A Few Letters from Satisfied Pupils

When THE MILO BAR-BELL COMPANY takes a pupil it endeavors to make a perfect physical specimen out of that pupil; it aims not only to give the best possible instruction to this pupil, but also to awaken his interest and ambition to an extent that will make him study the exercises and master the principle that governs exercise in general. I find that those pupils who take the most interest in their work get the biggest results. A man, for example, who is anxious to get a very large chest, takes a great interest in studying about any kind of exercise which increases the size of the chest. The great majority of my pupils are between the ages of 16 and 40, and most of them are enthusiastic about body-building. Most of them have tried light exercise of various kinds without getting results. The only thing that light exercise taught them was that they had to do real work in order to build themselves up.

Now if I can take a man or boy of this kind, and in a few months teach him not only actual exercises, but also arouse his enthusiasm to the point where he will study the subject for himself, then I can feel that I am doing a really valuable work.

For my part, I can see no reason whatever why the average man, inside of eight or nine months' training, should not become just as strong and just as well built, and just as vigorous and healthy as most of those professors of physical culture who secure patrons by advertising their own bodily strength and physical beauty.

I aim to give service, and for this reason I have incurred the enmity of men who were accustomed to charge good prices for the advice and instructions which I give free in my magazine. As I have said, many times, I consider light exercise to be a very simple subject which can be mastered by anyone, and I can see no reason why a great mystery should be made about it, and why anybody can be justified in charging large prices for a few sheets of paper giving directions how to perform elementary movements which are within the mental and physical compass of a school boy.

In some quarters an effort is being made to discourage any attempt at real improvement among men who are naturally of a light physique and slender frame. Such men are being told that they should take only the lightest kind of exercise, and that it is impossible for them to acquire much development, or a figure which is at all out of the ordinary. This sounds to me like the attempts of some employers who tell working men that they are not meant to think, and it is useless for them to try to do so, or to try to improve their position in life. This doctrine is really harmful, because it makes many a young man waste many hours of hard work in the fruitless endeavor to become strong and healthy by performing exercises that would not tax the strength of a ten-year-old boy.

Men are told that if their muscles tremble after exercise it is a bad sign. This is something like telling a man that it is a bad sign if he is out of breath after taking a vigorous run. Almost all nervous people, and many people who are not nervous at all, tremble a bit after vigorous exercise. Go to a carpenter just after he has finished sawing through a two-inch plank, hand him a pen, and ask him to sign his name. His hand will shake so that he can hardly write. The same thing is true of a blacksmith who has just put in some hard work at the anvil, or a professional baseball pitcher who has just gotten through a hard inning.

Those authorities who advocate light exercise hold a most peculiar attitude toward any heavy work. If you read articles written by these authorities you will find that they refer entirely to "weight-lifting." They convey the idea that the only thing you can do with an adjustable bar-bell is to practice real lifting. They ignore the most valuable feature of an adjustable bar-bell—that is, its use as a progressive body-building instrument. Lately I have read two or three articles written by light-weight authorities in dealing with heavy dumbbell work, and in each case the writers of these articles seem to be lamentably uninformed as to the function of the adjustable bar-bell in modern training for body-building purposes.

I decline cases almost every day. I do not pretend to be able to cure any and all kinds of diseases. I do not believe in taking a man's money unless I feel that I can benefit him; therefore, I am continually sending back orders and money to consumptives, men who are badly ruptured, men who suffer from goitre, or have heart trouble or kidney trouble in an advanced stage.

On the following pages I reproduce samples of the letters I daily receive from satisfied pupils.

ALAN CALVERT,
Proprietor,
The Milo Bar-Bell Co.
I am more than satisfied with the program I have made use of. Milo Bar-Bell Company has been of the greatest assistance to me. I walk like I was on springs, and feel good and strong around the waist. I have gained in strength and weight.

My nerves are more steady, and I can think more clearly. As a result, my grades have improved. I am more active in school and sports. I have added to my height and weight since beginning my exercises.

I am grateful to have received the Milo Bar-Bell Company's materials, which guide me in my exercise program. I recommend this program to all interested in improving their physical fitness.

I have experienced significant improvement in my physical well-being since starting the program. I feel more energetic and confident in my daily activities. Thank you, Milo Bar-Bell Company, for your support and guidance.

I am pleased with the results obtained by following the program. My strength and endurance have improved, and I am more satisfied with my overall fitness.

I am pleased with the progress made so far. The exercises are beneficial, and I look forward to continued improvement.

