autocracies are meeting their Waterloo. The autocracy called the meat trust is facing a determined foe, as it has found to its cost. The autocracy of billion dollar insurance companies has received a blow from which it will never entirely recover. The autocracies of the boss in politics are being slaughtered one by one. The autocracy of the Standard Oil Company; the autocracy of railroad combines; the various autocracies of

combinations of capital and combinations of labor; these autocracies are each and every one of them opposed to the civilization of true democracy, and will sooner or later fall before the spread of American citizenship and the principle of a square deal for every man.

"But, in my opinion, the medical autocracy, as devised and promulgated by the American Medical Association, is the most insidious, and will in the end, if allowed to go on, do the most damage of them all.

"It is an autocracy that enters the sanctity of the home and enforces surgical operations against the will of the parent.

"It enters the school room and issues a censorship as to who may or may not attend school.

"It dictates to American citizens who shall and who shall not attempt to heal diseases.

"It sets aside the diplomas of one medical college and bolsters up the diplomas of another medical college.

"It blots out of existence, with one stroke of the pen, the years of study and the great expense of preparing to practice some one of the healing arts. Sits as judge and jury, complainant and witness, upon all those who do not obey to the letter the code of ethics that it has written.

"It denies burial to the dead, except those who have died under the treatment of some physicians authorized by themselves. It stops funeral processions and demands a coroner's investigation unless a death certificate can be furnished from one of its cohorts.

"It aspires to dictate who shall marry, who may teach school, who may nurse the sick, who may practice massage or give baths.

"It is determined to take our criminals our paupers and our lunatics and subject them to experiments in the interests of science.

"It quarantines homes, villages and

cities, thus working greater havoc to the commercial interests of the country than a devastating army.

"It laughs at the anguish of a mother separated from her sick child, and looks on in contempt at the tuberculous wife who is no longer allowed to receive the personal and tender care of husband and children.

"It converts our whole social fabric into a military hospital, condones criminal mistakes of those physicians who enjoy its protection, and makes criminals of all other physicians who are trying to heal disease, however honestly or conscientiously.

"This medical autocracy has its agents and its beneficiaries in every city, town and hamlet, on every spot where two roads cross each other, and if this thing is allowed to go on a few years longer we shall find ourselves in the grasp of an iron autocracy that holds nothing sacred, neither home nor life, property nor liberty. Everything will be sacrificed to the interests of the medical profession, and no place or activity will be free from its withering blight.

"In my opinion, this is the greatest and most dangerous of all autocracies. While the other autocracies are bad enough, and deserve the treatment they are receiving, yet exorbitant freight rates do not murder babies, high-priced meat does not necessarily paralyze all other forms of business, extravagant insurance does not attack the school child or the school-room, the boss politician cannot invade the sanctity of the home. But this miserable medical autocracy can do all these things, and more. Time will not permit me to enumerate all the crimes that they are committing and aspiring to commit.

"Now, my fellow colleagues of the medical profession, is it not something worth striving for to be defenders of the homes and the sacred rights of one citizens? Is it not something to cry out against the encroachments of a medical autocracy that outstrips the medical fraternity of Germany and leaves France and England far, far behind? Is it not a part of our function to rouse the unwary public against the stealthy and incessant progress of this

dangerous foe to the republic of the United States?

"We are by instinct and education a democratic people. Dare we not come out on the broad platform of absolute freedom for all of the healing arts?

"Why have we any laws to prohibit or uphold any one attempting to practice any form of the healing arts? Why not leave these matters to be conducted exactly as matters pertaining to religion of theology are conducted? Even the smallest or meanest religious sect of this country is protected and allowed perfect liberty so long as they do not break salutary laws binding upon all men alike.

"Cannot the people be trusted to select their own doctor? Cannot the doctors be trusted to select their own school of the healing arts?

"All the law we need to regulate the practice of medicine is the bill suggested by the American Medical Union, which simply requires every man and woman who proposes to practice any form of the healing art to register their name and address, and the school of the healing arts which they are proposing to practice. This gives the authorities, in case of complaint against them, an opportunity to judge of the justice of the complaint. Then, in cases of suits for malpractice, each physician can be held responsible for the result of his practice, as taught by the school to which he belongs.

"Or if some one proposes to practice the healing arts who belongs to no school, has graduated from no college, let it so be stated in his registration, and in case of malpractice he has no other defense except the good sense and human sympathy of the jury before whom any complaint against him may be brought.

"But, you may reply to this, 'what protection then does the graduated physician have? What good does a diploma do? In what way are we to derive any benefit from a long and expensive study of medicine or surgery, or any other form of the healing arts?'

"My reply is, you enjoy all the protection you ought to. If the course of study required of any college has been of any real value to you, you can quickly

demonstrate your superior ability among those who employ you. This is all the advantage you deserve. It is all the advantage you have really earned. If a woodchopper or dishwasher can begin the practice of the healing arts without any preparation and successfully compete with you, without any opportunity to make false claims as to their fitness to practice, let the woodchopper and dishwasher triumph if they can. For it is barely possible they may have something of more value than is taught in the school.

"The art of healing is mixed up with a great many occult and unknown forces. We are all of us fumbling in the dark to-day as to the true method of healing. We are in no position to dogmatize on this subject at all. It is dangerous to the welfare of the people, it is a hindrance to the progress of the healing arts, to allow any arbitrary dictum to help or hurt any one who is conscientiously trying to heal diseases.

"Everybody, however, should be held to the veracity and accuracy of his registration. If he registers himself as a homeopath without a right to do so, or an osteopath, or an allopath, or any other path, he should be mercilessly punished for practicing fraud.

"It is against fraud that our laws should be aimed. We are not wise enough, in this generation at least, to pronounce upon the relative merits of the multifarious claims that are made as to the healing arts.

"If medical societies arise which gather to themselves cliques and schools of medicine, for mutual benefit and association, all right. They have a perfect right to do so as long as they do not interfere with the rights of others.

"If men and women acquire titles of graduating from colleges or belonging to medical societies, and these titles give them any advantage in a *fair competition* in the practice of the healing arts, all right. They are entitled to their advantages and the fruits of them. No one should interfere with them.

"Unless this whole matter is allowed to grow unmolested, unless the evolution of the healing arts is permitted to go on untrammelled, we shall never attain what we are seeking.

"The Messiah came to the world nineteen hundred years ago from an unexpected quarter. No one of the learned doctors and theologians of that day even suspected that he would come from the humble and despised Nazareth. And yet, that is exactly where he came from.

"I do not believe to-day that the so-called educated medical fraternity is looking in the right direction for the healing Messiah that is to come to our disease-cursed world. I do not pretend to be able to point out the exact quarter from which he will come. But I am thoroughly confident that the only way in which we can assist in his coming is to let this matter entirely alone, and allow every one to do exactly as he pleases, so long as he does not interfere with the rights and liberties of others.

