This outfit consists of 56 cast iron plates, 1 long handle, 1 short handle and 2 kettle-bell handles, 2 millers to hold plates on bar. This unit has an oval shape and is neat in appearance. When made up as a barbell it is 36 inches in length, its weight varying at will from 8 to 100 lbs. The largest plates are 7¼ inches in diameter. The price of the Samson Junior and one special course in weight lifting—$14.99

WEIGHT LIFTING—THE WAY TO HEALTH—BY ADALRE LOUDY

Is it possible for any and every man to possess a strong physique and enjoy Perfect Health? Is it possible for every one to possess an energy in such abundance as not to wear out under the strain of the working endurance needed to win the success in this modern life?

These are some of the questions that the modern man is asking, which can be answered in the affirmative. It is possible for a man to develop a strong physique and enjoy perfect health, cheerfulness and be self-reliant by devoting a small amount of time to Positive Exercise—Weight-Lifting. Weight-Lifting is the only system that will make weak men strong and healthy. Hundred of weak sickly men have been brought back to rugged strength and vigorous health by this system. The start is made with bells light enough to be easily handled, gradually increasing the size and weight as muscle and strength is developed. Any man who is physical sound, can double and even treble his strength in six to twelve months time by practicing regularly a prescribed course of exercises for his individual needs, and with these gains in strength will come health, vitality, cheerfulness, the joy of living and success in Life.

Why neglect your boyhood and remain in a degenerated, sickly, nervous and run down condition when a few minutes of intelligent exercise with a Samson Bar-Bell three times a week makes you a REAL MAN, full of "pop" and vitality? Isn't it worth while?

Samson Bar-Bell Co., 1214 N. Chester St., Baltimore, M

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The Developal Horizontal Bar

Arranged to fit your room or classroom, increases the King Capacity, the buckling strength, the true Source of Good Health.

Useful Training Appliances

A well-known British physical educator who has specialized for many years in this profession and who has been given the stamp of approval by none other than the greatest in this line, has appeared on the Continent and America, and is extremely useful. Physical educators believe them to be valuable with other apparatus. The producer of this piece of apparatus claims that the results obtained from the regular use are remarkable and it is surprising that it has not been more widely exploited in this country. This trade expert (see page 238) is now offering an improved version of the appliance, especially designed for use in schools and at home.