I am grateful for the Milo Bar-Bell Company's assistance in my fitness journey. Thank you for your ongoing support and guidance.
The progress I have made since taking up your course is remarkable. Although I have only been at it a short time, my neck has increased 2 inches, my right 3 inches, forearm 2 inches. The results have been so remarkable, that I believe your course is the best body building and developing system before the public to-day. Anyone wanting to have enormous strength should purchase a MILO Bar-Bell. I cannot recommend the MILO System too highly, as I think it is the best body-building and developing system before the public to-day.

MAXWELL

JOHNSTON

24th Madison St. No. 10
San Francisco, Cal.

Just a few words from a very satisfied MILO BAR-BELL pupil. I cannot recommend the MILO System too highly, and that my strength has increased wonderfully since following it.

ERNEST L.

Rutledge St.
Topeka, Kan.
Feb. 27, 1916.

It gives me pleasure to state that your instruction in weight-lifting has proven very satisfactory, and that my strength has increased wonderfully since following it.

I appreciate the personal attention you pay to all my letters of inquiry, and hope that the item will soon come when physical culturists will realize the fact that you are one of the few instructors who understands the art of weight-lifting, and you are proved to this effect in your pupils.-(Signed) ERNEST L. JAMES

20th St.
Oklahoma, Okla.
Feb. 5, 1916.

Well you please forward me the Advanced Course which is due me as a purchaser of a MILO Triplex Bell.

I would like to state that I have used the MILO Bar-Bell according to your instructions for about seven months. During that time my normal chest has increased four inches, my upper arm two inches, my forearm one inch, chest size 18 inches, my neck 2 inches, and my weight 15 pounds. When I started your course, I could "set up" sixty pounds on one end, and a hundred with both. In weight-lifting I have been marketed improvement in size and strength.

I have always been interested in physical culture and sports, and have used MILO Systems, but never get results with mine. Thanking you again for the benefit I have derived and for the personal attention you pay to all your pupils, I remain-(Signed) EZRA BRIM, Jr., Bishopdale, C. S., Dec. 7, 1916.

F. S.—It might interest you to know that a friend of mine, who has suffered from constipation for five years, has been using my bell and was completely cured after second day. He expects to order one more.-(Signed) WM. SIGNOR, 1318 Cherokee, Lake Tenessee Mfrs., 20th St. 615, 1916.

Just a few words from a very satisfied MILO BAR-BELL pupil. I cannot thank Mr. Calvert too much for his personal attention in my case.-(Signed) ERNEST L. RUTLEDGE

STREET, No. 29
Topeka, Kan.
Feb. 27, 1916.

At the time of purchasing my bell I was in a somewhat poor physical condition. I suffered from indigestion, was anemic, and physicians told me that my heart muscle was somewhat weakened.

Upon receiving your bell and course of instruction, I began, as directed by you, conscientious and systematic weight-lifting with my MILO Triplex Bell, the purchase of which was (50) pounds above my head, and while well over-lined was soft and below par from the standpoint of muscular development. Today I can press easily one hundred and seventy-five pounds above my head—my old stomach trouble has markedly improved, the condition of my blood has changed, and a prominent specialist tells me that my cardiac trouble has entirely disappeared. I have made such improvement in size and strength, that poor physical condition, I suffered from, has now vanished. I am now handling practically double the weight I handled six months ago. During that time my normal chest has increased four inches, my upper arm two inches, my forearm one inch, chest size 18 inches, my neck 2 inches, and my weight 15 pounds. To-day I can press easily on one hundred and seventy-five pounds above my head, and while well over-lined was soft and below par from the standpoint of muscular development.

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I wish to say a few things about the benefit I am receiving from your course, I remain—(Signed) J. D. BRIMM, JR., Bishopdale, C. S., Dec. 7, 1916.

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I am writing this letter to show my appreciation for the information you have given me in your development and welfare since buying your MILO Triplex Bell. When I knew bought the bell my people used to remark about how yellow my complexion was. My esophagus was so weak that whenever I ate, I felt as though I would vomit. My health kept failing despite anything I tried to do to improve it. I tried all sorts of light exercise, without success. I decided to give your course a trial.

That trial was the turning point in my life. From the time I started to use it I could see the change. I followed your instructions very cautiously, and found that I could lift fifty pounds to arms' length over my head with two hands. Complete physical development is what I had to work under, I think I am doing fairly well when I now press 150 pounds with one hand. The improvement I am getting in my heart muscle was some what weakened.

I assure you that the MILO training system is far superior to other systems which have come to attention, and that I strongly recommend the quality and durability of your goods. I wish to thank you for the courteous business relations extended to me in the past; and for special advice, etc., furnished from time to time.—(Signed) J. L. HAY, over Twenty Mts., Asheville, North Carolina, Nov. 9, 1916.

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