"No law can be made too stringent, no punishment too severe, upon that man who practices fraud in any form. But any law that undertakes to dictate to any man's conscience or preferences in matters of religion or medicine is a bad law, whether it is aimed to uphold this school or that school, or whether it is calculated to tear down this sect or that sect.

"We are fighting for democracy. We are insisting upon it that the spirit in American civilization should prevail of the practice of the healing arts, and that the Constitution of the United States applies equally to the physician and the patient, as it applies to the preacher and the communicant. Everybody is left to select his own church, his own spiritual adviser, in this country at least. Everybody should be left to select his own school of medicine, his own doctor.

"If souls are damned because of unwise selection of spiritual guidance, it does not frighten us, for we hold the *principle of freedom* as higher and more valuable than the failure of individual men and women to find the right creed, to select the right church.

"If bodies perish because of unwise selection of doctors or schools of medicine, we should not falter, but should hold above such unfortunate incidents the principle of freedom, as higher and more valuable than the failure of

individual men and women to find the right creed, to select the right church.

If bodies perish because of unwise selection of doctors or schools of medicine, we should not falter, but should hold above such unfortunate incidents the principle of freedom, which will finally settle matters quicker and surer than the arbitrary decree of man. But it is not at all likely that more mistakes along this line would occur under perfect freedom than occur now under arbitrary laws.

"Many of us are already duly registered and approved by the arbitrary powers that govern us. We have no favors to ask, we have nothing to fear. But as we look out upon the world and see the iniquity and suffering that is occasioned by the arbitrary attitude of the American Medical Association toward the people, we are not content with our own safety, we are not satisfied with our own prosperity.

"This should be an altruistic movement, rather than a personal fight. It is for the people that we should contend, the masses of the people. We should allow no code or ruling to obtain in this

association that has merely the purpose of protecting ourselves.

"No honest man, governed by honest laws, needs protection. All he needs is liberty. Any law passed that has the sole purpose of protecting a class of individuals, that aims chiefly to give one group of individuals an advantage over another group of individuals, any such law is a disgrace to American civilization.

"I do not, personally, object to the purposes of the American Medical Association, for my own self or my own family. I am within the pale of their protection, and enjoy that liberty which they intend only for themselves. But so long as there is a single human being, great or small, rich or poor, within the confines of the United States that does not enjoy equal privileges with myself, I shall not cease to clamor with voice and pen against such iniquity. There are thousands of other physicians who feel exactly as I do. Can we not manage, in some way, to bring them together?"

And to Dr. Carr's utterances, every man and woman who has at heart the health and happiness of his or her fellow citizens, will add "Amen."

IMPORTANCE OF PROPER DIET

With those who are aware of the tremendous importance of a correct diet, the fact that science has heretofore neglected to give the subject that degree of attention which it deserves may well excite surprise and even indignation. There are not wanting indications, however, that this condition is being remedied and that in the future, the subject of food will be accorded that place in the consideration of savants to which it is so manifestly entitled.

A proper diet is after all said and done, the basis of national strength—strength of body, of mind, of diplomacy, of wisdom, and of wealth. And these national virtues or attributes, spring from the backbones of all communities

which are "the common people." A well-fed race is a race in which the peasants and the peers, the poor as well as the rich, the ordinary men and women as well as the exceptional individuals, are supplied with wholesome food, amply sufficient for their daily needs. And it should be added that one who possesses a well nourished body rarely is lacking in that degree of self respect which prompts him to insist upon a plentitude of fresh air and a proper supply of cold water for drinking and bathing purposes. In other words, appropriate food breeds respect for hygiene, while improper food is apt to be followed by a neglect of those other things which have to do with the preservation of health.

How to Become a Physical Director, Even if You Have No Money

THOSE who are earnestly interested in the Physical Culture propaganda, may become Physical Directors even if they lack money, by exchanging services for tuition in the Bernarr Macfadden Institute. And the manner in which this can be done is as follows:

There are hundreds of young men and women who are ready and anxious to take up the work of preparing themselves for a physical culture career. But they are lacking in one requirement—they have no money to pay for their tuition, board and books. The Bernarr Macfadden Institute has been opened for the sole purpose of educating men and women to teach the principles so emphatically advocated in the physical culture publications. In view of the hundreds of applications for a physical culture education that have been received, the editor of this magazine has tried on numerous occasions to devise some method whereby those who have no other capital than their enthusiasm and abilities, could take advantage of the opportunities offered in the Physical Culture Training School in question. Arrangements have now been made by which anyone who is able and willing to work, can secure a complete physical culture education in exchange for services, and there is room with us at present for a large number of would-be students of this type.

We have an extensive staff of employees in the printing and binding departments of this and other magazines published by this company. Both skilled and unskilled workers can now

exchange their services in these departments for tuition in the Institute. Work can also be secured in the subscription and other departments of this magazine.

We desire to again call your attention to the fact that there is no profession which offers such sterling opportunities at the present time as that which is open to enthusiastic physical culturists who take an Institute course. One can make more money in this profession for the same amount of work expended than in any other that is open to the average young man or woman.

Health is of priceless value. It is worth far more than money. Those who thoroughly master the science of physical culture are not only securing the highest degree of physical vigor in their own bodies but are being taught to bring about similar results in those to whom they will, later, minister.

If you are following some humdrum, uncongenial occupation and are interested in physical culture, you are actually wasting your time. You have opportunities before you that will bring you success as great as you ever dreamed of achieving, if you will only embrace them.

If you cannot pay the tuition in the regular way or wish to exchange your services for tuition while you are securing a physical culture education, write to the Subscription Department of the Physical Culture Publishing Company, and you will be furnished with details of a plan that will be of interest to you and that will enable you to attain your desires.

PHYSICAL CULTURE SOCIETIES

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Brooklyn, N. Y.—Mr. John J. Costello, 117 Carlton Ave.
Philadelphia, Pa.—Mr. J. C. Edwards, Bryn Mawr, Pa.
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St. Louis, Mo.—Mr. Brown Hamilton, Buckingham Hotel.

Editorial Comment and Items from Everywhere

Again Doctors Differ on Alcohol

Speaking as a layman who ventures to think that he possesses a fair amount of common sense, the writer confesses that he cannot under any circumstances conceive of a physician deliberately stating that alcohol can be considered as a food, or that it is of benefit to the human system, or is at least innocuous when swallowed. It seems to me that if a machine, whether it be of metal or of flesh is intended to do its work in a given and known manner, anything which interferes with that same work must of necessity be harmful. Now even the most ardent of the alcohol-endorsing M. D.'s would hardly deny that when a man takes a drink of rum, his so doing brings about an abnormal condition of his circulation, his nerves, the operation of his digestive and excretory organs, etc. As health is an interchangeable term with a condition of normality it follows that an abnormal state of the body must be unhealthy, no matter how produced. Ergo: the disturbing factor must be unhealthy also. Yet in a more or less recent issue of the famous British medical publication, *The Lancet*, there was a manifesto in favor of alcohol which was signed by a dozen and a half of the stars of the English medical world, including a number of titled M. D.'s and several professors. These gentlemen expressed their belief that alcohol might in many cases be truly described as life-preserving owing to its power to sustain cardiac and nervous energy while protecting wasting nitrogenous tissues. As an article of diet, they hold that the universal belief of civilized mankind was "that the moderate use of alcoholic beverages is for adults usually beneficial or amply justified."

And now comes a counter-manifesto published in the *Medical Press and Circular*, the signatories being these famous medical men: Sir Frederick Treves, physician to King Edward VII,

Sir James Barr, Dr. William Ewart, Dr. Theo B. Hyslop, Dr. William Murrell, Dr. T. N. Kelynack (Hon. Sec. of the Society for the Study of Inebriety), Dr. William Carter, Dr. Thomas H. Bickerton, Dr. F. Charles Larking, Professor Sims Woodhead, M. D., Dr. G. Ward Cousins, Dr. David Walsh (editor of the *Medical Press and Circular*). The manifesto is as follows: "A manifesto with regard to the use of alcohol has lately appeared in a leading medical journal, and has received wide circulation. By reason of the high position in the scientific world held by its signatories, great importance has been attached to the views it expresses. As it appears to us that, both by reason of the wording of the manifesto and of the use to which it has been put, certain misconceptions may arise, we wish to say that we dissent from much of its teaching, nor can we accept it as an authoritative statement of recognized medical opinion on the matter. Without asserting that alcohol has no value in the treatment of disease, we believe that its use is occasional rather than regular, and limited rather than wide. We regard the word 'life-preserving' in connection with alcohol as misleading, and we consider the statement that alcohol has 'the power to sustain cardiac and nervous energy' rests on no certain clinical or experimental evidence. On the other hand, we strongly believe that alcohol is unnecessary as an article of consumption in the case of healthy men and women, and that its general use could be discontinued without detriment to the world's welfare. Further, believing as we do that alcohol is one of the most fruitful causes of poverty, disease and crime, we are pleased to add that it is now sparingly employed as a remedy by the majority of medical men."

We need hardly say that we heartily endorse the views of the makers of this manifesto.

Only Chemists Can Understand

Will somebody please inform us whether Zeke Hay, of Calves' Corners, Pa., or Abigail Simpkins of Toad Hollow, N. H., knows what sodium benzoate is, or understands the precise nature of sulphur dioxide? The curiosity which prompts this query is the outcome of the fact that the United States Department of Agriculture has promulgated regulations governing the use of benzoate of soda and sulphur fumes as preservatives of fruits and other foods. The new regulations declare that "The label of each package of foods containing sodium benzoate, or benzoic acid, shall bear a statement that the food is preserved with sulphur dioxide, or with sodium benzoate or benzoic acid, as the case may be. And the label must not bear a serial number signed to any guarantee filed with the Department of Agriculture, nor any statement that the article is guaranteed to conform to the food drug act."

It seems to us, that the simpler plan would be to stick a label on these alleged foods which should bear the simple but illuminating statement, "The stuff inside this package is adulterated with drugs." This would cover the case and protect the unhappy public, rural or otherwise.

The Usual Thing, You Know

There is both truth and poetry in the following, for which the *Public Health Journal* is responsible:

They sawed off his arms and his legs,
They took out his jugular vein,
They put fancy frills on his lungs,
And they deftly extracted his brain.
'Twas a triumph of surgical skill,
Such as never was heard of till then;
'Twas the subject of lectures before
Conventions of medical men.
The news of this wonderful thing
Was heralded far and wide,
But as for the patient, there's nothing to
say
Excepting, of course, that he died.

Wet Socks and Sleeplessness

"I know not how the truth may be,
"But I tell the tale as 'twas told to
me."—And it's this:

For the Sleepless.—Soak a pair of white stockings in cold water, draw on the feet wet, then cover with thick woolen stockings. Sleep will be induced in this way when all other efforts fail.

Linnæus and Strawberries

In last month's issue of this magazine and in this department, attention was called to the fact that some medical wiseacres had declared that there was a digestive malady which was clearly traceable to the use of strawberries. Of course, the individual who could be capable of such a libel on one of the most delicious and healthful of all fruits, wouldn't hesitate to be economical of the truth in regard to it. As a matter of fact, there is no more delicious, no more wholesome and no more hygienic product of the "low growing" fruit plants than the strawberry. And in regard thereto, a writer in the *Vegetarian Messenger*, published in England, has this to say:

"Most of us, I fancy, do not need any invitation further than having the lovely fruit brought within our reach on the table, or best of all in the garden. I never knew but one man who disliked them, and he could not endure the smell. What could be the reason for such an anomaly? Was it "the sins of the father," I wonder? For said father had been a vegetarian and gone back to the flesh-pot. Maybe the son had to atone by being deprived of the luxury of eating strawberries. Who knows? But to the point; if we who delight in strawberries want an added justification of our indulgence, here it is. They are held to be an excellent cure for rheumatism and gravel; and this cure dates back as far as Linnæus, the great naturalist. In his forty-third year he suffered from severe podagra, which made him incapable of keeping his feet still. The pain attacked his hands also, and banished all sleep and taste for food. His friends brought him strawberries for refreshment. These he took eagerly and asked for more. On the second day he was able to leave his bed, his pain being departed. In the following summer, the evil returned, when Linnæus was staying at Drottingholm, as the Queen's guest. He asked for a dish of

strawberries, which, being brought, he cleared of its contents, with the result that he was well on the following day and able to do his work. Again the enemy found him after three years, but this time the attack was only slight, and again was beaten back by a good feast on strawberries. By eating freely of strawberries when they were in season, his blood was cleansed; the podagra did not return, and Linnæus lived to be seventy-one years of age. Let us do likewise, and even better the instruction."

"Boys" are Getting Bigger

Readers of this publication will admit that since its establishment and its coincident advocacy of the principles for which it stands, there has been a marked change in public opinion regarding many matters that have to do with medical and physical health. Thus, it was PHYSICAL CULTURE that initiated the crusades against quack medicines; which being initiated and followed by other publications, has led to a vast decrease in the sales of these unspeakable compounds. It was PHYSICAL CULTURE that called attention to the fact that those responsible for the curricula of many of our public schools were sacrificing the mentality of the pupils to an insane desire to stuff them with all kinds of useless knowledge. The result is a growing revolution against methods of which the New York public school system is a glaring type. It is also certain that since PHYSICAL CULTURE lifted up its voice against wasp waists and high heels, the trend of fashion has been in an opposite direction. And it is manifest that since physical culture has become a household word, as it is in a great many cases: a household practice, there has been change for the better, in a physical sense, at least among the masses.

Point has been given to this last aspect of the teachings of PHYSICAL CULTURE, by an announcement sent out to its customers by one of the largest clothing manufacturing firms in this country. The communication states that owing to the increased height and girth of the boys the firm has taken several "small men's" sizes of ready-made

garments and put them into the "youths" class, while the sizes which were formerly known as "youths" will hereafter be known as "boys." In commenting upon this fact a metropolitan newspaper says it is one of the most striking testimonials to the beneficent effects of instilling into the minds of boys a desire for athletic training, which desire is zealously honored by the youngsters. It is in such a work that PHYSICAL CULTURE is engaged, and the testimonial to the power of its teachings as just cited, is of a most satisfactory nature. It will be noticed that the tailors do not appear to make any sizes which shall fit the "mollycoddle" class.

Berlin Doctors and Appendicitis Operation

Germany is apparently waking up to the operation-for-appendicitis crime. As in America and England so among the Teutons, the doctors have fostered a dread of the disease; the people thought the only cure for it was the knife, and that this again was contingent on a fine, fat fee. But now the medical conscience appears to have been awakened, judging by a cablegram from Berlin, which is as follows:

"Measures to place a check on the growing fad for operating for appendicitis are strongly urged upon Berlin physicians by Dr. Richard Klein, one of the local Sanitary Commissioners. Dr. Klein issues a statement declaring that popular apprehension of the disease is greatly exaggerated. He expects that an official inquiry, just made among Berlin surgeons, will prove needless the apprehensions instilled in the public mind regarding the prevalence and character of the malady.

"Dr. Klein asserts that a large number of the operations are ascribable either to the alarm of the patients themselves or the excessive willingness of certain surgeons to operate. He recommends that physicians combat this tendency and then the 'public will hear less of operations, and the fear of an epidemic of appendicitis will disappear.'"

The Neglected Elderberry

The writer has just returned from a

few days' stay in Dutchess county, New York, a land of orchards and clear streams; rolling hills and wooded crests, shady lanes and all manners of unexpected rural beauties and—elderberries. The beautiful purple clusters of this wild fruit were here, there, and everywhere, a sort of wild fruit-flower, if one may use the term, for the arrangement of the berries is such as suggests a plant of the milkweed species, and nothing can be lovelier than their rich, royal hue tenderly blushed with bloom. And yet, if you ask the average dweller in the regions in question, what use is made of the fruit, you will probably be rewarded by a smile, in which there is pity mingled with contempt. "Them there things ain't fit for much," is what you will hear. "Some folks do use 'em for medicine, but I don't place any 'count on 'em."

Now, as a matter of fact, the elderberry furnishes, amongst other things, one of the most delicious of drinks. Elderberry wine is to be found in every English farm or country house. When on a winter day boiling water is added to its fragrant richness, and a little nutmeg is grated on top of the goblet, you have something which the old gods themselves might have envied you. In any good cook book you will find recipes for making this same wine, which, provided you have the berries, is a not at all difficult task. And here is what an English writer has to say about the elder, by which it will be seen not only are its berries of use, but its flowers also.

"The elderberry is one of the most useful of fruits; the fact of its growing and fruiting so freely in our climate is to me a natural evidence of its value.

"The juice of elderberries promotes vigorous action of the skin, it is also laxative and diuretic, therefore beneficial in all urinary troubles. The juice is very soothing when blended with olive oil for sores, bruises or scalds. I used it in many such ways at the 1906 Summer School centre at Penmaenmawr. Steep the flowers in olive oil and stand in a double boiler for an hour, then press and bottle. Or press the juice from ripe berries and mix with olive oil, equal

parts, strain through a cloth and bottle. For a drink, stew ripe berries gently with a little water until all the juice is extracted, then strain through a fine cloth. To each pint of juice add 1 lb. of sugar and 3 cloves, boil until of a syrupy condition. Take a tablespoonful in a tumblerful of water at intervals. Add five drops of essence of cinnamon, for colds or influenza."

A Famous Physician on Physicians

One of the most encouraging signs of the times is the growing sense and sanity of prominent doctors. This is the same as saying that they are adopting physical culture curative principles. Thus for example, we ask you to listen to what Sir Frederick Treves, physician to King Edward, has to say in regard to medical affairs of the present and the future. Doesn't it sound as if he was reciting a leaf out of this publication?

"It is safe to prophesy, that the time will come when hospitals for infectious diseases will be empty and not wanted. The fight of the present day is against millions of microbes, and the weapons are sanitary regulations and municipal government. Tuberculosis at this moment is killing 50,000 people per annum, not one of whom need die, for the disease was preventable."

He adds that he looks forward to the time when people would leave off the extraordinary habit of taking medicine when they were sick, and he said he believed that he could imagine the time when it would be as anomalous for persons to die of scarlet fever, typhoid, cholera and diphtheria as it would be for man to die of a wolf's bite in England.

Certain it is that the mystery of the doctor is passing away. Nobody believes now that he whose prescriptions are given with an air of infallibility is by any means the sage he used to be considered. Where a hundred prescriptions were given twenty years ago, good advice is offered now instead, and the method of life, fresh air, healthy environment, simple food, and plenty of sun, are the drugs which more eminent doctors prescribe.

Duffy's "Pure" Booze and Longevity

And now the question arises, was there ever anybody—man or woman—in the United States who reached the age of three-score-and-ten without the help of Duffy's "Pure" Malt Whiskey? If we are to believe the testimonials of the boomers of this booze, the latter and longevity are so linked that you cannot disassociate them. Of course the mere fact that the United States Government has declared that the "pure" stuff in question is nothing more or less than ordinary—very ordinary—whiskey, does not alter the fact from the testimonial manufacturers' standpoint in the slightest. Yet if the statements of this gentleman had a tinge of truth in them, it would logically follow that every rum-soaked bum in this broad land of ours is as certain of obtaining a century of life as he is of a jag, if he takes a moderate allowance of the product of the Duffy stills and the Duffy imagination.

No One Need Starve

Here is good news for the hungry and the man of scanty purse. Professor F. E. Jaff, who has been connected with the State University of California for thirty years, says in a bulletin prepared for the United States Department of Agriculture, that ten cents worth of peanuts contain more than twice the protein and six times the amount of energy than are found in a porterhouse steak. The fact that this or something similar to it has been told one hundred and one times in *PHYSICAL CULTURE* does not detract from the value of the information. Let the good work go on and let more professors of State universities find out a few years later than *PHYSICAL CULTURE*, that a man can live well on cereals and legumes for about one-sixteenth of what it would cost him if he used a mixed diet in which flesh foods occupied a prominent position.

An Outspoken Official and Quacks

State Health Commissioner Eugene H. Porter, is obviously a man who doesn't hesitate to mince either words or matters when dealing with a public nuisance or menace. It is a pity that there are not more men like him in the medical profession, or in commercial, official and

private life. It is the man who has beliefs and words and actions to back them who is of value to the community. Silence may be golden, but not where scoundrels that prey upon the purses and the health of the people are concerned. At the last Chautauqua Assembly and speaking on the subject, "The Public Health Department and the Duty of the Citizen," he said among other things:

"For the purpose of criminal identification you can divide patent medicine men into two classes. The first class murder first and swindle afterward; the second class swindle first and murder afterward. In many lines of his multifarious rascality the quack may save his conscience if, indeed, he retains any vestige of that drawback to business by hoping that though he is of no help, at worst he is of no harm except to his victim's pocket. This meagre solace he cannot claim in tuberculosis. Here quackery takes what is perhaps its most murderous profit.

"The consumptive who does not go forward goes backward. The cures containing opium, morphine, chloroform, alcohol and other similar drugs are absolutely murderous. The sufferer is simply drugged while all the time the disease tightens its grip on him, and the golden moments that might bring health are lost. Only those of the medical profession realize how quickly incipient tuberculosis becomes galloping consumption under the influence of these drugs.

"Let me read you some of the constituents of the five most widely advertised patent medicines: Chloroform and prussic acid, chloroform and cannabis indica, morphine and chloroform, morphine and hydrocyanic acid, alcohol and cathartic.

"Among other less baneful swindles is one containing sulphuric acid, water and superheated air; another, a famous pill, has ferrous sulphate, starch, and sugar. This latter has a range of usefulness from humpback to cold feet.

"But of these quacks there is no end, as the bulletins which can be had by writing the Health Department at Albany show. The astonishing thing is that so many of the American people are fooled by them."

Physical Culture Methods as a Cure-All

By CHARLES MORDAUNT

More Proofs of the Value of these Methods in the Cure of Paralysis, Neurasthenia, and all Diseases of the Nerves—Consumption and Troubles of this Nature also Cured

IN the last issue of this magazine, I dwelt at length upon the result of a visit to the Bernarr Macfadden Sanatorium at Battle Creek, Michigan. My article extended through more space than could be allowed, and several very

seems to be no ailment which cannot be influenced for the better by these wonderfully effective natural methods. Disease, according to the theories advocated in this institution, represents simply a disordered organism—the functions of the body are not properly performing their offices, and the blood which circulates throughout the entire body, which tears down and builds up, does not possess the materials essential to the proper performance of its duties. The building up, therefore, of the functional system, which means the strength-



C. H. Hammond, of Nampa, Idaho, a paralysis patient, who was able to put on and take off his clothes after treatment for two weeks. This he had not been able to do for himself for two years.

important photographs, giving an idea of the wonderful value of physical culture methods, were left out. I am presenting these photographs in this article and I want to again emphasize that there



William T. Hutchings, of Muskegee, I. T., suffering from a "run-down" condition, says, "I feel better than I have for five years."

ening of the stomach, the heart, lungs and all the assimilative and depurative organs, bring about a marvelous change in one's physical condition, regardless of the nature of the complaint. Disease represents inharmony, health represents harmony—it means that all the organs of the body are working together harmoniously, and that the highest degree of health is enjoyed by such an individual. A harmonious physical condition is therefore the ultimate object of all the working forces in this sanatorium



Oscar M. Klumb, of Jackson, Wis., suffering from tuberculosis, feels stronger and satisfied that health is surely within his reach.

in handling patients, no matter what the complaint may be.

One of the most interesting cases was that of a dark-haired young woman with fine, expressive features. She was a graduate of medical gymnastics of the Swedish system. She was suffering from a nervous breakdown brought on through over-active club life and charity work. For two years she had been trying to recover her health by various means and at various places. She had not been at the institution but two weeks when I conversed with her, and among



Harper McWha, of Milwaukee, Wis., suffering from an affection of the lungs, gained in strength and weight; nearly all symptoms of the disease eradicated in six weeks.



Jacob Leinwander, of Marshfield, Wis., are suffer from neurasthenia; strength greatly increased after two weeks of treatment.



E. A. Luebke, of Milwaukee, Wis., a sufferer from neurasthenia, gained 100% in strength and 15 pounds in solid muscle in three weeks

the other things I learned about her was that her excessively rapid pulse, averaging from 115 to 130, had already dropped to 76 and her temperature, which had been very low for considerable time, had been raised to normal. The feeling of depression that had been constantly with her had disappeared and she stated that she felt better and stronger in every way.

Mr. C. H. Hammond, of Nampa, Idaho, whose case has already been mentioned in a previous article, acquired his disease, paralysis, from overwork as a railroad engineer. It was not at all unusual for him to work fifty-three 10-hour days in a month. A little thought would at once suggest that such a responsible nerve-racking position would break down the strongest constitution. He had been suffering from his trouble for

four years. Although, he had been under treatment but little over two weeks when I saw him he had already made amazing improvement. He walked steadily, his body was beginning to assume a nearly upright attitude, and as previously stated, he was able to put on and off his clothes without aid, which was something he had not been able to accomplish for two years previous. He had been pronounced incurable by some of the highest medical authorities, but is fully convinced that he is going to recover under the regime advised in his case.

Mr. J. Leinwander, of Marchfield, Wis., had been under the treatment but two weeks. His strength was greatly increased and he felt improved in every way.

It is a bold assertion and I expect it to be criticized and questioned; to declare that a man, *not* in the medical profession has succeeded in doing that which the medical profession has failed



Martin Hitchings, of Chicago, Ill., a sufferer from nervousness and insomnia, gained 11 pounds in weight and complaint nearly cured in five weeks.



Miss G. Murphy, of Battle Creek, Mich., suffering from catarrh of the stomach, sluggish bowels and a female complaint. Last two mentioned complaints entirely cured and feels stronger in every way after six weeks.

in accomplishing, namely the invariably certain cure of disease and that without flummery, mummery or the use of drugs, is on the face of it a pretty startling allegation. But: "By their fruits ye shall know them."

What are the fruits of too many cases handled in the "regular" fashion by the "regular" practitioner? Ask the undertakers. Question the cemeteries. Read the pages of the medical journals in which are recited numbers of experimental treatments of patients, the great majority of which end with the "patient died."

Now ask me or any of the patients in the Sanatorium which I have been describing as to what are the fruits of the institution and what is mine or their answers? I have already given you some very emphatic replies to this query.

"By their fruits ye shall know them." And when the fruits, as in the instance of the Sanatorium, are restorations to health, happiness and the magnificent possibilities of a normal physical and mental system, all that can be said in favor of physical culture methods has been said.

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THAT is, if he is about to accept one of our \$2.00 premium offers contained in the advertising department of this magazine. We want to add as large a number as possible to our subscription list before January 1st, and until that date anyone sending us two names of persons interested in physical culture, who might be induced to subscribe, and \$1.50, will be sent a yearly subscription to the magazine and any one of our \$1.50 cloth bound premium books. In other words, you get fifty cents for two names and fifty cents reduction because of taking the book with the magazine, making a total reduction of \$1.00 on the combination. Book \$1.50, subscription for one year \$1.00; regular total \$2.50—price to those accepting this offer before January 1st \$1.50 and two names of persons interested in PHYSICAL CULTURE.

The Editor's Viewpoint

The Morals of Men and Women A Notable Contribution Our Plans for 1908 Is the Editor Guilty? The Higher Life

THE morals of the average man are usually described as bad. According to the average opinion, this is not supposed to be his fault. He is alleged to be bad by instinct and by nature. Hence he is not to blame for his immoralities, no matter how gross they may be. Every young man is supposed to have the right of "sowing his wild oats."

All this perversion comes from our distorted view of sex that is as a result of the prevailing prudery. Man is NOT really bad by instinct or by nature, but he has been made so

THE MORALS OF MEN AND WOMEN

by wrong prenatal influences and by environment. But the prevailing opinion of men in regard to women is what might be termed opposite in character. The average young man holds a very high opinion of the morals of the female sex, but unfortunately the latter is imbued with the same perverted ideals and often inherits the same evil instincts with which many men are handicapped. And the result of all this is the immoralities that destroy the sweetness of life and lead to misery and ruin beyond the power of words to describe. It is my opinion that the average man is better than one would be inclined to believe him to be, judging by the conventional opinion, and that the average woman does not approximate the high standard that she is supposed to attain. It is a terrible blow to a young man when he discovers that the one to whom he has given his heart's best affection proves to be false, and yet the same statement can be made when the conditions are to a certain extent reversed. A young woman is prepared for what may happen because of the general opinion that men are bad by nature, while a young man is taught to look upon all women as beyond reproach. This is a questioning age and it is a very good thing to form the questioning habit. The policy of the query ought to be followed when one falls in love as when he is considering an important business matter. Women are not all good. Some are worse than bad. Many who occupy positions in life which entitle them to respect would hardly dare to allow the light of publicity to be shed upon their inner lives. I am inclined to believe that more should be said on this subject with a view of warning honest young men against bad women. The influence of a bad woman leads men to moral, physical and mental ruin, and it should be fittingly emphasized, in the plainest of terms. The best of men could be ruined by such an influence, though, on the other hand, it might be said that the influence exercised by a good woman is equally as strong in the opposite direction.

In large cities, it is quite common for women as well as men to lead what one might term double lives. Such intimacies, however, rarely have the saving grace of faithfulness. The parties to them are usually untrue to each other and follow the dictates of their own perverted instincts without the knowledge of their companion. The homes of large cities are, therefore, in many cases not what they seem. They are but too often a base imposition, tragic centers of unholy pretense—such homes are not by any means uncommon. The marriage vows give such establishments a veneer of respectability, but that is all. There is no happiness, no love in them, nothing but hypocritical sham. May God pity men and women who live under such conditions! The suffering that might be caused on account of the disgrace connected with a divorce, would be as nothing compared to the torture that each of the vic-

tims of this marital crime endures. A man may start life with the highest ideals of love, home and happiness, and if he gives his heart to a woman whose morals are not as they should be, he is compelled to suffer the tortures of the damned, and all because of the fault of another. Of course, it must be admitted that the suffering of either sex under the circumstances are equally terrible. But the fact only emphasizes the extreme necessity of carefully ascertaining the life history of your life-mate before taking the important step of marriage. I do not believe that one who contemplates matrimony can have too many warnings of the evils that he or she must come in contact with. No honest man or honest woman can be harmed by being investigated. Though the past of an individual is not always a certain guide to his or her future, one can unquestionably form a fairly accurate forecast from it. No man can live with an immoral woman for a wife and retain his own self-respect. No moral woman can live with an immoral man for a husband and retain her self-respect. I believe that the widespread inclination to hide from husband or wife any evidence of indiscretions on the part of one or the other to be a mistake. Many of such when detected in wrongdoing will say, "Let us not break up the home." Indeed, yes! The home that is built on a foundation of unfaithfulness deserves to be broken up at the earliest possible moment. A life of sin cannot be made other than what it is even if it be hallowed by the word home, and no home should be discredited and disgraced by coming in contact with such conditions. I know, if such a rule were followed, thousands upon thousands of homes, especially in New York and other large cities, would quickly cease to exist. But I know the race would be better because of such a change, for the progeny brought into the world under such conditions, helps to fill the asylums, the hospitals and the jails. Every bad man should be exposed to his family and to his friends. Every bad woman should be exposed also, regardless of whether or not it brings disgrace upon herself and her home. The sooner her baneful influence is known, the less harm she is capable of doing. Bad men and evil women are given entirely too much consideration. And, that the readers of this magazine may have a chance to view men and some women who are now in what might be termed high places, a few articles will be published in the future issues of this magazine that will tell the actual lives in detail of many prominent persons. No names will be mentioned, and no marks of identification will be used, for we are not in the blackmailing business. But the stories will give point to the moral foulness which underlies no small portion of the domestic and social life of the metropolis and other large communities.

IN the next issue of PHYSICAL CULTURE we shall begin a series of articles having to do with the methods of well-known New York physicians in as far as these concern the diagnosing of disease. A representative of this publication, a man of healthy ancestry, and the soundest of constitutions, who has hardly known a day's illness in his life, and who was and is rejoicing in an ideal bodily condition, has been going the rounds of the allopaths, the homeopaths and other "paths" of the medical profession. He has put to these gentlemen this question, in fact, if not in actual words: "What is the matter with me?" In each and every instance, he has been informed that he is suffering from some malady ranging from plain biliousness to a disease of the spine. In every case, also, he has been given a prescription, some of which on being made up were of a portentous nature in point of size, color, odor, taste and bulk. All this for a man who is absolutely healthy.

Now we wish it to be distinctly understood that the articles alluded to, are not intended as attacks on the physicians in question. Judging from the reports of our representative, they did their best to honestly earn their fees and for that purpose, subjected him to a more or less searching physical examination, probing into his ancestry, his modes of life, and so forth, in so doing. And as intimated, they found, or thought they found, something to justify them in accepting the dollars which he handed them at the close of their "diagnosis." Now the point is this. These men did their duty as they saw it and in line with that which had been taught them in the schools of medicine in which they had studied. They worked in accordance with so-called medical science and that same science led their mental footsteps astray. It follows then, that they themselves were not to blame, but that the fault is to be imputed to the methods and principles of the profession of which they were members. Con-

sequently, this profession should be purged of its facility for making blunders, or should be reshapen on those lines of natural healing which have made physical culture's curative methods so successful in the past and in the present. In any event, the articles will prove most interesting and instructive reading, and we ask our readers' special attention for them.

AMONG the many good things that we intend to have for our readers during the year of 1908, is a series of articles that I intend to prepare, which I believe will be considered especially valuable. Every one of our readers who believes in exercise is in full sympathy with the theory that the regular use of the muscular system is essential to the attainment of the highest degree of health and strength.

OUR PLANS FOR 1908

Many of our readers will no doubt be of the opinion that by this time, we have presented about all the exercises that can possibly be thought of. Now, I want to say that a physical culture student is learning all the time. The more he studies, the wider the range of his knowledge, and the more valuable the information which he secures.

The leading series of instructive articles on various exercises for developing and strengthening the body that will appear during 1908, will, I am satisfied, please my readers in every instance. The exercises will be given without any apparatus, with the possible exception of a pair of dumb-bells, and even in that case, other light articles can be used instead of the dumb-bells if desired.

The titles of the articles follow herewith, and they will be published one in each issue in the following order:

1. GENERAL EXERCISES.—An All-Round System of Light Exercises for Strengthening and Developing All Parts of the Body; Specially Valuable for Beginners.
2. GENERAL EXERCISES.—Specially Vigorous Exercises for Developing and Strengthening All Parts of the Body; for Advanced Students.
3. DEVELOPING THE UPPER ARM.—Simple Exercises by Which the Muscles of the Upper Arm can be Strengthened and Developed to Their Utmost Normal Capacity.
4. THE FOREARM AND GRIP.—Exercises That Will in Every Case, Make a Remarkable Change in the Development of the Forearm, and the Strengthening of the Grip.
5. DEVELOPING THE NECK.—A System of Exercises That Will Round Out and Make Symmetrical the Muscles of the Neck.
6. DEVELOPING THE SHOULDERS.—How the Shoulders May Be Enlarged and made to Assume a Satisfactory Contour.
7. DEVELOPING THE CHEST.—How the Chest May be Expanded and Broadened by a Few Simple Exercises.
8. STRENGTHENING THE ABDOMEN.—Exercises That can be Recommended for Strengthening Abdominal Muscles. Influence of Abdominal Strength on the Digestive Power.
9. STRENGTHENING THE BACK.—Pains in the Back Indicate General Weakness. Weakness of the Muscles of the Back Between the Shoulders, the Usual Cause of Round Shoulders. Both of These Defects Remedied by Exercises Herewith Illustrated.
10. DEVELOPING SHAPELY HIPS.—Some Exercises that are Recommended for Increasing the Strength, and Bringing About a Symmetrical Contour of the Hips.
11. DEVELOPING THE UPPER LEGS.—Exercises that will Bring About a Surprising Change in the Muscles of the Upper Leg, if Continued Regularly for a Short Period.
12. DEVELOPING THE CALVES.—How the Calves May Be Strengthened and Made Symmetrical, by the Aid of a Few Simple Exercises.

THE long delayed trial in which I had to appear to answer to the charge of sending improper literature through the mails, took place at the Federal Court in Trenton, on October 22d last. The charge, as my readers will remember, was founded upon the serial story, "Growing to Manhood in Civilized (?) Society," which appeared in the November, December and January issues of this magazine of 1906-7. Instead of conveying, as we thought, a most valuable moral lesson, the story, according to the decision of the court, has been the means of corrupting all those with whom it came in contact. I know practically nothing of the intimate workings of the law, and my case was left entirely in the hands of my at-

IS THE EDITOR
GUILTY?

torneys. I must admit, however, that I could not appreciate or fully understand the legal modes of procedure, and had I been personally conducting the case, there would have been many changes in its methods. But there is a saying that when a man is his own lawyer, he has a fool for a client, and in most cases I suppose that the statement holds good.

Various witnesses were examined to prove that I was the responsible party in the publication of the story and in the management of the business which controlled the mailing of the magazines. The prosecuting attorney luridly painted to the jury the terribly demoralizing effects of literature of this character. "Would you have your boy or your girl read such a story?" he emotionally repeated on several occasions, and tried to convey the impression that the magazine was bought mostly by children. In reality, there are but few boys and girls who have the opportunity to read it, unless it is bought for them by their parents. The prosecuting attorney also read various passages from the story and interpreted them in accordance with his views. But many of these same passages were read by my attorney in summing up the trial, and the opposite and actual meaning of them were presented. Judge Lanning, who presided, made it quite plain just what sort of a verdict he desired, in his instructions to the jury. Hence there was but little doubt as to what would be the verdict after the jury had retired to consider the evidence. I must admit, however, that I did not quite expect that a verdict would be reached so quickly as it was. I had an idea that the jury would read the story in part at least, and attempt to give the tale the consideration which it deserved. But the jurymen returned to the courtroom in such a short period that apparently they rendered their verdict simply on the basis of the brief extracts of the serial as read to them by the District Attorney. Probably not one of the jury had ever read a copy of PHYSICAL CULTURE magazine. Certainly not any of them took the trouble to read a copy before rendering a decision. They knew nothing of the purposes of the publication of the serial, and perhaps cared less. A few extracts had been read to them, and from these they concluded that I was guilty of a crime, for which, according to the interpretation of the law, I could be placed in jail for five years, or fined five thousand dollars, or both.

Now the readers of this magazine will understand what kind of justice there is in a decision of this kind. Those entrusted with finding a verdict did not have the slightest understanding as to what this magazine stands for. They did not know that every line it contains is written for a definite purpose. That my every effort is toward the upbuilding of mankind from a moral as well as a physical standpoint. There is not a reader of this magazine who will not unquestionably say that he has been made to live a cleaner and a more moral life because of its influence. No doubt Judge Lanning, who presides regularly at the court in the Federal Building at Trenton, tried to be fair, but I am sure he knows absolutely nothing of the work that is being done by the PHYSICAL CULTURE magazine. He knows nothing of the thousands upon thousands of human lives that it has saved, of the thousands of men and women who have been enabled to lead a higher and nobler life, because of its influence. It seemed to me that he viewed this publication as one of the lowest class, and from his treatment of it, apparently thought that its one and only object was to demoralize the character and pervert the morals of everyone who scanned its pages. I think if he would take the trouble to read a few issues of the publication, or to read some of the thousands upon thousands of letters that I have received from those who try to express the gratitude they feel towards the PHYSICAL CULTURE magazine, he might be inclined to believe that his condemnation of it was grossly unjust.

I went to a very great expense and took a vast deal of trouble in order to secure the condemned story. It conveys a powerful moral lesson, and the day will come when the laws of this land, I fully believe, will encourage the publication of literature of this kind, because the evils so faithfully described in it, are ruining young men and young women everywhere by the thousands, simply because of their ignorance of the existence of the former.

The Free Speech League has decided to carry this case to the United States Supreme Court. I feel, with the members of this League, that we must make some effort to protect ourselves from persecution of this character. If a man is trying to the best of his ability to carry on what might be termed a tragically needed work, and is liable at any time to be heavily fined, or thrown into prison, there is certainly a most pressing need for a different interpretation of present laws, or a radical change in the laws themselves.

HOW MANY OF THE READERS OF THIS MAGAZINE ARE GOING TO STAND

BY ME IN THIS FIGHT? How many of you are willing to go out of your way, or to inconvenience yourself somewhat, to indicate that you are in favor of the reform I am advocating? I need help not only in donations to assist in defraying the very large expenses connected with carrying this suit to the Supreme Court, but in an increased subscription list. We want more readers. We cannot get too many readers. Help to spread the principles that we stand for. Help in the education of the public. Help each person to realize the necessity for exposing these depraved conditions in order to finally destroy them. If we know nothing of evil, how can we protect ourselves? It is the duty of young men and young women to secure that knowledge of evil which is essential to protect them from innocently succumbing to temptations that lead to suffering and ruin. Perhaps I won't have to go to jail. Perhaps I won't even have to pay a fine. But if the decision of this judge is set aside it will be due unquestionably to the efforts made by the readers of this magazine and others who are interested in educating the public on these most important subjects.

Boys and girls, men and women are everywhere paying the penalties in weakness and illness for their ignorance on subjects pertaining to sex. How long is this to continue? How long must sexual affairs be an avoided subject? How long is the human race to continue in the mental muck and mire with which prudery has daubed the most divine phases of human existence? I would like some emphatic evidence from every reader of this magazine that he or she will stand by me in the fight that we have begun for moral enlightenment. We cannot have clean morals, we cannot have a noble race of men and women until a revolution has been brought about in the present mental attitude of the world at large in regard to the subjects with which this magazine deals.

The Free Speech League has already collected about \$525.66 through this magazine—to pay expenses of this trial. A list of recent contributors and the amount donated by each will appear in our next issue. It will undoubtedly take several thousand dollars more. I will be glad to have any of the readers swell the amount already collected, but whether or not you send in donations, do not fail to help spread the principles that this magazine stands for.

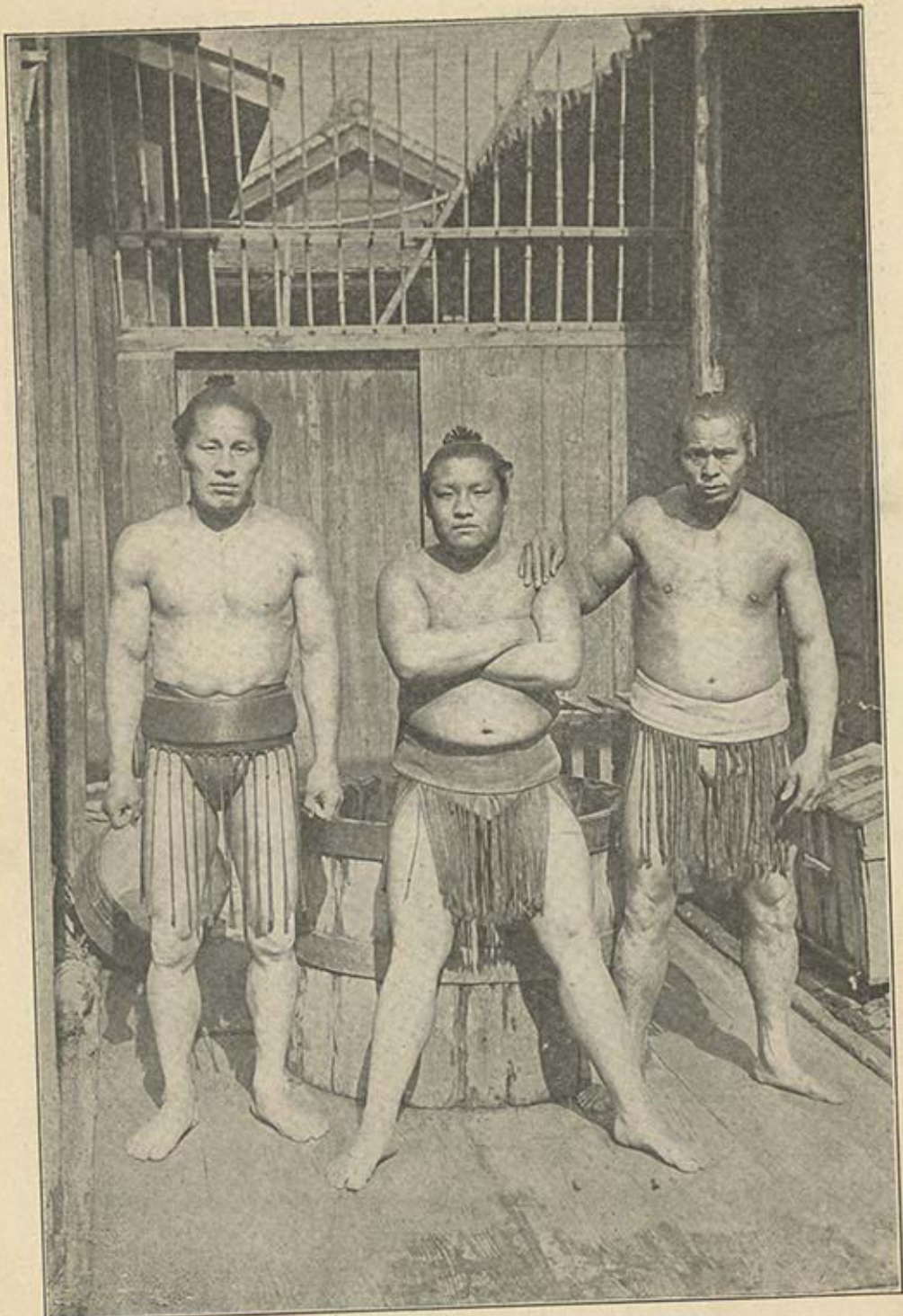
THE ideals of the true physical culturist are so radically different from those of the average individual that the former comes in contact with but few harmonious individualities. These last cannot see life as he sees it. Physical culturists are therefore often termed cranks or fanatics. You will often hear persons remark that exponents of the natural

way of living have gone "batty" on the subject of health. Although
 THE HIGHER LIFE the inability to find congenial associates is to a certain extent a handicap to physical culturists, the difficulty becomes far more serious when one arrives at the time of life when marriage is contemplated. The average view and relationship of marriage differs very greatly from that which is held by a true physical culturist. This difference unquestionably results in many marital tragedies. The usual interpretation of marriage gives the impression that the woman is a sort of all-round convenience for man's special benefit. But physical culturists recognize a woman as a separate individuality entitled to the same consideration as is due to man. Therefore when a physical culturist of either sex takes such an important step as matrimony, and later finds that his partner is not in sympathy with the higher ideals advocated by the physical culture propaganda, there is almost sure to be trouble ahead.

Why would it not be a good idea to form a society composed of men and women who believe in what may be termed the continent life, who are pledged to an entire restriction from all relationship of sex except for purposes of procreation? I am open to suggestions as to the best method of forming such societies, not only with a view of making life more satisfactory to those who believe in higher ideals, but for the purpose of securing converts among those who are suffering from evils that result from the usual habits and excesses of the average marriage.

Bernarr Macfadden

Since writing the editorial referring to the editor's conviction, the courts have passed.....
 Particulars will appear in the next issue.



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Three Japanese Wrestlers
(See Page 379)

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